

## Increase of Type 2 Diabetes in Teenagers

The incidence of diabetes is rising rapidly, especially among our youth. Why is this happening? Most early-onset type 2 diabetes is associated with obesity. Sociologists are telling us that kids are simply getting less physical activity after school than a generation ago. There's less playing ball and bicycling, and there's more TV watching, video gaming and computer keyboarding. Pediatric obesity specialists are blaming lifestyles rather than biologic factors in childhood obesity.



Parents must be alert to this increase in diabetes and do what they can to keep their children active and physically fit to optimize their development.

### \* Study Status \*

Phase I of the TRIAD study is complete. Next, we will be contacting you to ask you to complete a follow-up survey. Your participation is very important to the study.

Your responses will help us find answers to major questions, such as how quality of care for people with diabetes changes over time.

We thank everyone who has taken the time to complete a survey.

### Summer Recipe

### Baked Spiced Pears

Place these spiced pears in the oven just before sitting down to dinner. They'll be done when you're ready for dessert. The dessert looks fancy, but it's easy to make. Makes 2 servings.

- Butter-flavored cooking spray
- 2 teaspoons light brown sugar
- 1/8 teaspoon ground nutmeg
- two 1/4-cup scoops fat-free, sugar-free frozen vanilla yogurt
- 1 firm, ripe Bartlett pear, peeled
- 1/2 teaspoon ground cinnamon
- 1 teaspoon reduced-calorie margarine



Preheat the oven to 350 degrees F. Lightly coat a small baking dish that is slightly larger than the pear halves laid side by side.

Halve the pear lengthwise and remove the core. Place the pears, cut side down, on a board, and cut each half crosswise into 5 or 6 even slices. Take care not to cut all the way through but retain the shape of the pear half.

Using a wide spatula, transfer the pear halves to the baking dish. Mix together the brown sugar, cinnamon, and nutmeg. Sprinkle over the pears and dot each pear with half of the margarine. Bake until tender, about 20 to 25 minutes.

Remove the pears from the oven and transfer to 2 dessert plates. Serve with a scoop of yogurt alongside. Per Serving: 118 calories (11% calories from fat), 2 g total fat (0.3 g saturated fat), 2 g protein

## Did you know that...

...according to the American Diabetes Association Web site (2002):

◊ There are 17 million people or 6.2% of the population in the United States who have diabetes?

◊ While an estimated 11.1 million have been diagnosed, unfortunately, 5.9 million people are not aware that they have the disease?

◊ Each day approximately 2,200 people are diagnosed with diabetes?

## Some Facts & Figures

■ The mean age of participants is 60.4



■ About 12,000 patients with diabetes and ten health plans are participating in the TRIAD study

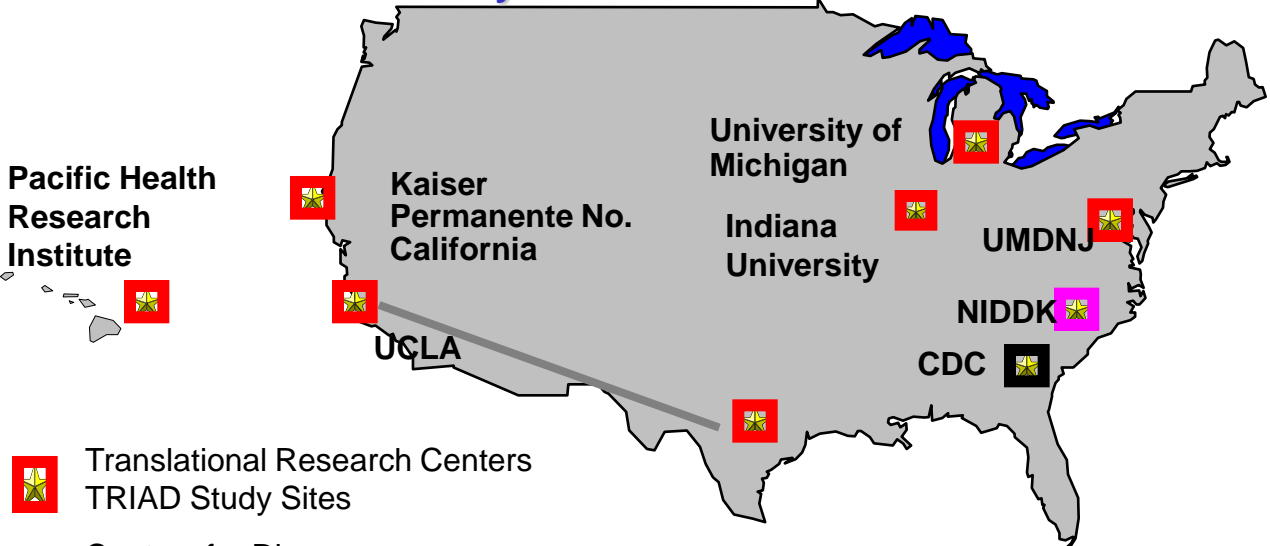
### Moving?


Be sure to let us know!


If you've moved or changed your phone number since we last contacted you, please call us at this toll-free number:  
1-877-648-5119


Don't forget: Visit the new TRIAD Web site for updates and information @ [www.triadstudy.org](http://www.triadstudy.org)

### TRIAD Study: Translational Research Centers



 Translational Research Centers TRIAD Study Sites

 Centers for Disease Control and Prevention

 National Institute of Digestive and Diabetes and Kidney Disorders

The TRIAD study is being funded by the Centers for Disease Control and Prevention (CDC) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

