

## Mayo Clinic Minute

### Out of Shape Kids and Diabetes

<b>Video</b>	<b>Audio</b>
<b>Seema Kumar, M.D.</b>	“One in three children are overweight or obese in the United States right now.”
<b>Vivien Williams</b>	That, says Mayo Clinic pediatric endocrinologist Dr. Seema Kumar, puts kids at risk of adult diseases such as high blood pressure, high cholesterol and diabetes. A study in <i>Annals of Internal Medicine</i> reports it’s not just being over weight that’s the problem.
<b>Seema Kumar, M.D.</b> <b>Pediatric endocrinology</b> <b>Mayo Clinic</b>	“What they found is that low aerobic capacity and low muscle strength were associated with increased risk for type 2 diabetes in adulthood.”
<b>Vivien Williams</b>	Even if study participants — 18-year-old males — were of average weight. So, what does this tell us?
<b>Seema Kumar, M.D.</b>	“It does suggest that improvement of muscle strength and improvement of aerobic capacity in our teenagers might be one way we can prevent type 2 diabetes from developing in adulthood.”
<b>Vivien Williams</b>	Physical activity strengthens bones, helps maintain weight, and boosts confidence. Plus it lowers stress, anxiety and depression.
<b>Seema Kumar, M.D.</b>	“Children who are physically active tend to do better in school.”
<b>Vivien Williams</b>	Any fun activity that gets kids moving is good for their health. For the Mayo Clinic News Network, I’m Vivien Williams