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

Future Physician Leaders- Group 3
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Diabetes
Pre-Survey

https://tinyurl.com/yalu3bh4
Why is Diabetes So Important?

Diabetes in CA
Total Percentage of Diagnosed Diabetes in Adults
(Age 20+), 2016

San Bernardino County: 9.4%
Riverside County: 8.7%

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
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.
Increased Thirst
Increased Appetite
Numbness/Tingling in Hands/Feet
Frequent Urination
Dry, Itchy Skin
Fatigue
Blurred Vision
Frequent/Slow-Healing Infections or Wounds
Prevention

Risk Factors for Type 2 Diabetes

- Family History of Diabetes
- Low Socioeconomic Status
- Ethnicity
- Genetic Predisposition
- Sedentary Lifestyle
- Increased Body Weight
- Increasing Age
- Unhealthy Eating
- Increased body weight
- Age (45+)

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

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

**Whole Grains**
1/4 of plate whole wheat, whole grains, brown rice

**Healthy Oils**
Canola and olive oil rather than butter/trans fat

**Water**
Tons of water, tea/coffee (little sugar)
Management - During A Pandemic

1. Check what you have at home first
2. Make a shopping list
3. Explore your shopping options
4. How much should you buy?
5. What foods should you buy?
6. Access to foods
Post-Survey

https://tinyurl.com/y7l3glk8
Questions?
Thanks!

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