**Type 2 Diabetes Mellitus in Children**

Among the strategies that will help to minimize the risk of diabetes mellitus in children includes the aspect of bringing the family closer so as to become part of the social network interaction. The social aspect of the active lifestyle in an individual is very essential and is seen as part of their activity habits (Lernmark & Larsson,2013). The children are able to engage in social forums that address political needs, voluntary sharing, sports, schooling and other activities in which the children are involved in. This helps parents of the children to observe some unique lifestyle and interaction that will help their children to work out daily strategies that will not expose them to health hazards.

The target population for children who have experience type 2 diabetes educates the rest of the parents and the children as well about the risks and consequences that result due to the illnesses they suffered. This helps to educate the public and the nation as well, to discuss the on possible causes which may be resulting in typing 2 diabetes and also the steps needed to be taken so as to minimize the risk involved (Kahn, Cooper & Del Prato, 2014). Educating the target population also equips them with the necessary information on the steps to seeking proper medication and the habits which will change their lifestyle, so as to minimize the risk of contracting diabetes mellitus.

 Since diabetes is considered a lifestyle disease, it is true to say that scanning is an intervention that helps to determine the sugar levels in the bloodstream, as well as other factors like cholesterol and blood pressure. Regular scan for diabetes check eyes, feet, blood pressure, glucose levels, heart, kidneys, among other areas, as a way of management of diabetes (Nwaneri, Cooper Jones, Agwu-Umahi, & Osho,2014). The physicians are therefore in a position of making recommendations and making the necessary steps in ensuring that the health of the children is recovered.

 Selfcare entails linking up with the medical experts, in one’s geographical location in order to acquire the possible solutions.The children will require to be physically active and choose a healthy eating plan which will help them to recover from the diabetic condition (Dunkley et al 2014). This includes choosing the proper quantities of food as well as the types which will not induce complicationsin children. in case one feels unwell, they will be required to seek medical attention or have the option of a support group that will help to treat and improve the medical condition.

In the evaluation process, it is important to note that type 2 diabetes is most common in individuals who do not undertake the adequate physical activity. This will include the obese and overweight individuals, and can be prevented according to the early changes in lifestyle, but has no cure. Type 2 diabetes mellitus has turned to be a global epidemic and can be prevented through a modification of the lifestyle, bariatric surgery or even pharmacologic interventions (Balaji et al 2014). The translation of the level of the population has struggled in acquiring the most effective method which can prevent Type 2 diabetes Mellitus. This is influenced by the challenging cultural setting and also the healthcare systems, which uses technological concepts in promoting health programs which will best suit the sustainable health system. There is need to carry out advanced research so as to determine how early interventions can be conducted and sustained in order to have a reliable health system.

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