



health  chats  
**DIABETES**  
**AWARENESS**

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# Today's Topics

01

What is diabetes?

02

Disparities in  
type 2 diabetes

03

How to get screened

04

Reversal strategies for  
type 2 diabetes

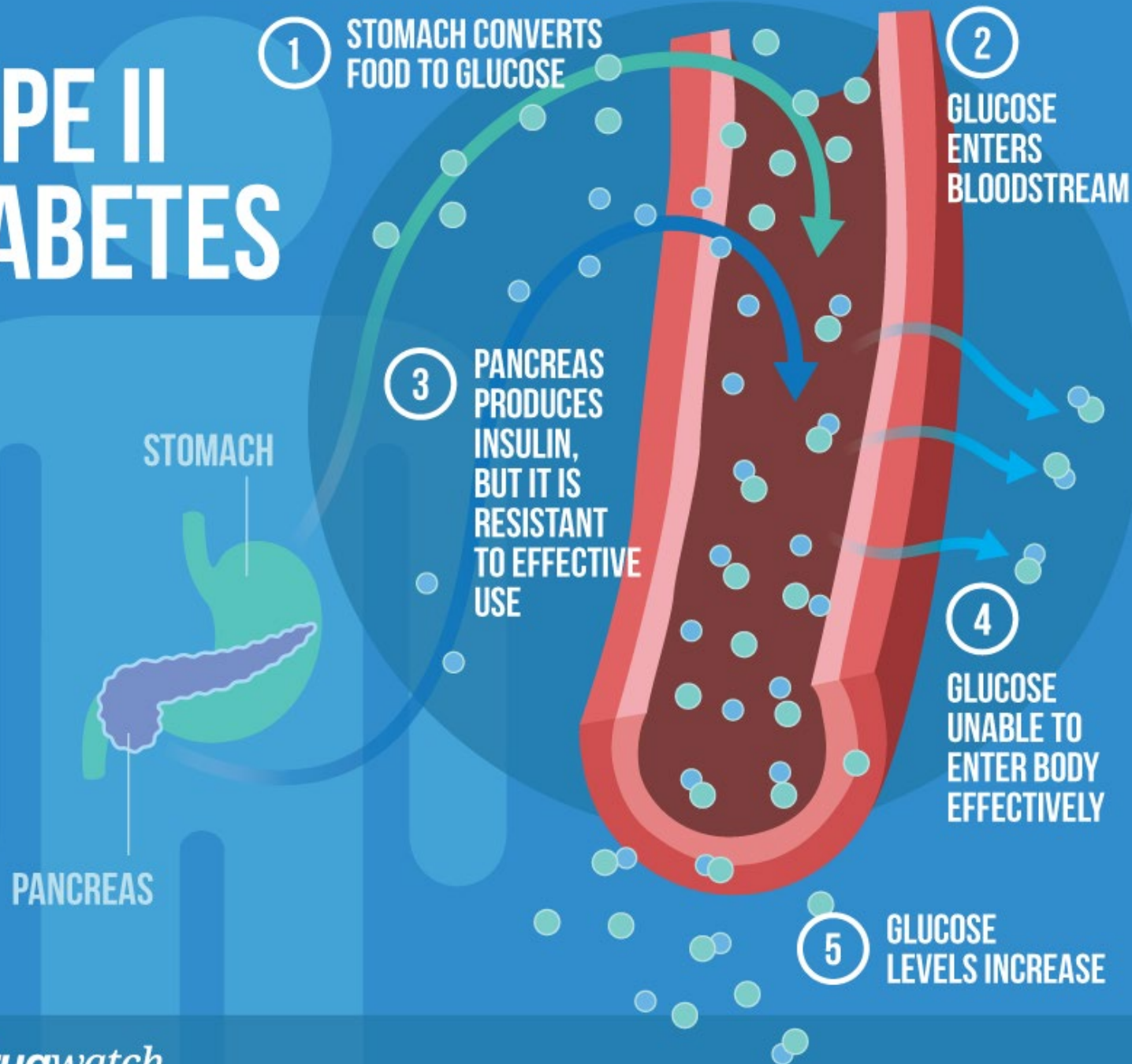
05

UnitedAg resources

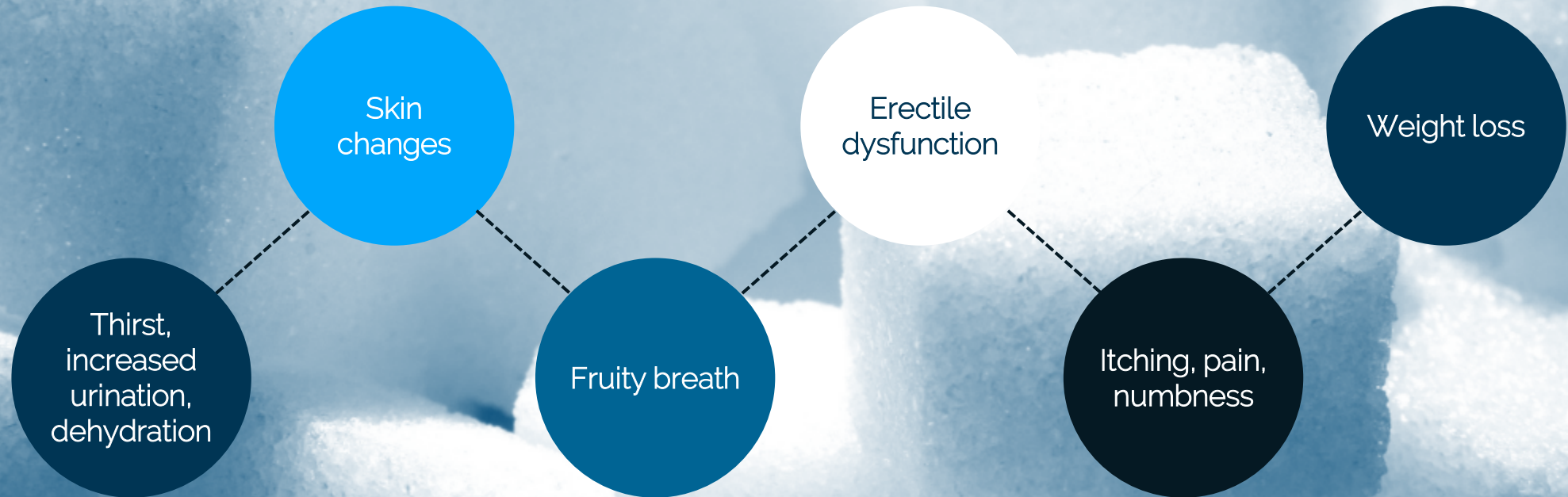
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Q&A

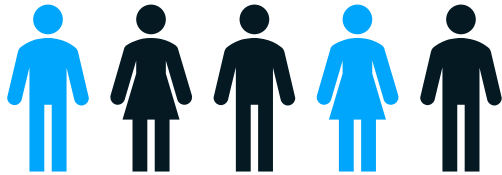
# TYPE II DIABETES



# .Surprising Symptoms



# .Disparities in type 2



40% of U.S. adults are expected to develop type 2 diabetes in their lifetimes

50%

Among Latina/os, this lifetime risk is even greater at 50%



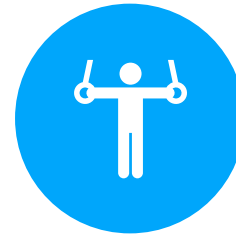
Risk factors including family history, sedentary lifestyle, excess body weight are ubiquitous

Most adults in the U.S. (especially the UnitedAg population) is at risk of type 2 diabetes

comorbid conditions



lifestyle



Healthcare literacy & access



# Why are certain populations at higher risk of type 2 diabetes?

Most of these can be changed!



cultural factors



genetics





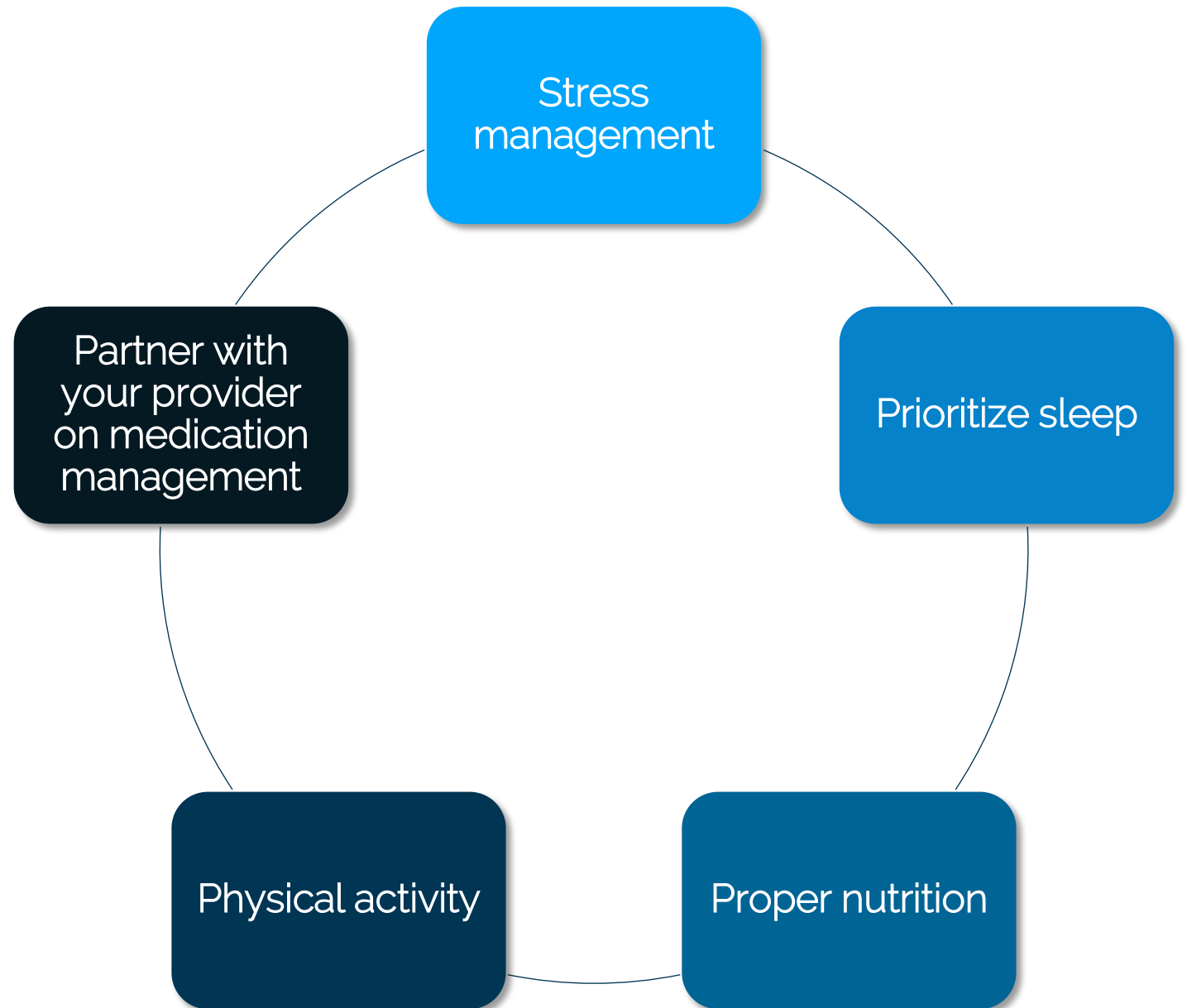


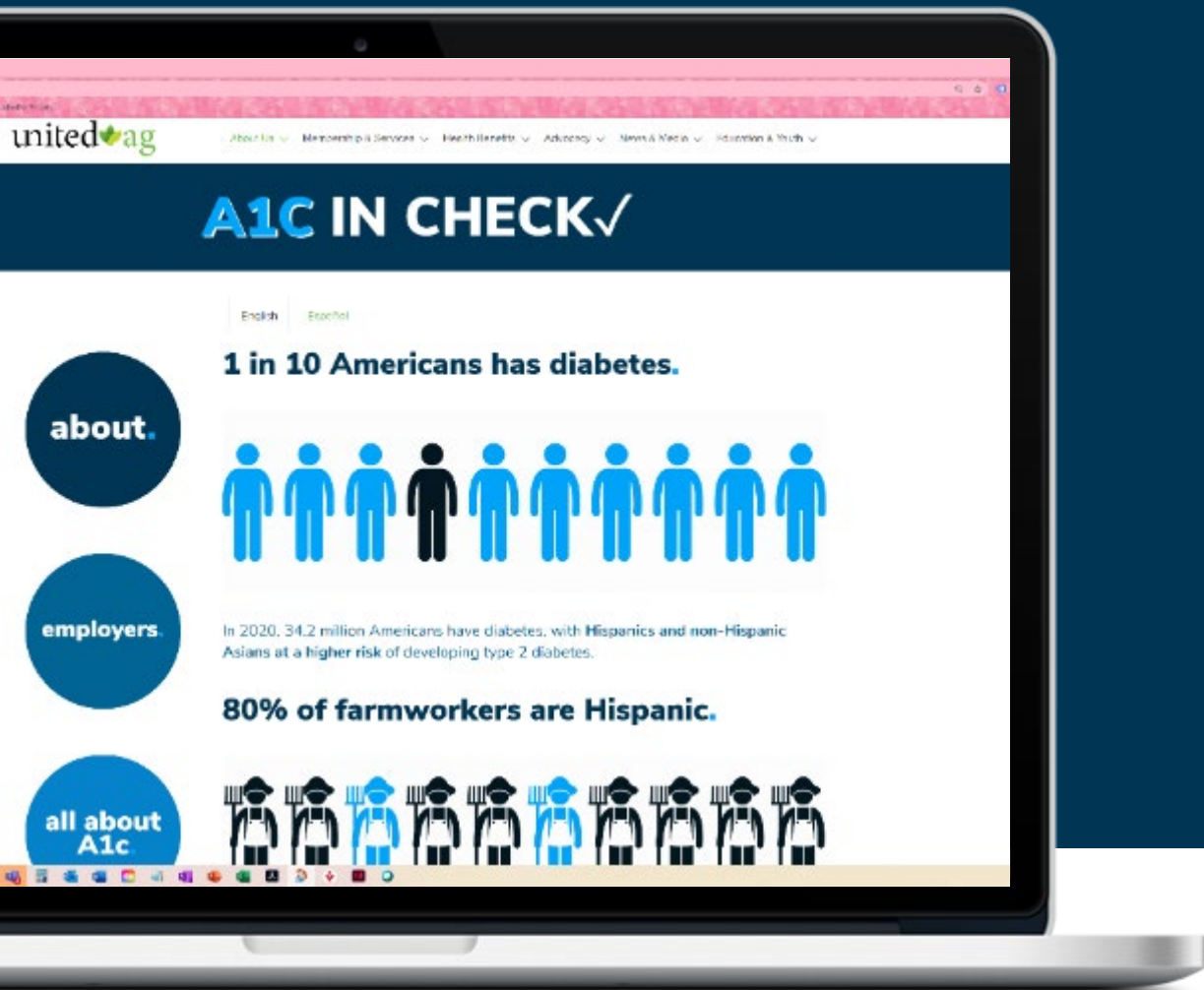
# .Diabetes Screening

- Fasting blood glucose
- Hemoglobin A1c
- Good opportunity to screen for other conditions, such as hypertension, cancer screenings



# .Type 2 Diabetes Reversal





# .Resources

UnitedAg Health & Wellness Centers

[unitedag.org/wellnesscenters](https://unitedag.org/wellnesscenters) | 877.877.7981

- Diagnosis & primary care follow up
- Lifestyle coaching program
- Biometric screening programs

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