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Uruguay Factor 10: Dietary Diseases

Uruguay's Dietary Diseases

Uruguay is also known as the Oriental Republic of Uruguay and the Eastern Republic of Uruguay. It is in the southeastern region of South America. It is in between Argentina to its West and Brazil to its North and East. It is the second smallest country in South America after Suriname. The population of Uruguay as of July 2013 is 3,324,460 people. Uruguay is slightly smaller than the state of Washington. Uruguay is mostly rolling plains and low hills and fertile coastal lowlands. It is mostly grassland ideal for raising cattle and sheep.

The climate is warm and temperate at times. At other times it has freezing temperatures almost unknown. It has seasonally high winds known as the pampero it is a chilly and occasional violent wind which blows north from the Argentine pampas. It also has droughts, floods; since it has no mountains, which act as weather barriers, all locations are particularly vulnerable to rapid changes from weather fronts. (unknown, n.d.)

Uruguay is a family-oriented country where family bonds are extend wider and deeper than that in North America. Even though families have very few kids the extended family includes distant cousins and is made greater by neighbors and childhood friends that are often treated as members of the immediate family. Children often live in their parents homes well into their thirties often even after marriage. The usual reason for staying at home is being an economic necessity, and because of the family-oriented culture high in Uruguay.

It is common to see grown children, parents, and sometimes grandparents all living in the same house. More than 50% of the houses have four or more people living in them. Children typically live with their parents until marriage or they establish a career. As of 2011 the average male in Uruguay will live to 73 years old. An average female in Uruguay will live to the age of 80. (Unknown, 2008)

School is free for kids from the ages of 6-14. The first stage of secondary school completes the mandatory phase of schooling. During their three years at secondary school, young students have choices between several streams depending on their vision for their futures. All conclude with a *bachellerito*, which is like a United States high school diploma. That will entitle you to attend a university. School education is under control of the ministry of education and culture. Families have a choice on which church they want to attend.

Very few kids attend vocational school for guidance in practical skills that will help them pursue chosen careers. They could continue with shorter courses later on, or enroll in one of the international programs aimed at uplifting Uruguay's poor. There is also tertiary education which continues to be free.

Advanced vocational training is provided by the Labor University of Uruguay through industrial and night schools. The Catholic University is also well renowned. However the oldest of all of these is the University of the Republic, founded in 1849. This institution benefits from a distinguished medical school serving students from throughout the entire region. It has 14 other faculties too. (unknown, n.d.)

If you are a resident quality health care is readily available throughout Uruguay. As a resident, you are eligible to participate in the national health care system, which includes a network of free clinics, as well

as higher-end private hospital associations. The free clinics can be slow and crowded in the public system. However if you have no insurance and can't afford it these are the best you will receive.

The private health care system is efficient, well-equipped, and inexpensive. They operate centers close to what North America would offer. The private health care industry consists of a number of privately operated groups. These groups vary in size from a single hospital to a network of hospitals, clinics, and doctors' offices. Normally you will select a facility near you and become a member. Your monthly payment entitles you to use of their facilities, ambulance service, pharmacy, and specialists in accordance with the plan that you select.

The top five exports from Uruguay are soybeans, frozen bovine meat, sulfate chemical woodpulp, bovine meat, and rice. The top five places the export to be Brazil, China, Argentina, Germany, and Russia. They get the most money from the Export of soybeans than anything else. They also export scented mixtures, fuel wood, milk, malt, and plastic lids.

A major problem in Uruguay is diabetes. Diabetes is when the body stops making insulin. Around 8.2% of the population have diabetes of that 10% have type one diabetes. That is around thirty thousand people. The doctors estimate that there is another 8% of the population that doesn't know they have diabetes or that is in danger of getting type 2 diabetes. A lot of the people get confused on what they can and cannot eat which might make them slip up and eat something they are not supposed.

There are two major groups devoted to diabetes that perform group education, such as educational workshops, cooking workshops, psychologists, camps and educational tours for children. It is important kids with type one diabetes have these to make up for lack of proper education on diabetes. If you do not have insurance it might be hard to get into one of the free hospitals to help you if you have diabetes. The hospitals are usually packed because people don't want to pay or can't pay to get insurance. In the record in 2011 it said 833 people total died.

Another common disease is obesity. As of 2008 there was a 26% rate of adult obesity in females in Uruguay and 20.7% in males. Obesity is an abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index. Which is a person's weight and divide it by the square of his or her height. If a person's BMI is more than 30 they are considered obese. You can die from heart problems if you get to obese, because the blood will have trouble flowing to every part of your body.

There is also coronary heart disease in Uruguay. Coronary heart disease is a narrowing of the small blood vessels that supply blood and oxygen to the heart. This can happen in obese people or just overweight. There are about 4,004 people in Uruguay that have died from this disease. It take the heart longer to pump blood to the entire body for overweight people. They also have inflammatory heart disease. Which concerns inflammation of the heart muscles because of an infection that develops from a bacteria or virus. This type of inflammation is often associated with episodes of rheumatic fever. There have been 387 deaths in Uruguay from this disease.

They also have contaminated food and water. Some of their main problems is the bad bacteria in the food that makes them sick. You could get hepatitis A from the food and the water. Hepatitis A inflammation with irritation and swelling of the liver. They also suggest that you get typhoid vaccine from the contaminated food. Typhoid fever is an infection that causes diarrhea and a rash. It is most commonly due to a type of bacteria called Salmonella typhi. You are also supposed to get a rabies shot if you plan on being around bats because they carry the disease.

If you don't get vaccinated and you get one of these disease you have a high risk of dying. Chronic non communicable diseases account for 70% of deaths and 60% of the country's total health care spending. They don't have a whole lot of access to nutritious foods. They mostly eat meat because that is one of their main exports. They have a variety of foods that they can eat. The ones with the health problems mostly have poor eating habits. What they need is some good education on what to eat to be health.

What they need is access to more nutritious foods. We also need to help encourage more people to eat more healthy foods than just meat and junk food. People eat sugary food because it tastes better than healthy food. They need to learn ways to cook healthy food so that it tastes good and is healthy at the same time.

They also need better hospitals. Their free hospitals are overcrowded, because of the people with the lack of insurance. They need to have people make appointments because even if it is free they should have some organization. They can also build more hospitals to counteract all the people who need to go to one and don't have insurance.

They also need to get more exercise. Eating healthy is not the only thing you need to do to get better. You also need to exercise more. We need to find ways to get people to exercise. Whether it is some sort of advertising, or some other way to convince them. We can tell them that exercising will help them live longer. Exercise and eating right can lower the chances of coronary heart disease. That should help with some of the obesity problems.

They need to make medicine easier to get. If you have diabetes you need the medicine or you will die. They need to make it easier for people with diabetes to get to the hospital. People without insurance sometimes need to go a long way to get to a hospital. Then they might not even get in on that day, because the free hospitals tend to be really busy.

They need education on what is good to eat and what is bad. They can offer a class at a local school or hospital where people can pay to learn about it. Especially for diabetes and obesity. If you have one of those eating one simple thing can kill you. Most people think they can still eat everything they could before they got it. Sometimes it can be the medicine you are taking that will make you obese. This will also help with the heart problems in Uruguay.

They need to learn how to cook. Having contaminated food is a bad thing because a bunch of people can get sick. Washing their hands more will probably help keep the contaminants lower in the food. They need help getting better water sanitation plants. They also have products that can help you purify your water. To keep the water clean they can put in a clean water regulation. Where if someone contaminates the water they can be fine or imprisoned.

I think Uruguay can overcome most of these problems by improving their diet. That is only if they can get their hands on some more nutritious foods. Some of these diseases can be fixed with medicine. I think we should help them get access to more nutritious foods. I think we should help teach them how to grow more nutritious foods. Then their entire population can get healthier, and in a better shape. Then there won't be as many deaths as there are now. They will still have some diseases because people are born with them.

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