

Diabetes

Prevention & Management of **Type 2 Diabetes** using Nutrition during the COVID-19 Pandemic

Future Physician Leaders- Group 3
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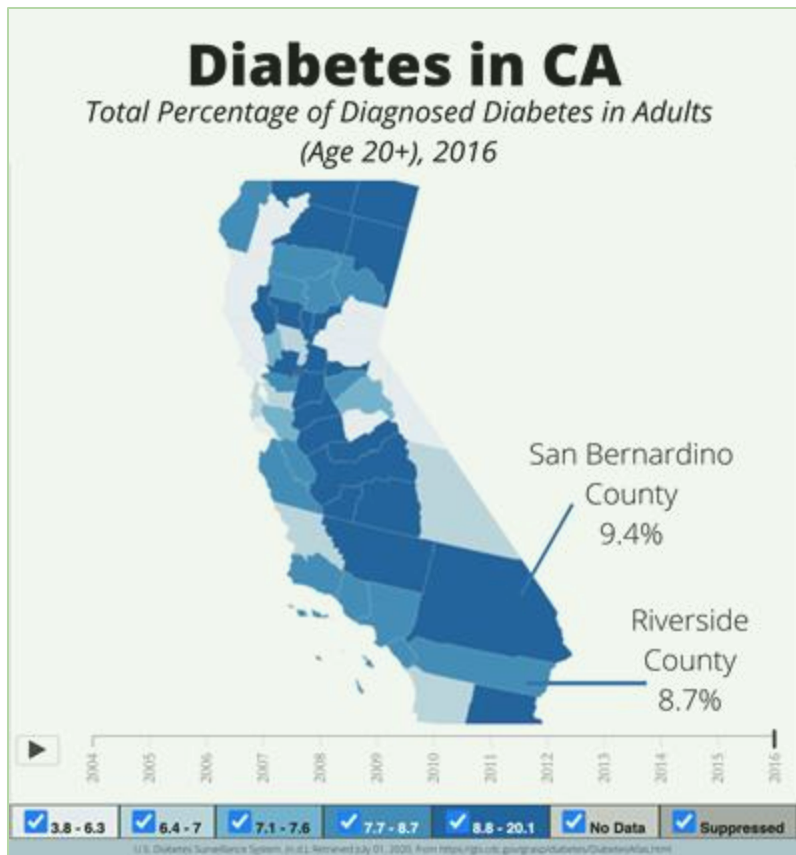


Pre-Survey

<https://tinyurl.com/yalu3bh4>



Why is Diabetes So Important?



34

34 MILLION
Number of individuals
with Diabetes in the U.S.



DEATH
Leading cause of death in
the U.S.



MINORITY
Disproportionately affects
minority groups and the elderly



RIVERSIDE COUNTY
20 deaths for every
100,000 people

01

What is Diabetes?

02

Signs & Symptoms

03

Health Risks

04

Prevention/Management

05

Resources

06

Q&A

What is Diabetes?

TYPE 1



TYPE 2

What is Diabetes?

Approximately **1 in 10** people
have Diabetes



1 in 5
People Don't Know
They Have Diabetes

\$327 billion Total medical costs and lost work
and wages for individuals with
diagnosed Diabetes

Signs & Symptoms



Frequent Urination



Increased Thirst



Increased Appetite



Numbness/Tingling
in Hands/Feet



Dry, Itchy Skin



Fatigue



Blurred Vision



Frequent/Slow-Healing
Infections or Wounds

Health Risks



EMERGENCIES



THE HEART



EYES



KIDNEYS



NERVES



FEET



SEX LIFE



DEPRESSION

Prevention



**More Than
8 in 10**
Adults Don't Know
That They Have
Prediabetes



Prevention

Family History
of Diabetes



Low Socioeconomic
Status



Ethnicity



Genetic
Predisposition



Risk Factors for Type 2 Diabetes



Sedentary
Lifestyle



Increased Body
Weight



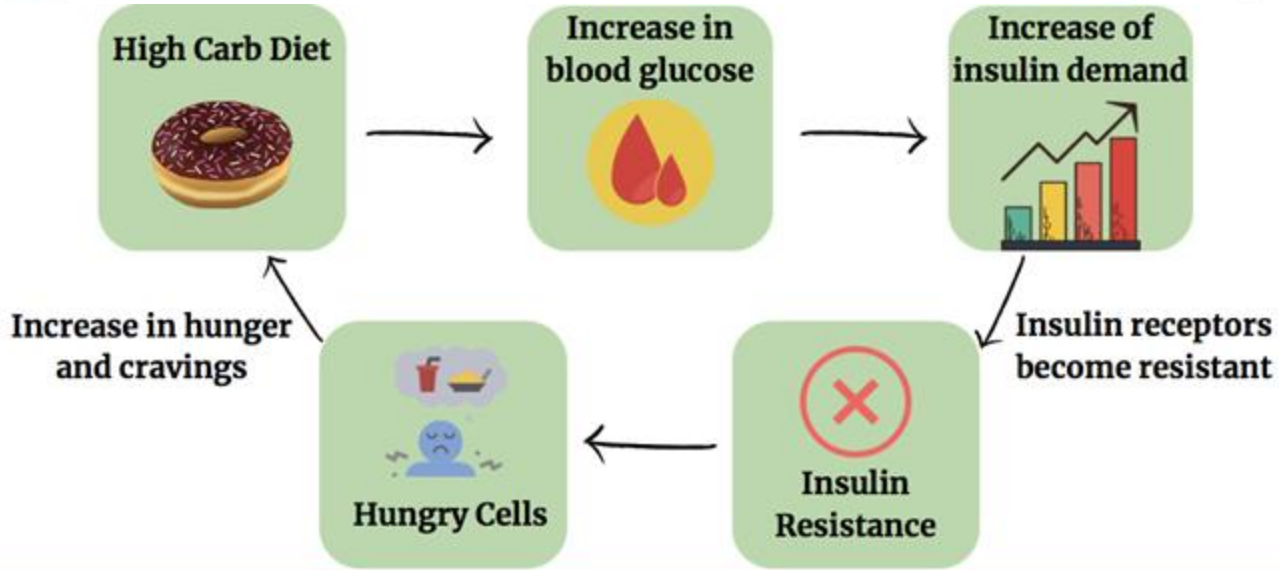
Increasing Age



Unhealthy
Eating

Management

The Carb-Insulin Loop



Reflect

Replace

Reinforce

Management

Fruit

less than 1/4 of plate
every colored fruit



Vegetables

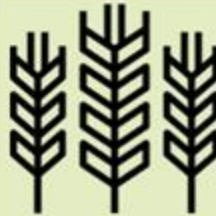
more than 1/4 of plate
variety of veggies



1/4 of plate
fish, poultry, beans,
nuts



1/4 of plate
whole wheat, whole
grains, brown rice



Protein

Whole Grains



Healthy Oils

Canola and olive oil rather than
butter/trans fat



Water

Tons of water, tea/coffee (little sugar)

Management- *During A Pandemic*



**Check what you
have at home first**



Make a shopping list



**Explore your
shopping options**



**How much should
you buy?**



**What foods should
you buy?**



Access to foods

Resources

Food

3P Ministries



KidCare



Pantries



Carb & Diet



Food Labels



Eating Out



Help

RISK



PREVENT



SERVICES



COVID-19



EXERCISE



DIAGNOSIS



Apps



Post-Survey

<https://tinyurl.com/y7l3glk8>





Questions?

Thanks!

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BROCHURE:

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