

Chih-Cheng Hsu, Cheng-Hua Lee, et al. "Poverty Increases Type 2 Diabetes Incidence and Inequality of Care Despite Universal Health Coverage." *Diabetes Care*, American Diabetes Association, 1 Nov. 2012, care.diabetesjournals.org/content/35/11/2286.

We used this study to learn about health care in low-income communities and how that affects people with Type 2 Diabetes.

Fuhrman, Joel. "How to Eat to Prevent and Reverse Diabetes (5 Foods to Eat and 6 to Avoid)." Food Revolution Network, Food Revolution Network, 24 Aug. 2018, foodrevolution.org/blog/how-to-eat-to-prevent-diabetes/.

This article informed us about the foods that are helpful when it comes to Type 2 Diabetes prevention.

Gaskin, Darrell J, et al. "Disparities in Diabetes: the Nexus of Race, Poverty, and Place." *American Journal of Public Health*, American Public Health Association, Nov. 2014, www.ncbi.nlm.nih.gov/pmc/articles/PMC4021012/.

This source gave us statistics about people of color and people who suffer from Type 2 Diabetes, this helped us see the correlation between the two.

Levine, James A. "Poverty and Obesity in the U.S." *Diabetes*, American Diabetes Association, 1 Nov. 2011, diabetes.diabetesjournals.org/content/60/11/2667.

We used this website to give us statistics about diabetes in poorer communities.

NDTV Food Desk. "Mushrooms For Diabetes: Know How Mushrooms Help In Managing Blood Sugar Levels." NDTV.com, NDTV, 21 Aug. 2018, www.ndtv.com/food/mushrooms-for-diabetes-know-how-mushrooms-help-in-managing-blood-sugar-levels-1903055.

This article was used to help figure out what foods would be beneficial towards preventing Type 2 Diabetes.

"New CDC Report: More than 100 Million Americans Have Diabetes or Prediabetes – Infographic | CDC Online Newsroom | CDC." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 18 July 2017, www.cdc.gov/media/releases/2017/p0718-diabetes-report-infographic.html.

We were able to use a graph from this article to demonstrate how prevalent Type 2 Diabetes is in communities of color.

"Poverty a Leading Cause of Type 2 Diabetes, Studies Say." *Diabetes In Control. A Free Weekly Diabetes Newsletter for Medical Professionals...*, Health Policy, 24 Nov. 2010, www.diabetesincontrol.com/poverty-a-leading-cause-of-type-2-diabetes-studies-say/.

This source helps support the fact that Type 2 Diabetes is developed mostly in low-income communities of color, which is what we are trying to prevent.

“Risk Factors for Type 2 Diabetes.” National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, 1 Nov. 2016,

www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes.

This article informed us about risk factors of Type 2 Diabetes, such as obesity, blood pressure, depression, etc.

Semega, Jessica, et al. “Income and Poverty in the United States: 2017.” Income and Poverty in the United States: 2017, US Census Bureau, 12 Sept. 2018,

www.census.gov/library/visualizations/2018/demo/p60-263.html.

This source provided us with the average income for different races. It showed that people of color made a significant amount less money than white people. That helped us correlate how people who make less money develop Type 2 Diabetes the most.

Spanakis, Elias K, and Sherita Hill Golden. “Race/Ethnic Difference in Diabetes and Diabetic Complications.” Current Diabetes Reports, U.S. National Library of Medicine, Dec. 2013,

www.ncbi.nlm.nih.gov/pmc/articles/PMC3830901/.

We used this website to find the prevalence of Type 2 Diabetes within specific races.

Spritzler, Franziska. “The 16 Best Foods to Control Diabetes.” Healthline, Healthline Media, 3 June 2017, www.healthline.com/nutrition/16-best-foods-for-diabetics#section9.

This article was helpful when deciding what foods to put on the menu and why they help prevent Type 2 Diabetes.

“Type 2.” American Diabetes Association, American Diabetes Association,

www.diabetes.org/diabetes-basics/type-2/.

This website was helpful in understanding what happens to your body when you develop Type 2 Diabetes.