



Beat Diabetes Initiative

DiaBeaters, Undergraduate Student Organization

Megan Cory, Kevin Cory, Heidi Lange, Stephanie Martis

Contact us at DiaBeatersUCLA@gmail.com



Our Mission

Our mission is to beat diabetes by spreading awareness, promoting prevention and management through a healthy lifestyle, and raising money for diabetes research at UCLA.

"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.



Accomplishments & Goals

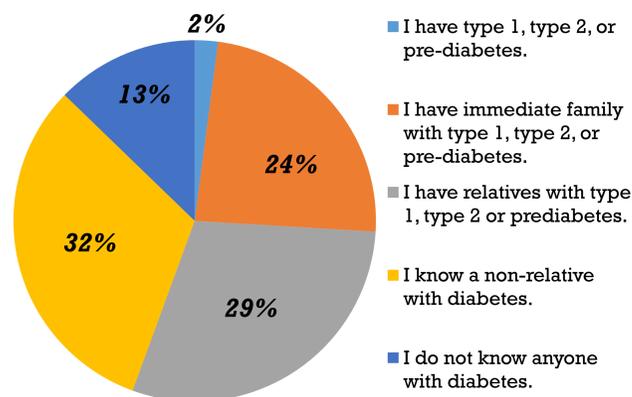
This year we expanded our social media reach and event attendance, which we will continue to expand. We plan to collaborate with other organizations to create a campus-wide campaign to encourage the entire UCLA community to come together to beat diabetes by striving to make healthier choices.

DiaBeatersatUCLA.org

Our Integrative Initiative

Evaluation

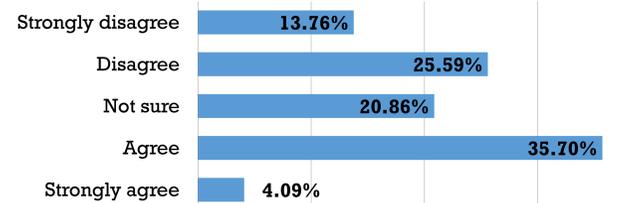
DiaBeaters Survey - 465 Respondants



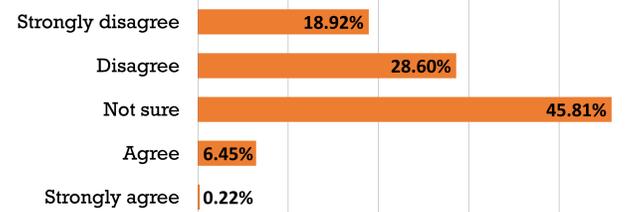
I want to thank DiaBeaters for putting on Diabetes Day. I went home the next weekend and my little sister was experiencing some of the symptoms I read about at the event. She was diagnosed with type 1 diabetes a few days later and avoided complications because of what DiaBeaters taught me.

-2nd UCLA student, Ryan P.

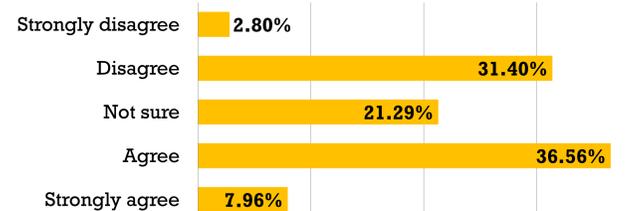
People with diabetes can eat anything, including sweets and chocolate.



Type 1 diabetes is more common than type 2 diabetes.



If you are overweight or obese, you will eventually develop type 2 diabetes.



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

World Diabetes Day

DiaBeaters gave out Rise Bars to remind attendees that healthy eating begins with breakfast as they helped spread awareness with the DiaBear, Samson.

350 Attendants



Diabetes Day at UCLA: April 28

This is a day dedicated to learning about diabetes, current prevention research, and global statistics. 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. Last year we raised over \$2000 for diabetes research at the Larry Hillblom Islet Research Center.



Mama DiaBeater's Kitchen

Our YouTube series hosted by Mrs. Samar Khoury which features delicious, healthy recipes that are easy to follow, quick, and affordable.



DiaBeaters Tips



We circulate prevention tip videos and pictures to address topics such as unhealthy diets, lack of sleep, physical inactivity, and stress management. Our goal is to promote high level wellness in a fun, stress-free way that everyone can follow.

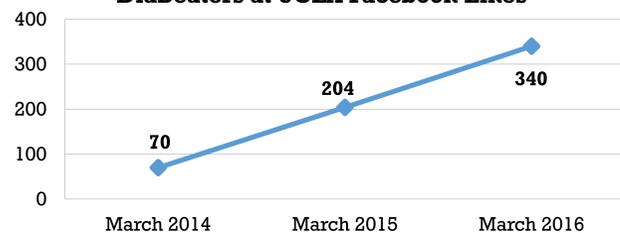
The Diabetic Days

Our goal is to spread awareness on a personal level through a compilation of stories from diabetics, loved ones of diabetics, and medical professionals who witness the struggles of daily life with diabetes.

Acknowledgements

Thank you to Jane and Terry Semel for their vision and support for the Healthy Camus Initiative, and for the HCI leadership, including Gene Block, Scott Waugh and Wendelin Slusser. Louise Ino, Julie Kwan, Burton Cowgell, and Bethany Meyers. Our advisory board: Peter Butler M.D., David Baron M.D., Eric Curcio M.D., Evelyn Fleury-Milfort N.P., Anthony Thomas Ph.D., Zhenqi Zhou Ph.D., Matthew Freeby M.D., and our SOLE advisor, Pam Cysner. Kristen McKinney, Ph.D. and Allison Kanny from UCLA SAIRO. The Ella Fitzgerald Charitable Foundation. Thank you Marwan and Samar Khoury.

DiaBeaters at UCLA Facebook Likes



YouTube Over 1500 views

youtube.com/user/UCLADiaBeaters