



## EMPOWER

The Empower Program at El Paso Children's Hospital was developed with a team approach, as a resource for children that are overweight/obese at risk for developing prediabetes or type 2 diabetes, or have been diagnosed with prediabetes or type 2 diabetes and their families to receive nutrition education with follow up appointments to monitor progress.

If a child or teen has these factors and is overweight or obese, they are particularly at risk for developing prediabetes. While symptoms of prediabetes may be difficult to detect, there are some changes to look for that can signal insulin resistance, low energy, increased waist size, weight loss, excess urination or excess thirst.

Making positive lifestyle changes for you and your family takes planning and commitment, but the benefits of decreasing the risk of prediabetes definitely outweigh any inconvenience.

Every child and teenager in the EMPOWER Program receives a personalized plan to follow, including specific goals they can work to achieve. Goals might include changing their diet or increasing their physical activity. The plan is also shared with your child's primary care doctor so he or she can better monitor and manage your child's health. In some cases, adolescents and their families may also see psychologists who can help them find ways to change their behaviors, overcome barriers and get the whole family involved in getting healthier.

