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Type 2 Diabetes

In the United States of America

# Abstract

According to the Centres for Disease Control and Prevention, more than 100 million Americans are diagnosed with diabetes or pre-diabetes. Besides, obesity and diabetes are one of the major causes of morbidity and mortality in the United States of America. To research why the prevalence of type 2 diabetes is higher among Americans in comparison with citizens from the Netherlanders, the follow question has been asked: *To what extent have Americans a higher risk at type 2 diabetes in comparison with citizens from the Netherlands?*

The research questions are formed about type 2 diabetes, the eating habits of the citizens of America, what they might need to improve about their eating habits. The risk at chronic diseases increase in proportion as the body mass index (BMI) or the waist circumference increase (Rijksinstituut voor Volksgezondheid en Milieu, 2016). Furthermore, two out of the five new cases from type 2 diabetes are due to overweight. A diet high in carbohydrates causes an increased risk of type 2 diabetes, because the risk of insulin resistance may increase by a high intake of carbohydrates.

However, the interviews showed that too little education about nutrition takes place in schools. The canteens only contain food which is high in carbohydrates and sugars, and healthy products cannot be found here either. Because only unhealthy food can be found in the canteens, children cannot make their own choice between unhealthy and healthy food.

It can be concluded that it is important that education about food must be available. Therefore, this advisory rapport will be focused on education at elementary schools. It will inform children aged six to ten about a healthy lifestyle and a healthy body. *‘You have to start young to be as healthy as possible’.*

Education for children is very important and could be improved by a website, app or puzzle. A website does not suite the target group, many children between six and ten years old are not using the internet yet. An app has as disadvantage that you keep the children inside while outdoors and exercise are recommended in an healthy lifestyle. The puzzle with information about an healthy lifestyle is very easy to use and suits the target group. Besides, the children will learn playfully about healthy food and lifestyle.

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# Introduction

Primarily because of the increasing prevalence of type 2 diabetes, this disease has become a widespread epidemic (Sheri R. Colberg, 2010).

According to the Centres for Disease Control and Prevention, more than 100 million Americans are diagnosed with diabetes or pre-diabetes. The results of this report shown that 9.4 percent of the citizens of the United States have diabetes and a quarter of the population has pre-diabetes that usually turns into type 2 diabetes (CDC, 2017). Besides, obesity and diabetes are one of the major causes of morbidity and mortality in the United States of America.

To research why the prevalence of type 2 diabetes is higher among Americans in comparison with citizens from the Netherlanders, the follow question has been asked:

*To what extent have Americans a higher risk at type 2 diabetes in comparison with citizens from the Netherlands?*

After processing the results, it can be said that American citizens are too little informed about type 2 diabetes. For example, the interviews show that hardly any education is given at school. This advisory report is made to increase the knowledge about type 2 diabetes among the citizens. The aim of the report will be reducing the number of children with obesity and to reduce the overall number of citizens with type 2 diabetes. Besides, schools can improve education so that children are more informed about a healthy lifestyle.

# The research

The aim of this research is to find out whether Americans have a greater risk of type 2 diabetes than the citizens of the Netherlands. The research questions are formed about type 2 diabetes, the eating habits of the citizens of America, what they might need to improve about their eating habits, what the cause of type 2 diabetes in America and the Netherlands is, and what the cause is for overweight in America and the Netherlands. All research questions are formed to answer the main question of this project.

To achieve the goal of this research project, two research methods were used namely, literature- and practical research. For the literature research, scientific articles were collected. To perform the practical research, six people were needed to interview with an American background. Several Americans were approached and were interviewed via Skype. After carrying out the literature and practical research, all information was collected and all findings were concluded. The summarized results of the studies are listed below.

3.1 The results

Worldwide there are 347 million people living with diabetes (Diabetes Desk, 2018). Thereby, diabetes is one of the leading causes of death (World Health Organization, 2017). According to a report released by the Centres for Disease Control and Prevention, more than 100 million adults in the United States of America are living with diabetes or prediabetes. This report finds that in 2015, 30.3 million Americans, which is 9.4 percent of the population from the United States of America, has diabetes (CDC, 2017). Another 86 million Americans have prediabetes, which is 1 out of 3. Therefore, 9 out of 10 don’t even know they have it and if not treated, this often leads to type 2 diabetes within five years (CDC, 2017). In the Netherlands, there are 1,2 million people living with diabetes, which is 6 percent of the population and more than 300.000 citizens from the Netherlands don’t know they have it (Diabetes Desk, 2018). Thereby, the numbers of people diagnosed with diabetes increase with 1.200 a week (Diabetesvereniging Nederland, 2018).

Possibilities for these increasing numbers can be aging, overweight, physical inactivity and changes in nutrition. According to the World Health Organization the numbers of these causes are 59.8 percent overweight, 21,9 percent obesity and 17,9 percent physical inactivity. However, this occurs more often in men than in women (World Health Organisation, 2016).

Furthermore, is a more active detection of diabetes patients by general practitioners. An active general practitioner with older people, people with vague complaints or people with risk factors such as obesity, diabetes in the family or high blood pressure, register relatively quickly a blood glucose value. However, in practice, more general practitioners are now alert to the possibility of diabetes. According to the NHG-standard it is recommended that the blood glucose value be determined every three years within certain groups (Rutten GEHM, 2006).

However, this does not mean that overweight is not one of the biggest causes of type 2 diabetes. In 2016, almost half (49,2%) of the citizens from the Netherlands, aged 18 and over, was overweight. Overweight occurs more by men than women, obesity is the other way around. In total, 14,2 percent of the citizens from the Netherlands aged 18 and over are overweight and these numbers will increase with age. The risk at chronic diseases increase in proportion as the body mass index (BMI) or the waist circumference increase (Rijksinstituut voor Volksgezondheid en Milieu, 2016). Furthermore, two out of the five new cases from type 2 diabetes are due to overweight. In America, adults aged 20 and over with obesity is 37,9 percent and adults aged 20 and over with overweight, including obesity is 70,7 percent according to the Centres for Disease Control and Prevention (CDC, 2015) . However, obesity and lack of physical activity are the two most common causes responsible for about 90% to 95% of type 2 diabetes cases in the United States of America (Webmd, 2016).

A combination of causes and contributing factors, including individual factors such as behaviour and genetics can cause obesity as a result. Additional contributing factors in the society include the food and physical activity environment, education and skills, and food marketing and promotion (CDC, 2017).

People think that the media can take a big part in preventing type 2 diabetes, however, the government does not seem to care enough, like Claire said ’*The government could do a lot, but that is different for every state. Every state has different priorities’*. Besides the government, the media and big brands like McDonalds do have a great influence but the ads are not about diabetes,like Christine said ‘*It could be very strong, if there were stronger messages’*.

The incidence of type 2 diabetes can be reduced by a lowered overall intake of energy (Jukka Montonen, 2017). However, food is very important in the American culture, several people said *’All social gatherings are based around food’ and* ‘*There will be food on every occasion, like birthdays, Thanksgiving, Christmas or just hanging out with friends and family’*.

Furthermore, for example, the citizens of the United States have got a high intake of carbohydrates, intake for men aged 20 and over got an intake of 47,4 percent (% of kilocalories) and women aged 20 and over got an intake of 49,6 percent (% of kilocalories) (CDC, 2017). The choices for carbohydrates are white product like bread, bagel, cereal, pasta and rice. Citizens of the United States eat 109 pounds of flour per year but because of the rise in corn flour, it is less than the peak in 2000, which was 116 pounds.

In 1999, citizens from America ate 89 pounds of sugar per person. As for now, the sugar intake is decreasing, however, 78 pounds are still being consumed which is added to sodas and other sugar-sweetened beverages (Liebman, 2013)

A diet high in carbohydrates causes an increased risk of type 2 diabetes, because the risk of insulin resistance may increase by a high intake of carbohydrates. An increased intake of carbohydrates at the same time as reduced fibre intake has led to an increased risk of type 2 diabetes in the United States in the 20th century (Lee S. Gross, 2003). Besides a lower intake of carbohydrates, a diet high in fibre is necessary to decrease the risk of type 2 diabetes. A higher dietary fibre and wholemeal consumption causes a reduced risk of type 2 diabetes because it slows down carbohydrate intake and digestion, leading to a reduced demand for insulin (Jukka Montonen, 2017). Fruit and vegetables are an example of product high in fibers, which a high intake can reduce the risk of type 2 diabetes. Americans, especially those with type 2 diabetes, has got a low intake of vegetables and fruits. However, they started eating more fruit and vegetables in the 1980’s, the rise has been stalled (Liebman, 2013).

A diet with an increase of 1.15 servings of fruit and vegetables per day resulted in a reduced prevalence in type 2 diabetes among American citizens. Besides, these products have got a high amount of vitamin C and antioxidants, which can lower oxidative stress by people with type 2 diabetes (Patrice Carter, 2010).

The interviews showed that too little education takes place in schools. Most schools say nothing or hardly anything about healthy food, and what kind of risks the unhealthy diet entails. Little good is said about the canteens in schools. The canteens only contain food which is high in carbohydrates and sugars, and healthy products cannot be found here either. Because only unhealthy food can be found in the canteens, children cannot make their own choice between unhealthy and healthy food.

# 3.2 Conclusion

Previous studies show that 9.4% of all Americans are suffering from type 2 diabetes. These people have this disease due to various causes such as being overweight, unhealthy eating habits and a lack of exercise. Despite this big number the government does too little to reduce the risk of type 2 diabetes. There is no education at school about healthy nutrition and the media has also got a big influence on a bad lifestyle.

It can be concluded that it is important that education about food must be available. Therefore, this advisory rapport will be focused on education at elementary schools. It will inform children aged six to ten about a healthy lifestyle and a healthy body. *‘You have to start young to be as healthy as possible’.*

# Alternatives

This advisory report is developed to increase the knowledge about a healthy lifestyle and nutrition among children. To achieve this, it is advisable to make a product that contributes to education. Below there are some suggestions with advantages and disadvantages.

# 4.1 Website

As product, it is an idea to make a website. The theme of this website will be a healthy lifestyle. In addition, tips and recipes can be placed. An advantage is that a website is structured. All the information is easy to find. Another advantage is that a website is of this time because many people use the internet. A disadvantage is that a website does not suit the target group. The target group is between the age six and ten, so there is a chance that they are not on the internet yet. This can lead to a low range among the target group.

# 4.2 Puzzle

Another product can be a puzzle with information about a healthy lifestyle. An advantage is that children will learn playfully about healthy nutrition and exercise. Besides, the product is easy to use which is suitable for children and producing this product will be cheap. However, the product is not suitable for adults because it is too easy.

# 4.3 App

An app can contribute to improve education about healthy nutrition. Children will be reached by bringing this app to the market as a game. An advantage is that children due this app will learn playfully. However, there are several disadvantages. For example, developing an app is very expensive and an app can only be used by smartphone or IPad users. Besides, the app ensures that children will sit inside playing games while outdoors and exercise are recommended in a healthy lifestyle.

1. The advice

Several products with advantages and disadvantages were suggested in the previous chapter. From this, it is recommended to choose the puzzle as end product. The reason is that the puzzle will suit the target group and is easy in use. Children will learn playfully about healthy food and lifestyle.

The idea behind the puzzle is: When there is a missing piece the puzzle is not complete. This is also with nutrition. When you miss a macronutrient, like carbohydrates, your nutrition is incomplete. The aim of this puzzle is to learn children what the body needs each day, what food can do for your body and what happens to your body when you don’t eat the right food. The puzzle and explanation are shown in the appendices.

5.1 Implementation

The created nutrition puzzle will at first be introduced at one elementary school. The product will be given to the school by one of the respondents. The reason to start with just one school is that the product is a trial. When the trial will be a success, there will be more schools approached.

To introduce the nutrition puzzle there will be different classes about food, health and exercise. With this product, you have the basis for nutrition. Included by the puzzle there are guidelines and explanation each macronutrient. There will be three lessons with different topics. However, the subjects are guidelines but the teachers have the opportunity to fill in the class freely.

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# Attachment 1: The Puzzle

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| Type 2 Diabetes*In the United States of America* | pieces of healthy food L. Van Dijk, A. Van ’t Klooster, F.D. Kras , S. De Jonge, E. Stultiens and L.D. Van der Tas  |

The General Guidelines

**1. Follow a healthy eating pattern during your lifetime.**

Everything you put into your mouth every day has an influence on your health. Choose a healthy eating pattern to help achieve and maintain a healthy body weight and reduce the risk of chronic disease.

**2. Focus on variety and amount.**

To meet a healthy eating pattern, choose a variety within all food groups in recommended amounts.

**3. Limit calories from added sugars and saturated fats and reduce sodium intake.**

Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that t within healthy eating patterns.

**4. Be aware of your choices of food and beverage.**

Choose foods and beverages across and within all food groups instead of less healthy choices. Consider cultural and personal preferences to make these choices easier to accomplish and maintain.

**5. Support healthy eating patterns for all.**

Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

**Introduction**



Every day we need a quantity of ‘’fuel’’, the fuel is your food that makes sure your body is doing all the processes that is necessary to move, play etc.

Your intake of food is like a puzzle, if there is a missing piece, the puzzle is not complete. That is the same with your food if you miss something in a group your nutrition is not complete.

Your body goes with you all your life. If you eat according to the six-pieced puzzle, you will stay healthy and fit. That way you can learn, play sports, play and have fun. Very important!

*So, what is in the puzzle?*

* Eat a lot of vegetables and fruits.
* Vary with color.
* You need fat. At least, the good fats from, for example, olive oil or soft margarine.
* Eating meat every day is not necessary.
* Alternate with sustainable fish, unsalted nuts, kidney beans, lentils, chickpeas or eggs.
* Choose especially whole wheat. Think of whole grain bread, wholegrain pasta or brown rice.
* Drink enough! No limos and juices full of sugar but tap water or tea without sugar.

*And what is not in the puzzle?*

You will not find candy, cake and soft drinks in the puzzle. All these sweets are not healthy. Something to snack or snack may, but rather not too much and not too often.

So, if you fancy something to eat in between, treat yourself especially with all those tasty things that are in the puzzle: snack tomatoes, strips of pepper, a handful of unsalted nuts (yes, one hand every day! So not 2 or more), a whole wheat sandwich well invested with all kinds of fruit, a sandwich or a cup of semi-skimmed yoghurt. All great choices.

*What does this all mean?*

Food is very important to us. Through food we can keep ourselves alive and continue to do what we do. How much you eat depends on a number of things:

* your age: if you are young, you still have to eat a lot to be able to grow well. This becomes less when you become older.
* your sport: if you do a sport a lot or are a top athlete, for example, it is very important that you eat well. This keeps your muscles fit.
* your physique and height: people who are tall will need more nutrition than people who are smaller. Their body needs less to function properly.

There are many different substances in food that are good for us. These substances help us to grow, to stay healthy and to get energy.

The different good substance is:

* Building materials: these are substances such as proteins and water. They help your body to grow.
* Protective substances: these are substances such as vitamins and minerals. They help your body protect itself against diseases.
* Fuels: these are substances such as carbohydrates, proteins and fats. These substances help your body to get energy again and to be able to do what you always do.

So, what exactly are these substances?

* Proteins: proteins help you grow up. Every hair or muscle in body is built with proteins. You have animal fats and vegetable fats. Vegetable fats are found in bread, potatoes, nuts and beans. Animal fats are found in meat, fish, eggs and pure products.
* Vitamins: an explanation can be found here.
* Minerals: minerals are chemicals. You do not need much of it, which is why they are also called trace elements. Examples of minerals are iron, calcium and iodine.
* Carbohydrates: carbohydrates are a collective name for all kinds of sugars. You have healthy sugar, but also unhealthy sugars. Healthy sugars are found in fruit and vegetables, for example. The sugars in fruit and vegetables are usually already included by nature. Unhealthy sugars (also called added sugars) are mostly in candies and cookies. These are put in through the factory.
* Fats: fats provide energy. Also, in fats there are animal fats (from animals) and vegetable fats (from plants). examples of animal fats can be found in butter, meat and cheese. You can find vegetable fats in nuts or plants. If you eat too few fats, you become weak. When you eat too much, you can become fat.

Therefore, it is important to keep fit and to exercise. It is recommended that you should exercise at least 60 minutes a day!

**Kilocalories**

These substances are measured in kilocalories. There is a quantity that everyone must receive daily. If you are growing, you have to get a lot of these kilocalories and eat more. Your body has to become bigger. If you want to lose weight, you have to get in less and move more, because by moving the kilocalories burn again.

|  |  |  |  |
| --- | --- | --- | --- |
| Female | 1200 kcal/d | 1600 kcal/d | 1800 kcal/d |
| Male | 1400 kcal/d | 1800 kcal/d | 2200 kcal/d |

**Vegetables & fruits**

Vegetables and fruits contain a lot of vitamins and minerals which are good for your immune system to keep all the viruses and flu's out. But they also contain carbohydrates and fibers which is good for your bowel movement. The recommendation per day is for females aged 4 - 8 years old 1 cup, aged 9 - 13 years old 2 cups of vegetables. For males aged 4 - 8 years old 1,5 cups, aged 9 - 13 years old 2,5 cups of vegetables. The recommendation for fruit is 1,5 cups a day, like banana, kiwi, apple, mango, strawberry and orange.

There are different kind of subgroups for the vegetables, this is a guideline to eat variable.

The subgroups are:

* Dark green: spinach, kale
* Red & orange: carrots, beetroot
* Legumes: beans and peas
* Starchy: potatoes, sweet potatoes

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**Grains**

A healthy eating patterns include whole grains and limit the intake of refined grains, such as cookies, cakes, and some snack foods.

The grains food group includes grains as single foods like rice, oatmeal, and popcorn.

As well as products that include grains as an ingredient like breads, cereals, crackers, and pasta. Grains are either whole or refined. Whole grains -  like brown rice, quinoa, and oats-  contain the entire kernel, including the endosperm, bran, and germ. Refined grains differ from whole grains in that the grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients. The recommendation per day is for females aged 4 - 8 years old 4 ounces, aged 9 - 13 years old 5 ounces of grains. For males aged 4 - 8 years old 5 ounces, aged 9 - 13 years old 6 ounces of grains.

**Dairy**

Dairy including milk, yogurt, cheese, or fortified soy beverages. It is important to choose the low-fat variant.

Other products sold as “milks” but made from plants (e.g., almond, rice, coconut, and hemp “milks”) may contain calcium and be consumed as a source of calcium, but they are not included as part of the dairy group because their overall nutritional content is not similar to dairy milk and fortified soy beverages (soymilk). Calcium is important for your bones and for your grow. The recommendation for females is 2 portions a day and for males it is 3 portions a day.

**Protein foods**

Healthy eating patterns include a variety of protein foods. The protein foods group comprises a broad group of foods from both animal and plant sources and includes several subgroups: seafood; meats, poultry, and eggs; and nuts, seeds, and soy products. Legumes (beans and peas). Protein also is found in some foods from other food groups like dairy. The recommendation per day is for females aged 4 - 8 years old 3 ounces, aged 9 - 13 years old 4 ounces. For males aged 4 - 8 years old 4 ounces, aged 9 - 13 years old 5 ounces.

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**Oils**

Oils are fats that contain a high percentage of monounsaturated and polyunsaturated fats that are liquid at room temperature. Although they are not a food group, oils are emphasized as part of healthy eating patterns because they are the major source of essential fatty acids and vitamin E. Commonly consumed oils extracted from plants include canola, corn, olive, peanut, safflower, soybean, and sunflower oils. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.

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**Beverages**

Your body exists for 70% of water, that why it is important to be hydrated. Every day you need 1,5-2 liters of water. However, be aware of your choices, cola contains a lot of sugar.

**Exercise**

The Heart Association have investigated that it is important for children to move 60 minutes each day. That can be exercising, biking, walking but also playing outside.

Movement is important for your condition and healthiness of your body.