



# Implementing Nutritional Education to Address Health Disparities in Detroit

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# TYPE 1 vs TYPE 2 DIABETES

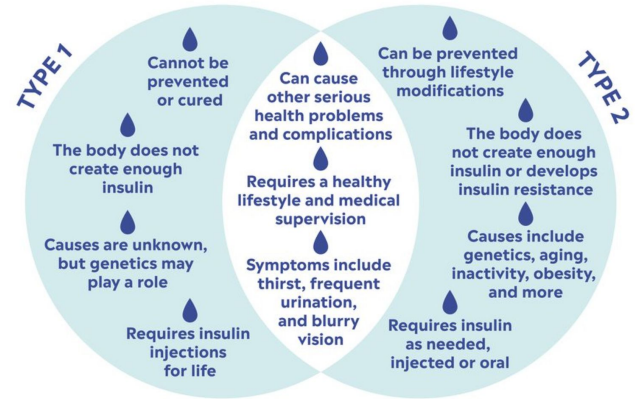


Image Credit: EMILY SCHIFF-SLATER from Prevention.com

## Background

- Type 1 and type 2 Diabetes
  - Type 1 is less common and people produce no insulin
  - Type 2 is more common and people are insulin resistance
- Nationwide risk to develop diabetes is 77% higher for African Americans
- Detroit: 86% of households have 1+ people at risk for prediabetes
  - 30.8 % of city population is also obese

# Background

- Obesity is regarded as the main risk factor in developing type 2 diabetes

Figure 2.4 Age-Adjusted Diabetes Mellitus Death Rates in Michigan 2010-2015

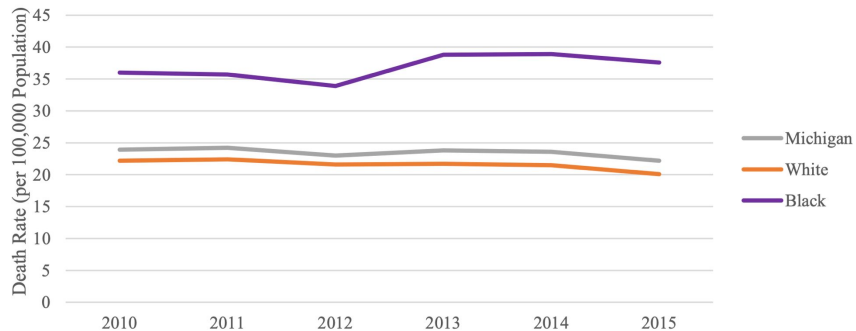


Figure 3.1 Weight Status in Michigan, Wayne County (excluding Detroit), Detroit, 2014-2016

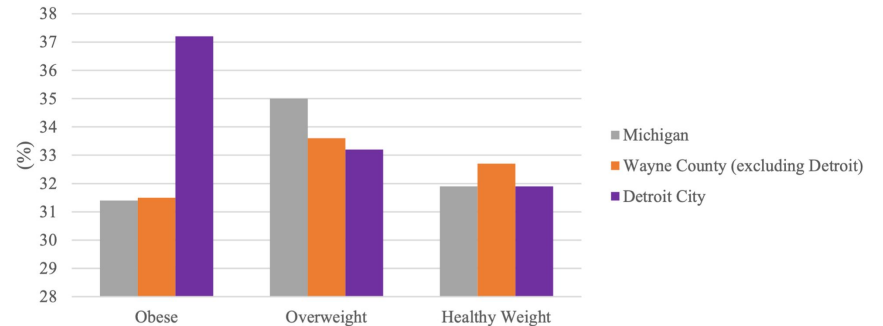


Image Credit: Division for Vital Records & Health Statistics, Michigan Department of Health & Human Services; Population Estimate (latest update 9/2014), National Center for Health Statistics, U.S. Census Populations With Bridged Race Categories

Image Credit: Michigan BRFSS, 2014-2016 Combined, 2014-2016 Michigan BRFSS Regional & Local Health Department Estimates December 12, 2017.

# Policy Option: Further Establishment of Gymnasiums and Recreation Centers

- There is only one YMCA in the metropolitan area of Detroit.
- When more gyms are available throughout the city, citizens will have the opportunity to strengthen their physical health and mitigate the risk of diabetes.



# Policy Option: School Gardens and Nutritional Classes

- This would allow students to take these habits home to their parents, encouraging them to participate in the local community gardens that exist around the city.
- Students could attend local farmer markets for field trips, exposing them to the benefits and fun of these community centers.



# Policy Recommendation

- Nutrition Education
  - 40 - 50 hours yearly in elementary, middle, and high schools
  - Focuses on healthy eating and exercise
- School garden
  - Allows for hands on experience and connections to classroom
  - Contributes to community bonding



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