Type 2 Diabetes in the Latino Population

By: Ann Marie Indovina
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
Problem Statement

- Little information available for Latino population
- What strategies are successful to improve management of diabetes in the Latino population?
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
Type 2 Diabetes

1. The stomach changes food into glucose.
2. Glucose enters the bloodstream.
3. The pancreas makes insulin.
4. Insulin enters the bloodstream.
5. Glucose can't get into the cells of the body. Glucose builds up in the blood vessels.

Copyright © 2001 WebMD Corporation
Number of Persons With Diagnosed Diabetes

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

<table>
<thead>
<tr>
<th>Study</th>
<th>Project Dulce</th>
<th>Agurs-Collins</th>
<th>Starr County Border Health Initiative</th>
</tr>
</thead>
</table>
Recipe Modification

Recipe: Chicken Fricassee

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

Evaluation: Score Card, nutritional analysis
Final Product

1 lb chicken pieces  
½ red pepper (addition)  
½ green pepper (addition)  
½ white onion (addition)  
1 packet sazon (reduced)  
1 ½ 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)  

Total Cost: $4.50
## Nutrient Comparison

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Traditional</th>
<th>Modified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>800mg</td>
<td>400mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>23g</td>
<td>20g</td>
</tr>
<tr>
<td>Calories</td>
<td>210</td>
<td>190</td>
</tr>
</tbody>
</table>
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
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