



# Beat Diabetes Initiative

DiaBeaters, Undergraduate Student Organization

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## Our Mission

Our mission is to make the healthy choice easier by promoting the prevention, education and management of diabetes while advocating for the healthy lifestyle that comes with it.

## Our Pillars



Nutrition Exercise Sleep Mental Health

*"We shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."*  
-Eleanor Roosevelt

## Personal Responsibility

We constantly have opportunities to make choices that can improve our physical and mental health. Our goal is to make people aware of these choices and the benefits of making healthier decisions.



## Successes & Goals

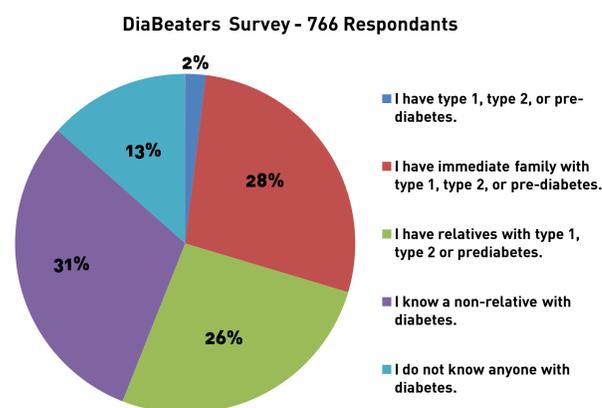
Last year we expanded our social media reach and event attendance, and we were able to continue growing this year. We began a collaboration with the UCLA Metabolism Theme to give students the opportunity to be involved in diabetes research and join us in our education efforts. Next year we want to strengthen those partnerships. We are also working to create innovative social media campaigns that will have the strong impact that our successful events and programs have shown.

## Our Integrative Initiative

### Evaluation

#### DiaBeaters Survey

We conducted a survey to assess the most common and harmful diabetes risk misconceptions held in our community to better target our programming.



#### Last Year vs. This Year

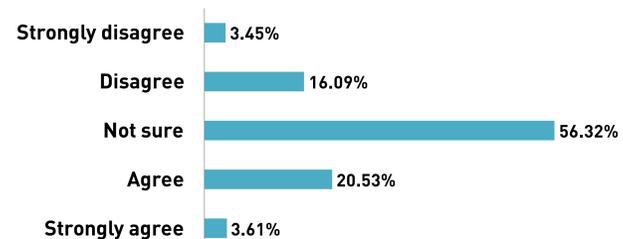
- Increased survey participation from 465 to 766 people
- Increased recognition of DiaBeaters from 15% to 21%
- Increased use of DiaBeaters resources 10% to 15%
- Majority of people are still unaware of the impact of sleep deprivation on diabetes prevention.

*I really want to thank you for helping me out so much, I can't really put any words that can describe my gratitude.*  
- Sanjay P. (Student with type 1 diabetes)

*I have been to your event Diabetes Day twice and I am thoroughly impressed and inspired by the hard work your team does at UCLA. It is a necessary and beneficial service to our community.*  
-Andrea A.

*[DiaBeaters] showed me the benefit of cooking at home, and how to make it easy and affordable.*  
-Rachel G

Many short 2-minute sessions of physical activity throughout the day is better for lowering risk for diabetes than one daily 30-minute or longer session of exercise.



### Diabetes Day at UCLA: April 11

A day dedicated to learning about diabetes, current diabetes research, and disease prevention. With fun, interactive games, free healthy snacks, and a Zumba lesson in the quad, we promote stress management, a healthy diet and exercise all in one event.



### Mama DiaBeater's Kitchen

Mrs. Samar Khoury invites the world into her kitchen to teach people how to make healthy, delicious recipes that are quick and affordable. A healthy diet starts at home, and through this YouTube series we want to encourage people to cook healthy.



### A Sweet Valentine's Day

This year we created our own Valentine's Day cards and asked people to give them to a loved one. This increased our social media following and reminded people that our relationships can be much sweeter than all the sugar-filled treats in the world.

### Social Media Tips

We circulate tips that help people learn about ways they can live healthy with focus on our 4 pillars. Our goal is to promote high level wellness in a stress-free way while taking into account people's situations and resources.



### Acknowledgements

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