Food Differences Among Hispanic Groups and Incidence of Type 2 Diabetes

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Madeline Leininger’s Theoretical Frame Work

• Nursing theorist that developed the concept of transcultural nursing and Culture Care Diversity.

• Leininger believed there was a gap between health care providers and culturally diverse population (Long et al. 2012).
Hispanics are Part of a Diverse Subgroup

• Healthcare providers tend to generalize that all Hispanics eat the same type of food, this is a misconception.

• A study conducted by Long et al. (2012) found that diabetes affects sub groups differently.

http://www.cdc.gov/diabetes/ndep/images/54.jpg
Prevalence Based on Subgroups

• According to a study conducted by Schneiderman et al., (2014) the lowest prevalence of diabetes was found in South America and Cuba. Highest incidence were found among Central America, Puerto Rico, Dominican Republic, and Mexico.
Cultural Differences Among Latino Subgroup

• Cultural Differences: Each subgroup varies vastly in its history of immigration, assimilation, and settlement in the United States.

• Differences in Ethnicity: Puerto Rican, Dominican, South American, Central American, etc.

• Differences in food preferences
Cultural Differences Among Latino Subgroup

• Share common language, but are ethnically and culturally heterogeneous.

• Different beliefs: A study by Long et al. (2012) found some Mexican Mayans believe diabetes is caused by too much sugar in food, and too much stress.
Cultural Differences Among Latino Subgroup

• Puerto Rican’s believe if you live long enough you will develop diabetes.

• Words and meanings vary among different groups. Example, Puerto Ricans call oranges china and Mexicans call them naranja (Long, 2012).
Incidence of diabetes among different Hispanic groups.

- Mexicans 18.3%
- Puerto Ricans 18.0%
- Central Americans 17.7%
- Cubans 13.4%
- South American 10.2%
Prevalence and Incidence

• The lowest prevalence and incidence of diabetes was found in South America and Cuba.

• The highest prevalence and incidence was found in Central America, Puerto Rico, Dominican Republic, and Mexico. (Schneiderman et al., 2014).
BMI Differences Among Hispanic Subgroups

• Mexican 28.0
• Puerto Rican 27.9
• Cuban 26.4
• South American 25.9
BMI and Diabetes

- Mexicans-Americans and Puerto Ricans according to Pabon-Nauet et al. (2010) have the highest BMI.
- BMI was the lowest in South America.
- The prevalence of diabetes and increased BMI was found in Latinos living in the U. S. greater than 10 years Pabon-Nauet et al. (2010).
Glycemic Index

- Low, which is a score below 55
- Moderate, where the score is between 56-70
- High, for foods with a score above 71.

https://s-media-cache-ak0.pinimg.com/236x/99/0a/d7/990ad78024545e326e6cac9ca003e331.jpg
International Diabetes Center Materials
Traditional Mexican Foods

Preferred Mexican Dish

Fried Beans and Rice GI: 70
2 Corn tortilla GI: 102

http://www.birthdaytrend.com/wp-content/uploads/2013/03/Mexican-Recipes-300x231.jpg
Traditional South American Food

Preferred Venezuelan Dishes

- Rice and Beans GI: 70
- Plantains GI: 40
- Arepas GI: 69

http://www.southameric.cl/Columbia/Food.htm
Traditional Dominican and Puerto Rican Food

Preferred Puerto Rican and Dominican food

- Rice and Beans GI: 70
- Fried Plantains GI: 69

Traditional Peruvian America

Preferred Peruvian Dishes

- Ceviche consist of raw fish
- Sweet Potatoes GI: 70
- Corn nuts GI: 40
- Lettuce: 10
- Corn GI: 40

http://s3-media3.yelpcdn.com/bphoto/VxNY6b43wMDyTiN3W8q1OA/348s.jpg
Peru’s Low Incidence of Diabetes

- Peru has a low prevalence of diabetes, and obesity. Japan and China migrated to Peru which might explain the low incidence of diabetes. Peruvians eat raw fish (ceviche) which is a popular dish in Japan. http://www.everyculture.com/No-Sa/Peru.html
Peru’s Low Incidence of Diabetes

• This was an exploratory study that evaluated the prevalence of diabetes in different Hispanic populations. Further study is needed to determine whether the lower incidence of diabetes in Peruvians is related to diet, or hereditary.
Diabetes And Poverty

- According to Long et al. (2012) obesity and type 2 diabetes are associated with poverty, not ethnicity or culture.

References


References


References