

## Mayo Clinic Minute

### Rise in diabetes epidemic in young people

Video	Audio
	When we talk about Type 2 diabetes, most of us think of older people.
	But more and more young people in their 30s, 20s or even their teens are being diagnosed with Type 2 diabetes.
<b>ROBERT RIZZA, M.D.</b> <b>ENDOCRINOLOGY</b> <b>Mayo Clinic</b>	“The driving force of this is the fact that the pancreas has got to pour out extra insulin because people’s bodies are large, and the insulin doesn’t work – so-called insulin resistance, and the pancreas cannot keep up.”
	Mayo Clinic endocrinologist Dr. Robert Rizza says the reason is simple.
	“People are obese and they’re sedentary.”
	“It is a major problem. And of course, if you get this disease when you’re 15, and then you talk about the risk of heart attacks and eyes problem is very high – sometimes for the rest of your life.”
	But Dr. Rizza says there are things we can do to reverse this trend.
	The most important thing: Get moving.
	“Everybody should get up and walk each day, walk a certain – you know, 40, 30, 50 minutes a day. You should be sure that you’re eating enough food to keep you healthy but not too much food. We should talk about it.”
	For the Mayo Clinic News Network, I’m Ian Roth.