

Chapter 6
**Prevalence of Diet-related Chronic Disease:
Disparities and Programs to Reduce Them**

Student assignments and activities designed to enhance learning and stimulate critical thinking.

1. Based on your age and gender, what are the recommended screening tests you should have according to the American Cancer Society, American Diabetes Association, and American Heart Association (see Table 6.1)? Think back to your last few regular healthcare visits. Which of these screening tests were performed during your visit? Which were not performed? If any of these recommended screening tests were skipped, what are some reasons why? Discuss how individuals can ensure that their physicians perform all recommended screening tests.
2. Research Community Based Participatory Research (CBPR), as mentioned on page 126. Briefly summarize the main concepts of CBPR, and discuss how this approach can be used to improve nutrition and physical activity within a community.
3. Identify a teacher or school administrator in the school district in which you live. Using Box 6.5 (page 127), interview this person to determine if your local school district is partaking in any or all of the diabetes prevention strategies listed under *Schools*. Write a summary of your findings, including recommendations on how the school and/or district can improve its strategy for diabetes prevention.
4. Think about your worksite or school setting. Which of the diabetes prevention strategies listed under *Employers* in Box 6.5 (pg 128) are available to you as an employee or student? Which of the strategies would work in your setting, but are not currently available? What are some reasons why? How can you as an employee or student advocate for the inclusion of additional diabetes prevention strategies at your worksite/school?
5. Using the Legislative Database (<http://apps.nccd.cdc.gov/DNPALeg/>), find three recent bills related to nutrition and physical activity in your state. Briefly summarize these bills and describe who will likely benefit the most from each of them.
6. Hypothesize reasons why the prevalence of overweight and obesity differs by age, gender, race/ethnicity, and socioeconomic status.

7. Using the Census (<http://www.census.gov>), determine the total number of Americans in the year 2000. Based on the data provided in section 6.4.1.1 (pg 134), determine the percentage of undiagnosed diabetics in the US. Are you surprised by this figure? Why or why not?
8. Using the information from section 6.4, discuss the health and economic consequences of the increasing rates of type 2 diabetes in children. Based on the risk factors for type 2 diabetes in youth, describe the areas where prevention efforts should be focused.
9. Choose one of the recommendations to prevent heart disease and stroke listed in Box 6.12 (pg 144-145) and find an example of how it has been carried out in the US (either locally, state-wide, or nationally). Describe your findings, including the group or agency in-charge, target audience, details of the prevention strategy, and effectiveness (known or expected) of the prevention strategy.
10. The State Department of Health has just been awarded a \$10 million grant to reduce health disparities in your state. As the Nutritionist, you have input into how this money should be spent.
- A. Your first step is to determine the health disparities in your state. Using the vital statistics from your State Department of Health (see <http://www.cdc.gov/nchs/about/major/nativity/sites.htm> for links to State Health Departments), list the top three causes of death in your state.
 - B. Then, for each of these causes of death, determine the rates based on race/ethnicity, age, and gender. Describe any disparities that exist.
 - C. Based on your findings and what you read in Chapter 6, how you will recommend allocating the grant money? Include a discussion of the local, state, and/or federal programs that currently exist to help reduce the health disparities in your state. What other programs could be created by the grant to address the risk factors for these diseases?