



## Understanding the right to health and food for the persons affected by Type 2 diabetes

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### Abstract

Type 2 diabetes is a chronic disease with an onset that can be prevented or delayed by implementing actions related to lifestyle. The rights to food and health are fundamentals human rights expressed on the international covenant on economic, social and cultural rights of the United Nations (ICESCR). Both rights advocate for people to live in optimal conditions, however gaps in opportunities to health care access, availability or access to healthy foods and adequate housing to live a life with dignity are obstacles for achieving the expression of these rights. This talk aims to discuss and bring to the table the fact that persons affected by diabetes type 2 have the right to enjoy the best quality of life possible, and what are the most influential factors for the achieving of these rights. Social determinants of health and ethics and policies will be discussed, in a concise manner to introduce care givers, health care practitioners and community leaders related to health on what is important outside of health care system, and what is needed to be taken into account when addressing and taking care of type 2 diabetic patients. The elevated economic and psychological costs of suffering this disease, and the less costly prevention implying lifestyle changes, justify to make an effort to prevent the onset and complications of those at risk, by understanding the human rights of these patients and the policies to be implemented to achieve this goal.

### Biography

Herrera is an accomplished Professor and Researcher in Public Health Nutrition. As a researcher, faculty and consultant for many organizations she has interacted with politicians, entrepreneurs, philanthropic and scientific personalities and high level international cooperation agencies leaders. Through her lines of research she provides a more holistic perspective encouraging positive changes, sustainable over time, for solving nutrition and health problems. Currently she is the Past- Chair of the Council on Research of the Academy of Nutrition and Dietetics (USA), is the Past President of the International Affiliate of the Academy of Nutrition and Dietetics, is a member of the International Council of the Latin American Society of Nutrition (SLAN) and is a member of the Directive Council of the Bengoa Foundation for Food and Nutrition and the Venezuelan Health Observatory. Dr. Herrera has more than sixty peer reviewed published articles, and several book chapters written in the last 8 years and is a recognized national and international lecturer. As an expert she has been interviewed and/or quoted by national and international media such as: The Economist, CNN international and CNNe, BBC news, Canada Broadcasting Network, America's Quarterly, Financial Times, India Times, Al Jazeera London, Deutsche Welle (Germany), El Nacional (Venezuela), El Universal (Venezuela), El Tiempo (Colombia), El Mercurio (Chile) among others. In 2017 she was the recipient of the prestigious award "Excellence in Public Health/Community Nutrition Award" from the Academy of Nutrition and Dietetics, and in 2018 she was awarded the "Outstanding Dietitian of the Year" by the International Affiliate of the Academy of Nutrition and Dietetics. She continues her work in her native Venezuela, Latin America and the USA. Dr. Herrera is native in Spanish, is fluent in English, and has conversational skills in French and Portuguese and basic knowledge of Mandarin.

### Publications

Is the Perceived Neighborhood Built Environment Associated With Domain-Specific Physical Activity in Latin American Adults? An Eight-Country Observational Study.

Socio-Demographic Correlates of Total and Domain-Specific Sedentary Behavior in Latin America: A Population-Based Study.

Dietary Diversity and Micronutrients Adequacy in Women of Childbearing Age: Results from ELANS Study on behalf of the ELANS Study Group.

Fruit and Vegetables Carotenoids Intake in Eight Latin American Countries, Results from the ELANS Study.



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