

Life Style Changes

Physical Activity

The USDA recommend children and adolescent ages 6-17 to engage in at least 60 minutes of daily moderate or vigorous aerobic physical activity. Adults ages 18-64 should engage in at least 2 hours and 30 minutes of weekly moderate aerobic physical activity or 1 hour and 15 minutes of weekly vigorous aerobic physical activity (USDA, 2014).

Simple physical activity ideas include:

- Walking or cycling to work
- Recreational activities such as soccer or tennis
- Running
- Swimming
- Dancing

Nutrition

Recommendations from the 2010 Dietary Guidelines (USDA):

- Fill the majority or at least half your plate with fruits and vegetables
- Make at least half your grains whole grains
- Switch to skim milk, 1%, or soy milk
- Choose foods with little or no added sugar

Ideas of food that fall into these categories include chayote, chiles, jicama, maize, cucumbers, carrots, avocados, bananas, papaya, and mango (Oldways Preservation Trust, 2014).

Other helpful tips:

- Read nutrition labels
- Be aware of "portion distortion"
- Be aware of sugar and calories in beverages
- Consume nutrient dense foods such as fruits, vegetables, and whole grains



Resources

CDC, Obesity: Halting the Epidemic by Making Health Easier
<http://www.cdc.gov/chronicdisease/resources/publications/aag/obesity.htm>

CDC, Diabetes Public Health Resource
<http://www.cdc.gov/diabetes/consumer/index.htm>

We Can!® Resources
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

USDA Choose My Plate
<http://www.choosemyplate.gov/index.html>

Dietary Guidelines for Americans 2010
<http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>



Promoting Health and Wellness by
Empowering Latino Youth and
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The Obesity Epidemic & Diabetes Crisis

The Obesity Epidemic

Hispanic Americans had the second highest rate of obesity in the country and Hispanic youth had the highest rates of obesity from 2011-2012, with a rate of 22.4%, compared to 20.2% for non-Hispanic blacks and 14.7% for non-Hispanic whites (CDC, 2014). Obesity is a serious health concern that entails various risks ranging from cardiovascular disease, Type 2 Diabetes, high cholesterol, cancer, osteoarthritis, mental health problems, and much more.

The Diabetes Crisis

Diabetes has become an issue just as serious as obesity. The most common forms of diabetes are Type 1 and Type 2. Type 1 Diabetes occurs when the immune systems mistakenly attacks its own insulin producing beta cells, while Type 2 occurs when the body can no longer produce enough insulin or utilize insulin effectively (HSS, 2009). Although Type 1 is more prevalent among youth, Type 2 is now becoming more common. The prevalence of diabetes among Hispanics is alarmingly high, with a 12.8% rate of diagnosed Hispanic adults compared to only 7.6% of non-Hispanic whites (ADA, 2014) and an increased probability of developing diabetes among Hispanic youth born in 2000 (Narayan, Boyle, Thompson, Sorensen and Williamson, 2006). Aside from the diabetes itself, other health consequences of diabetes include cardiovascular disease, stroke, blindness, amputations and kidney disease (ADA, 2014).



The Importance of Physical Activity and Nutrition

Nutrition

Proper nutrition is just as critical for optimum health of an individual. Currently, Latinos are facing the challenge of access to healthy, fresh food, but are in close proximity to fast food restaurants and convenience stores (Salud America, 2011). Latinos also seem to be exposed to a more unhealthy environment that often promotes non-nutritious food and lacks healthy food promotion (Salud America, 2011).



Physical Activity

According to the Office of Minority Health, Hispanic adults were 30% less likely to engage in physical activity than non-Hispanic whites (OMH, 2011). Physical inactivity is a serious concern, for 12% of deaths in the U.S. are related to sedentary lifestyles (University of Maryland Medical Center, 2013).

The Latino community is currently facing a challenge in living active lifestyles. Access to safe recreational areas and time spent on social media discourages Latino youth to be active in their neighborhoods (Robert Wood Johnson Foundation, 2011). It is up to the Latino community to take initiative and lead the community to a more active lifestyle.

The benefits of Physical Activity can never be overemphasized. Physical activity reduces the risk of cardiovascular disease, Type 2 Diabetes and some cancers (CDC, 2011). Physical activity also improves mental health, sleep and strengthens muscles and bones (CDC, 2011).