

Diabetes

The Other Pandemic

Foods
Level D Grade 12
Logan Hart

What is diabetes?

Diabetes happens when the body can't process sugar (glucose) properly. There are two types of diabetes, Type I and Type II. Type I is usually when a person is born unable to produce insulin, which is what the body uses to break down glucose. Type I diabetes CAN develop later in life, but that is rare. Type II diabetes develops later in life and is the most common type of diabetes. 95% of people who have diabetes have Type II. The bodies of people with Type II diabetes are unable to manage their insulin properly, and either release too much of it or not enough.



Diabetes: The OTHER Pandemic

In 2018, 10.5% of the American Population had Diabetes (that's 34.2 million people!). (diabetes.org)

Diabetes is the 7th leading cause of death in the United States, and this statistic is probably underreported. (diabetes.org)

Number of adults (20–79 years) with diabetes worldwide

North America & Caribbean

2045 63 million
2030 56 million
2019 48 million

↑ 33% increase

- 1 in 6 adults in this Region is at risk of type 2 diabetes
- 43% of global diabetes-related health expenditure occurs in this Region

South & Central America

2045 49 million
2030 40 million
2019 32 million

↑ 55% increase

- 2 in 5 people with diabetes were undiagnosed
- Only 9% of global diabetes-related health expenditure for diabetes is spent in this Region

Africa

2045 47 million
2030 29 million
2019 19 million

↑ 143% increase

- 3 in 5 people with diabetes are undiagnosed
- 3 in 4 deaths due to diabetes were in people under the age of 60

Middle East & North Africa

2045 108 million
2030 76 million
2019 55 million

↑ 96% increase

- 1 in 8 people have diabetes
- 1 in 2 deaths due to diabetes were in people under the age of 60

South-East Asia

2045 153 million
2030 115 million
2019 88 million

↑ 74% increase

- 1 in 5 adults with diabetes lives in this Region
- 1 in 4 live births are affected by hyperglycaemia in pregnancy

Western Pacific

2045 212 million
2030 197 million
2019 163 million

↑ 31% increase

- 1 in 3 adults with diabetes lives in this Region
- 1 in 3 deaths due to diabetes occur in this Region

WORLD

2045 700 million
2030 578 million
2019 463 million

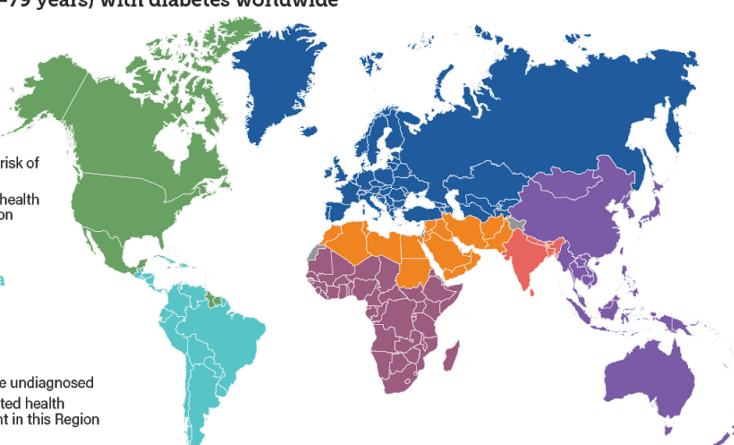
↑ 51% increase

Europe

2045 68 million
2030 66 million
2019 59 million

↑ 15% increase

- 1 in 6 live births are affected by hyperglycaemia in pregnancy
- The Region has the highest number of children and adolescents (0–19 years) with type 1 diabetes – 297,000 in total



What dietary restrictions come with diabetes?

People living with diabetes have to watch their sugar intake very closely, otherwise, they “crash” which can have severe consequences. They should limit refined foods in their diets, such as white bread and pasta, fast food, and most pre-packaged snack food. The biggest food group to avoid is simple carbohydrates, which raise the blood sugar unhealthily fast.

Good foods for people with diabetes would be foods low in carbohydrates, or with complex carbohydrates so that the body takes longer to process that sugar. When sugar is consumed, it's good for it to be consumed with fiber, which also slows the rate that the body breaks it down. Foods high in fiber include uncooked and whole fruits and vegetables.



Why is Angel Food Cake good for diabetics?

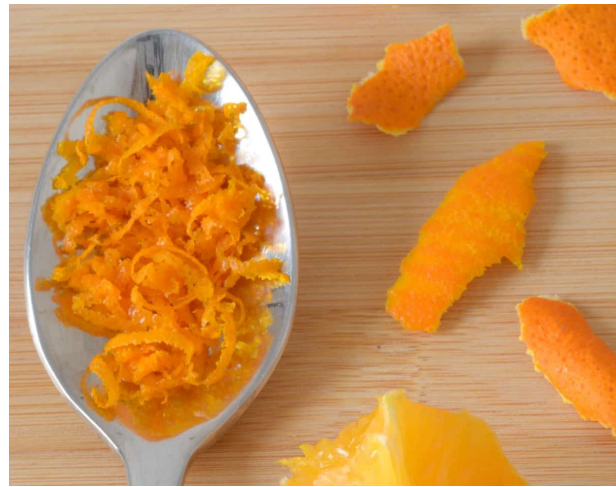
Angel Food Cake is a great dessert for diabetics because, unlike many of its sweet counterparts, it's very low in sugar and carbs. Because of this, when consumed in moderate amounts, Angel Food Cake does not affect blood sugar levels. People with diabetes can safely eat Angel Food in moderate amounts because it doesn't have simple carbohydrates and sugars, meaning that it won't cause a sudden or significant spike in blood sugar levels.

However, it is noteworthy that this goes specifically for Angel Food Cake on its own. When frosted, the amount of fat, sugar, and carbohydrates increase significantly, meaning that a frosted Angel Food Cake is NOT good for diabetics.



Why is MY cake good for diabetics?

As stated previously, Angel Food Cakes are great for people with diabetes because they are low in sugar compared to most other cakes, and especially low in simple sugars and carbohydrates. This allows the sugar more time to process into people, which means their blood sugar doesn't spike.



This Orange Dream Angel Food Cake is great for diabetics because the orange adds additional sweetness using healthy sugars, and while still keeping the sugar level of the cake very low. This is great because a person with diabetes can't have a frosted cake, and the orange adds flavor without making it less healthy.

Works Cited

Logan Hart- The majority of this information I learned through having my diabetic grandmother living with me. I used the website of the American Diabetes Association to fact check my information.

“American Diabetes Association®.” *American Diabetes Association*, www.diabetes.org.