



In patients with T2DM, does a plant-based diet offer a greater improvement in glycemic control compared to non-plant-based diets, as shown by a reduction in hemoglobin A1C?

Alyssa Wilkins

Abstract Some studies showed improvement in glycemic control by measuring decrease in HbA1c, while others were inconclusive. The absolute change in HbA1c in the interventional group showed 0.84 decrease compared to 0.31 decrease in the control group. Although both groups showed reductions in HbA1c levels, the plant-based diets showed greater reduction than non-plant-based diets. This literature review consists of data from recent journals which aims to understand the cultural and social factors that may have led to obesity in Latino children. Cultural factors include breastfeeding practices and social factors include the influence of welfare programs such as the Special Supplemental Nutrition Program for Women, Infants, and Children Food Package. Nine articles were reviewed in this paper to analyze consistencies in research findings related to obesity in Latino children. Based on the literature reviewed, it can be concluded that obesity among Latino children is a direct result of interactions between genetic and environmental factors. One study suggests that prenatal environment influences the development of severe obesity, and that this should be the target of intervention. In conclusion, acculturation and economic conditions may contribute to a household environment that negatively influences the child's consumption patterns, thus affecting their obesity levels

Biography:

Madeleine Ma, PA-S2, Christine Serewis-Pond, PA-S2, Alyssa Wilkins, PA-S2, and Ashley Guillory, PhD She volunteers at Love in Music, where she teaches violin for underprivileged Hispanic children. From here, she realized how big the obesity problem is and decided to start a research paper on the issue. She is currently an intern at Inbody USA.

Publications:

1. Evaluating the Mechanical Properties of Admixed Blended Cement Pastes and Estimating its Kinetics of Hydration by Different Techniques
2. Genetic Diversity Using Random Amplified Polymorphic DNA (RAPD) Analysis for *Aspergillus niger* isolates
3. Au-Ag-Cu nanoparticles alloys showed antifungal activity against the antibiotics-resistant *Candida albicans*
4. Induce mutations for Bavistin resistance in *Trichoderma harzianum* by UV-irradiation
5. Biliary Sludge. Analysis of a Clinical Case



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