



Importance of Restaurant Support in Diabetes Care

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Abstract. In this work, our research is about how we can possibly support people with diabetes. This research paper is written to show people the current solution of diabetics and provide a better solution to maintain a better health condition. During our research, we have found out that diabetes is a common and extreme problem that covers more than 10% of American adults' population. This shows that the current health resolution is not effective and cannot maintain diabetics' health. To combat the current issue, we have designed a business model to maintain health by controlling diet while providing tasty foods. This paper provides statistics of current issues and the sharper up-slope of diabetics to show the increasing problem of diabetes. The meaning of this research is to have more people understand the severity of diabetes within our country but more importantly, how to settle this problem.

Keywords: Restaurant Support · Diabetes Care · health problem

1 Introduction

Diabetes is a public health problem that has affected society, especially in America. It is a problem worth solving because we learn about this problem through statistics from America that an estimated 50 million people aged from 20 to 79 years in America had diabetes in 2019. Some diabetics will forget or don't care about controlling their diet and some think it is tiring and don't want to work out. Lastly, during parties or business dinners, some will probably drink other beverages. On the other hand, the problem of the customers is that they don't know how to maintain their blood sugar level and more people are getting diabetes. Our graph below shows that as time is going, the percentage of people who have diabetes in America is growing increasingly fast. It grows from a mild upslope to a sharper up-slope. In addition, they can't control themselves to not drink or eat foods that are sweet, so our solution is perfect for them. Our thinking is to help them control their diet because their diet sometimes causes an increase in sugar levels in their body. We also find out that a lot of people who have diabetes are aged over 50. Our idea is focused on the elderly and helps them maintain their sugar level. In the work, we researched on how many people have diabetes at the age of 50 + and

researched on the foods that will help control their sugar level so they can live and enjoy their life longer.

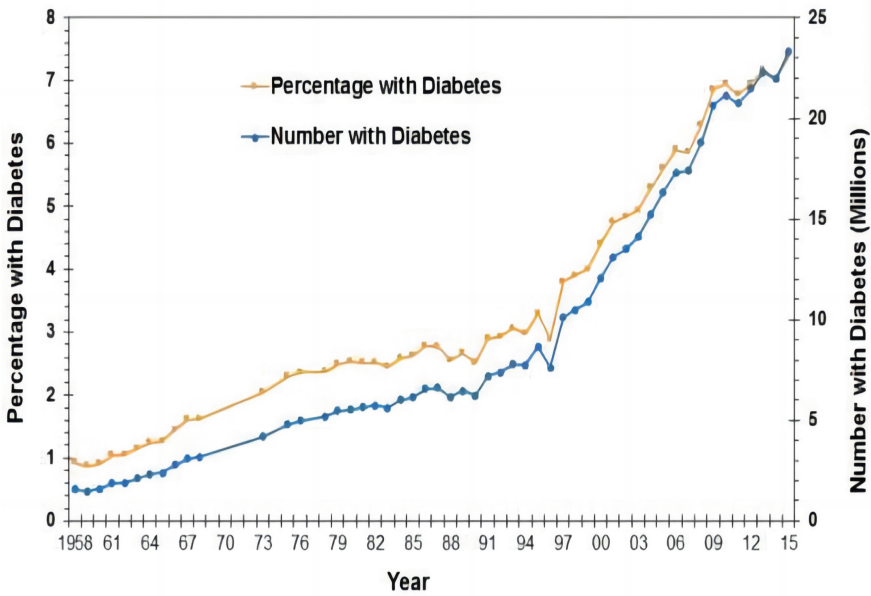
2 Statistical Review

We decided to create a diabetes restaurant only for diabetics and controlling their meals. This is because it is really hard to find a solution to solve diabetes. However, we can control them through consumption of food and sugar. Therefore, we think of controlling their diet and making sure their sugar level doesn't go up using restaurants. About 34.2 million people in America have diabetes and 10% of all adults in America have diabetes [1–5]. In addition, 80,000 deaths are directly caused by diabetes in America with 34.1 million people aged 18 years or older having diabetes and 13% of US adults in America have diabetes [6–10]. Moreover, 1 in every 4 adults over the age of 60 have diabetes around the whole world [11]. Narrow down, 26.8%, or 14.3 million seniors, of Americans aged 65 and older have diabetes, 13.7% of people between age of 45–65 have diabetes, 23.1% of people between the ages of 65–75 have diabetes and 21.3% of people over age of 75 have diabetes [12]. We show our prototype to our parents, and they say we should continue because it can help solve a lot of problems and it can be practical and efficient (Fig. 1 and Fig. 2).

3 Business Model

We have designed and made a lunch menu for the diabetics. For our signature item from our menu, we have Karela Juice. Karela contains anti-diabetic properties, including charantia, which has been confirmed to have a blood glucose-lowering effect. Our restaurant is a garden cafe plus casual dining which can not only provide a comfortable environment, but also have great marketing potential. Due to this, our idea is appealing, and it got a lot of good feedback from investors. Moreover, people think a great delivery company will make a contract with us to gain money and help us make revenue. We will form partnerships with popular delivery services such as door dash and we will also be hosting events with the garden every month to attract more customers: during the event's dates, everyone who comes in will get a 10% discount and free parking. Profit Projections Other than the food listed on our menu, we have many other ways that help us to increase income. For example, we have formed a partnership with the garden parking department where customers that eat at our restaurant will be able to get free parking. In return, the parking department officers can eat free at our restaurant once every day. This way we can attract more customers and form a positive partnership with others. To help people from all over the place with diabetes, to control their diets and to decrease the sugar level, our main idea is starting a restaurant that can provide food for the diabetics. Diabetes is a very important problem since an estimate of 34.2 million people have them in America during 2020. It is just too much, and we have to focus on this problem. In addition, we are not just focusing our influence on America, but also around the world. Our other priority is China since it will have 119 million diabetics in

Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



CDC's Division of Diabetes Translation. United States Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/data>

Fig. 1. Upslope of the percentage of diabetics increase throughout the year

2019. We will make sure that people will understand the problem in diabetes and how food control can reduce much risk. Diabetes had an estimated 2.9 million deaths in 2000 global, equivalent to 5.2% of the people in the whole world and can lead to other health problems such as angina, atherosclerosis, nerve damage, and even doubles the risk of liver, pancreas, and endometrial cancer [13]. All these health problems can be led to by diabetes so diabetes should be focused by the people and the doctors (Fig. 3 and Fig. 4).

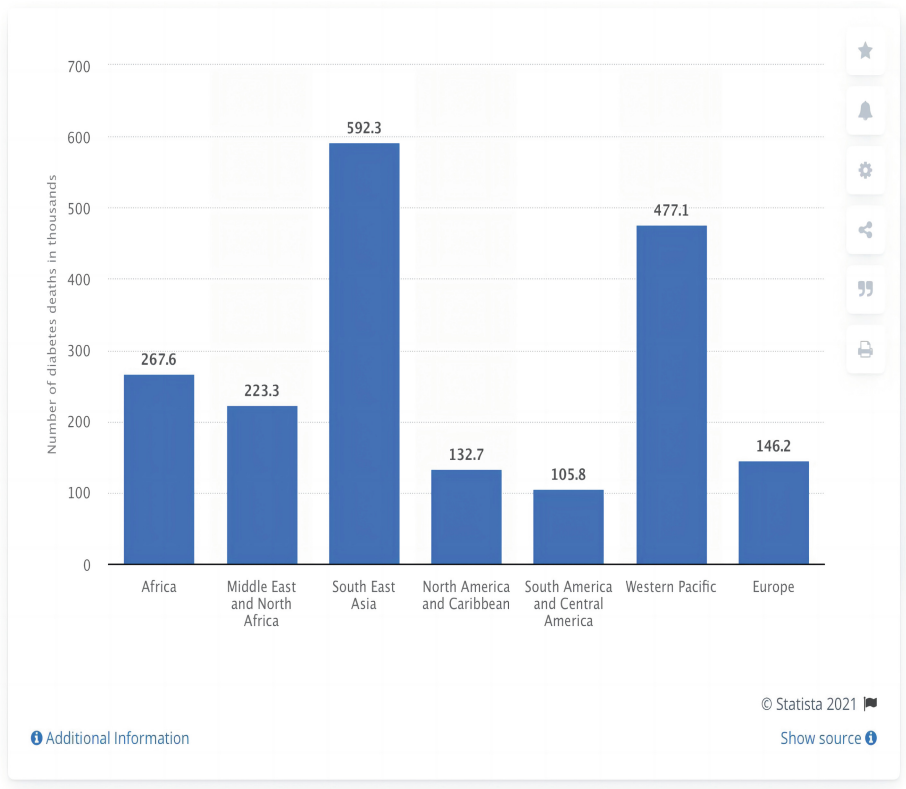


Fig. 2. Number of diabetics in thousands in each area



4DIA

LUNCH MENU

Starters

GREENS & YOGURT	\$5.99
CHICKEN & AVOCADO	\$7.99
ASPARAGUS SALAD.	\$5.99
GUACAMOLE & TOMATOES MATO	\$5.99
BURRATA BRUSCHETTA	\$5.99
SIGNATURE SALAD	\$6.99
SPROUTED WHOLE GRAIN	\$5.99

Main Course

ROASTED BUTTERNUT LINGUINE	\$6.99
CUCUMBERS AND EGGS(RICE)	\$8.99
ROASTED PORK WITH UNION	\$9.99
BEEF & SHRIMP WINTER SALAD	\$10.99
ITALIAN HARVEST SOUP	\$6.99
CHICKEN&CHICKPEA STEW	\$9.99

Drinks

UNSWEETENED TEA	\$2.99
LOW-FAT MILK	\$2.99
UNSWEETENED COFFEE	\$3.99
KARELA JUICE	\$4.99
VEGETABLE JUICE	\$4.99

Fig. 3. Menu of our restaurant and the foods that we are going to make in our restaurant

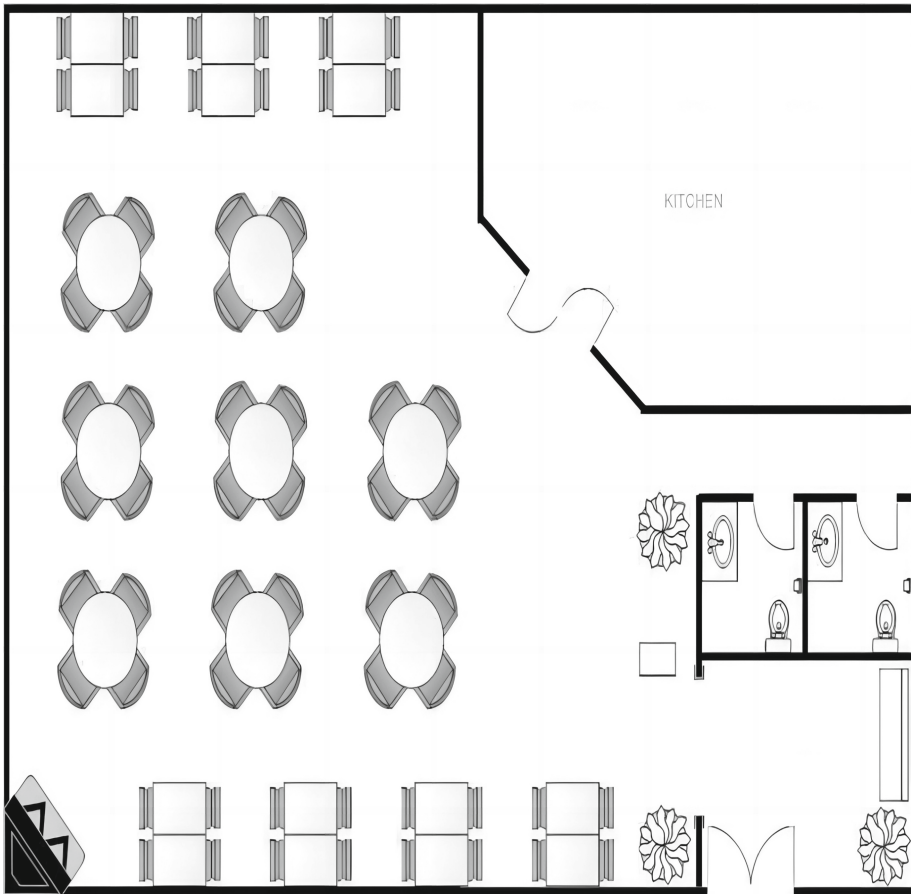


Fig. 4. Layout of our restaurant and how we are going to set up the restaurant.

4 Conclusion

Consequently, our restaurant will not only provide diabetics food that is good for their health, but because we are located inside of a garden, it also provides a comforting environment for all customers. However, it is important for people not just to eat healthily, but live healthily. Therefore, to help combat the current global diabetes problem, people need to start changing their daily lifestyles. Although we claim that people do not like to exercise to reduce their blood sugar level, it is still necessary for people to work out sometimes because working out is the quickest way to reduce it is to take fast-acting insulin. On the other hand, diabetics should talk and ask their doctors about what type of exercise is appropriate for them. Lastly, human behavior is the basis of all success and failures, and behavioral management of diabetes leads to better health outcomes.

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