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# Type 2 Diabetes in the Latino Population

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# Background

- Diabetes prevention grant
- Growing Epidemic
  - affects 2 million Latinos in the U.S.
  - 200% below poverty level

Factors contributing to rising rates of diabetes

- lifestyle
- cultural barriers
- genetics

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# Problem Statement

- Little information available for Latino population
  - What strategies are successful to improve management of diabetes in the Latino population?
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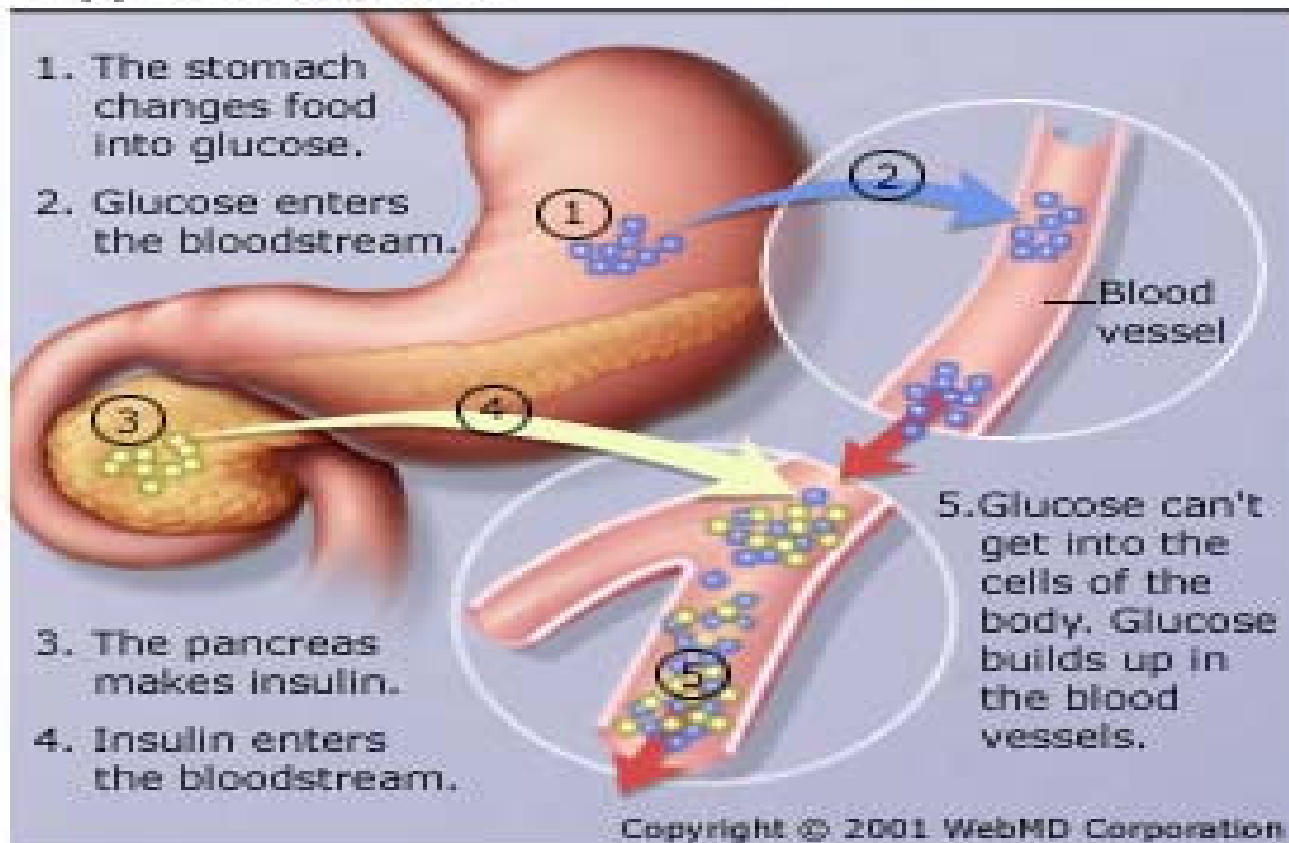
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# Goals

- Provide nutritional interventions and recommendations for the Latino population in Rochester to help control their disease
  - Research empowerment strategies and determine which ones are successful
  - Promote healthy eating and cooking by modifying a traditional ethnic recipe
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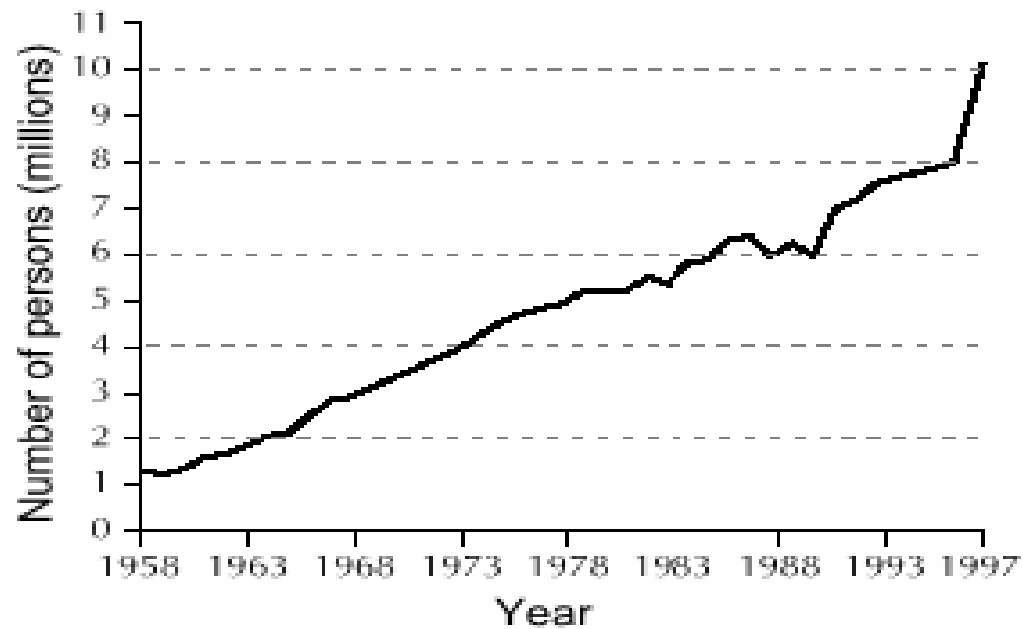
# Type 2 Diabetes

## Type 2 Diabetes



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## Number of Persons With Diagnosed Diabetes



Source: National Institutes of Health and Centers for Disease Control and Prevention

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# Empowerment Strategies

Study	<b>Project Dulce</b>	<b>Agurs-Collins</b>	<b>Starr County Border Health Initiative</b>
Models/ Theories	Consumer Information Processing Theory, Health Belief Model	Consumer Information Processing Theory, Behavioral Self-management	Consumer Information Processing Theory, Social Cognitive Theory

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# Recipe Modification

Recipe: Chicken Fricassee

Modifications: lower sodium, carbs, calories,  
and add vegetables

Evaluation: Score Card, nutritional analysis

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# Final Product

1 lb chicken pieces

Total Cost: \$4.50

1/2 red pepper (addition)

1/2 green pepper (addition)

1/2 white onion (addition)

1 packet sazón (reduced)

1 1/2 T sofrito (reduced)

Adobo to taste

3 garlic cloves crushed (2 garlic cloves)

1 T oregano

1 can tomato sauce (no salt added)

1 medium potato (reduced)

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# Nutrient Comparison

Nutrient	Traditional	Modified
Sodium	800mg	400mg
Carbohydrates	23g	20g
Calories	210	190

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# Recommendations

- Feedback was given at the wrong time, the earlier the better
  - Recipe approval was limited
  - Have more of the target population participate in tasting evaluation
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# Conclusions

- Behavior change theories from 3 studies shown to be successful for low income Latinos
  - Improvement of traditional recipes to help improve diet to prevent or control disease
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