# More and More Children are Getting Adult-level Diabetes at Younger and Younger Ages

## Ask the entire family these questions:

**Frequent urination**     □ **Yes**   □ **No**

**Excessive thirst**     □ **Yes**   □ **No**

**Extreme hunger**     □ **Yes**   □ **No**

**Sudden weight loss**     □ **Yes**   □ **No**

**Increased fatigue**     □ **Yes**   □ **No**

**Irritability**     □ **Yes**   □ **No**

**Blurred vision**     □ **Yes**   □ **No**

**Overweight**     □ **Yes**   □ **No**



While the calculation of years of potential life lost might be a new concept to some, almost everyone can relate to differentials among death rates. Here we show the numeric years of potential life lost outcomes from the previous chart along with 2003 death rates for diabetes. The diabetes death rate for the most out-of-balance Chicago communities is more than twice the rate for all other communities.

### Diabetes Years of Potential Life Loss By Chicago Community Areas By Food Balance Scores

| Food Balance Groupings | YPLL | Death Rate Per 1,000 Population |
|---|---|---|
| Worst | 45.48 | 1.27 |
| Middle | 33.48 | 1.11 |
| Best | 25.36 | 0.56 |

Type 2 diabetes (non-insulin dependent diabetes) affects more than 20 million adults and children in the US and is the most common form of the disease.  However, because diabetes exhibits few, if any, symptoms until its advanced stages, millions more are unaware that they are in danger of developing the disease.  When blood glucose (sugar) levels are higher than normal, but not yet high enough to be classified as diabetes, a condition known as pre-diabetes exists.  If discovered early, a person with pre-diabetes can avoid the disease through education, diet, exercise and appropriately prescribed medications.

View the full report through a link on our website: *Examining the Impact of Food Deserts on Public Health in Chicago*

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