

Diabetes Resources for Health Centers Serving Special and Vulnerable Populations



NATIONAL CENTER FOR
HEALTH IN PUBLIC HOUSING

Enhancing Health Care Delivery for Residents of Public Housing

December 16, 2021

Housekeeping

- All participants muted upon entry
- Cameras on (if possible)
- Engage in chat
- Raise hand if you would like to unmute
- Webinar is being recorded
- Slides and recording link will be sent via email within a week after session



National Center for Health in Public Housing

- The National Center for Health in Public Housing (NCHPH), a project of North American Management, is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U30CS09734, a National Training and Technical Assistance Partner (NTTAP) for \$2,006,400, and is 100% financed by this grant. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.
- The mission of the National Center for Health in Public Housing (NCHPH) is to strengthen the capacity of federally funded Public Housing Primary Care (PHPC) health centers and other health center grantees by providing training and a range of technical assistance.



Panelists



Dr. Jose Leon, MD
Chief Medical Officer



Chantel Moore, MA
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Health Research Assistant

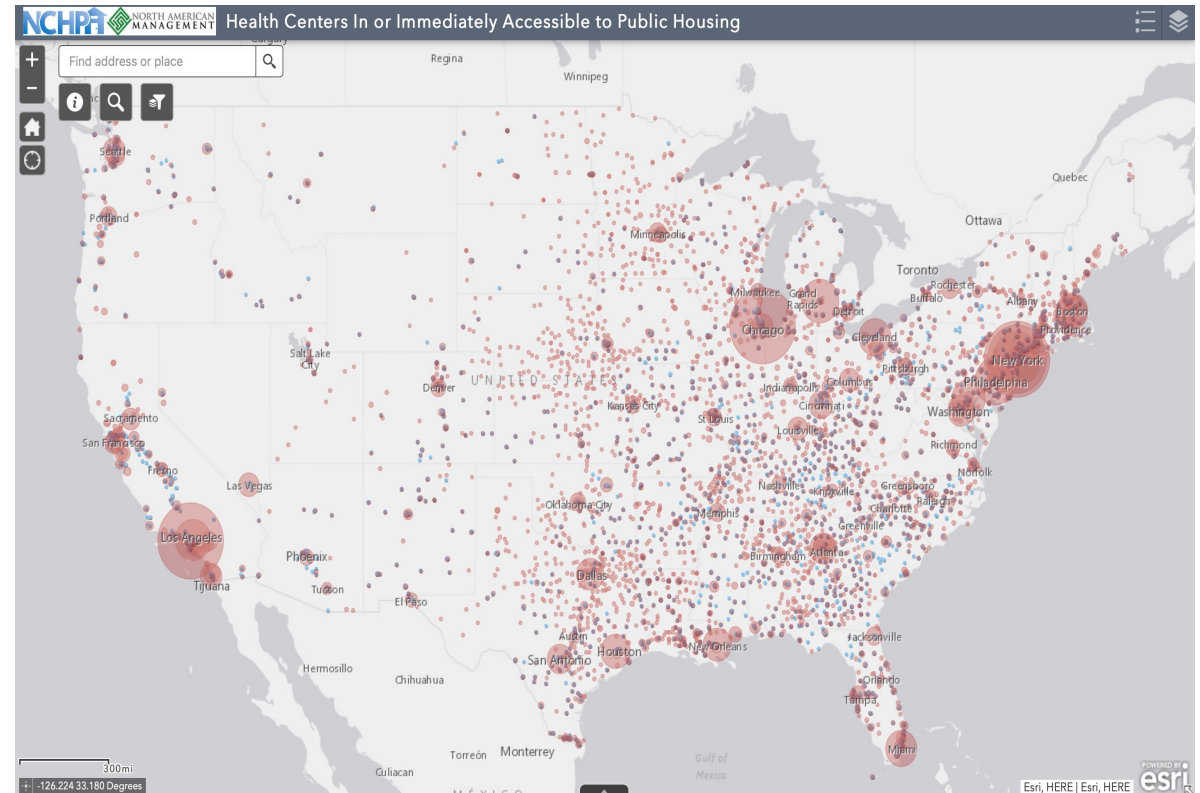
Agenda

1. Identify PHPC, NTTAPs, Non-profit and Federal organizations diabetes resources
2. Classify diabetes resources by sub-topic
3. List diabetes resources in Spanish and other languages
4. List pediatric resources and for healthcare professionals serving the homeless population



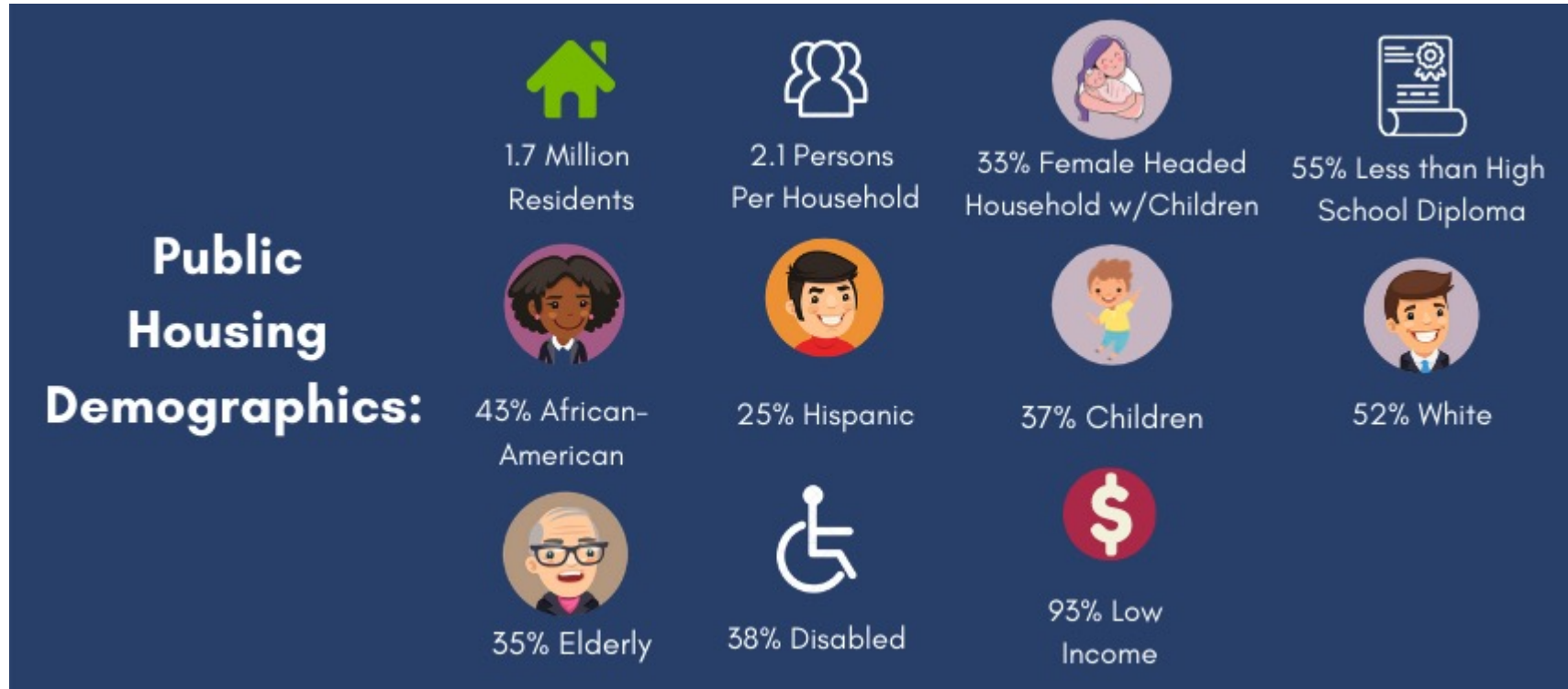
Health Centers close to Public Housing

- 1,375 Federally Qualified Health Centers (FQHC) = 28.5 million patients
- 435 FQHCs In or Immediately Accessible to Public Housing = 5.1 million patients
- 107 Public Housing Primary Care (PHPC) = 866,851 patients



Source: [2020 National Health Center Data](#)

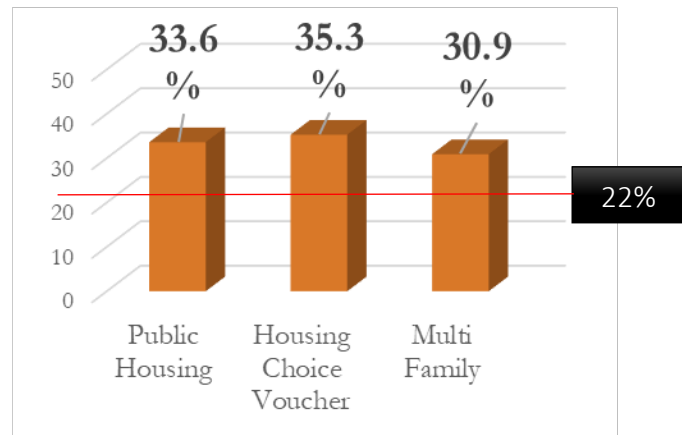
Public Housing Demographics



Source: HUD

A Health Picture of HUD-Assisted Adults, 2006-2012

Adults in HUD-assisted housing have higher rates of chronic health conditions and are greater utilizers of health care than the general population.



Source: Helms VE, 2017

	HUD-Assisted	Low-income renters	All Adults
Fair/Poor Health	35.8%	24%	13.8%
Overweight/Obese	71%	60%	64%
Disability	61%	42.8%	35.4%
Diabetes	17.6%	8.8%	9.5%
COPD	13.6%	8.4%	6.3%
Asthma	16.3%	13.5%	8.7%

Diabetes: Hemoglobin A1C Poor Control in Health Centers

Federally Qualified Health Centers (FQHC)

- 9.4% patients with diabetes
- Estimated % of patients with HbA1c > 9%
 - Hispanic or Latino/a = 37.50%
 - Non- Hispanic or Latino/a = 34.32%

Public Housing Primary Care (PHPC) Grantees

- 9.8% PHPC patients with diabetes
- PHPC patients best served in a language other than English 30.93%

Source: [National Health Center Program Uniform Data System \(UDS\) Awardee Data](#)

Poll Question 1

Where do you get diabetic patient education materials from?

- a) We create our own materials
- b) Federal Agencies: CDC, NIDDK, AHRQ, etc.
- c) Our Primary Care Association
- d) National Training and Technical Assistance Partners
- e) Non-Profit Organizations: American Diabetes Association, etc.
- f) Professional Body: AMA, AAFP, AAP, etc.
- g) We do not get diabetes materials for our patients

Who is my Audience?

Healthcare professionals

Diabetes educators

Healthcare Workers

Patients

What I'm I looking for?

Individualized meal planning, weight control, carbohydrate counting

Medication and insulin (if appropriate)

Physical activity

Self-monitoring blood glucose

Managing high and low blood sugar

Intensive insulin management

Insulin pump therapy

Prevention and early detection of diabetes complications and diabetes emergencies

Stress management, risk reduction, and problem-solving

What Type of Diabetes Education Resources am I Looking for?

Reports

Factsheets and toolkits

Infographics

Videos and Podcast

Step 1: Decide Where to Start your Search



Step 2: Look for Subject- Specific Data Base



Step 3: Ask a Librarian/Health Educator, Etc.



Step 4: Choose your Key Words Carefully



Step 5: Look for Credible, Authoritative Resources



Special & Vulnerable Populations
Diabetes Task Force



Step 6:
Evaluate for
credibility
(Check out the
author, date
and affiliation)



Step 8:
Compile
Resources and
Build your Own
Archive



Federal and Non-Profit Resources NIDDK

Research & Funding Health Information News About NIDDK

NIDDK conducts and supports research on many of the most common, costly, and chronic conditions to improve health.

[Learn more >](#)

Health Topics

- Diabetes >
- Digestive Diseases >
- Kidney Disease >
- Weight Management >
- Liver Disease >
- Urologic Diseases >
- Endocrine Diseases >
- Diet & Nutrition >
- For Health Professionals >

[Información en Español >](#)

The NIDDK Director

Griffin P. Rodgers, M.D., M.A.C.P.

- [Meet the Director >](#)
- [Mission & Vision >](#)
- [NIDDK Director's Update >](#)
- [NIDDK Annual Report 2021 >](#)

Featured Highlights

- Ending Structural Racism**
NIH
nih.gov/ending-structural-racism
NIDDK supports NIH-wide efforts to end structural racism
Read Dr. Rodgers' statement on NIDDK's commitment to advancing diversity, inclusion, and equity.
- Integrated Physiology of the Exocrine and Endocrine Compartments in Pancreatic Diseases Workshop**
March 14 - 15, 2022
- Healthy Tips for the Holidays**
Prioritize healthy habits during the holidays and every day with these tips.
- NIDDK Labs Offer Research Training Opportunities**

<https://www.niddk.nih.gov/health-information/diabetes>

Federal and Non-Profit Resources: AHRQ

The screenshot displays the AHRQ website interface. At the top right, there are links for "Careers", "Contact Us", "Español", "FAQs", and "Email Updates". Below these is a search bar labeled "Search AHRQ". The main navigation bar includes "Topics", "Programs", "Research", "Data", "Tools", "Funding & Grants", "News", and "About". A dropdown menu for "Topics" is open, showing "Topics A-Z" with a grid of letters (A-F, G-L, M-R, S-X, Y-Z) and "Priority Populations" including Children/Adolescents, Elderly, Low-Income, Racial/Ethnic Minorities, Rural/Inner-City Residents, Special Healthcare Needs, and Women. A large banner for "COVID-19 Resources and Data from AHRQ" is visible, featuring a 3D model of a virus. Below the banner are three featured articles: "AHRQ National Nursing Home COVID-19 Action Network", "Now in Spanish: AHRQ's QuestionBuilder App", and "Patient Safety and Quality Improvement". A chatbot bubble is present in the bottom right corner with the text "Hi there! Have any questions? I can help." and the AHRQ logo.

Federal and Non-Profit Resources CDC

The screenshot displays the CDC Diabetes website interface. At the top, there is a navigation bar with the CDC logo and social media icons. Below this, a main banner features a photograph of a hand holding a shopping basket filled with fresh produce and a pink piggy bank, with the text "Save money on the foods you eat to manage diabetes." and a "Learn More" button. To the right of the banner is a "Featured Content" section with links to "New Tool Identifies Diabetes-Related Health Disparities", "Flu & People with Diabetes", and "Managing Sick Days". Below the banner is a row of four navigation tabs: "Diabetes Basics", "Prevent Type 2 Diabetes", "Living With Diabetes", and "Data & Statistics". The main content area is organized into a grid of resource categories, each with an icon and a brief description:

- Information for Professionals:** Support and resources for your diabetes education and prevention efforts.
- Awareness Campaigns:** Our national "Do I Have Prediabetes?" campaign and "Your Health with Joan Lunden and CDC."
- Resources and Publications:** Infographics, videos, podcasts, social media, press releases, fact sheets, and more.
- About Us:** Translating science into action to prevent type 2 diabetes and improve the health of all people with diabetes.
- Research Projects:** Conducting and supporting studies to reduce the burden of diabetes.
- Diabetes Health Disparities:** Efforts to end health disparities in groups of people more affected by prediabetes and diabetes.

Federal and Non-Profit Resources ADA

The screenshot displays the American Diabetes Association (ADA) website. The top left features the ADA logo with the tagline "Connected for Life". The top right includes navigation links for "Manage Account", "Search", and "Donate now". A left-hand navigation menu lists various categories, with "Resources" highlighted. The main content area is titled "Medical Practitioners" and includes sub-sections for "Overview", "Ask the Experts", "Know Your Rights", "Journals For Professionals", "Standards of Care", and "Patient Materials". Below these are links for "For Men", "For Women", "For Students", "For Seniors", "Consumer Guide", "Statistics", "Health Insurance", "Disaster Relief", "ShopDiabetes", and "Better Choices for Life". A large banner image shows a woman hugging a child, with text that reads "Against diabetes—it's never been we count on you to help us". Below the banner is a navigation bar with tabs for "Diabetes in General", "Type 1 Diabetes", "Type 2 Diabetes", and "Gestational Diabetes". The URL "https://diabetes.org/resources/medical-practitioners" is visible at the bottom left of the screenshot.

Eye Exams for People with Diabetes

HOW DO I KNOW IF I HAVE EYE PROBLEMS?

The best way to see if you have eye problems is to have an eye doctor check your eyes. You can have eye damage even if your vision is fine. It has nothing to do with needing glasses. Regular checkups with an eye doctor can detect eye disease early and prevent blindness.

There are different types of eye care providers:

- An **optician** makes glasses and lenses. An optician also makes and fits contact lenses.
- An **optometrist** is an eye doctor who can find and treat certain eye conditions and diseases. An optometrist also prescribes glasses and contact lenses.
- An **ophthalmologist** is a medical doctor who finds and treats all eye diseases. Ophthalmologists can also prescribe glasses and contact lenses. An ophthalmologist can treat severe eye problems.
- A **retinal specialist** is an ophthalmologist who only treats problems with the retina.

People with diabetes need to have a full eye exam every year by an ophthalmologist or optometrist who knows about eye problems in people with diabetes.

WHAT KIND OF EYE EXAM DO I NEED?

The eye doctor will put drops in your eyes to see the retina. This is called a dilated eye exam. The eye drops will make the pupils or black part of your eyes bigger. Then your doctor can see the back of your eye and find any eye problems early.

WHEN DO I NEED AN EYE EXAM?

Adults with Type 1 Diabetes

You need to have a dilated eye exam within five years of being diagnosed and every year after that.

Adults with Type 2 Diabetes

You need to have a dilated exam soon after you have found out you have diabetes. About 1 in 5 people with type 2 diabetes have some eye problems when they are diagnosed with diabetes. That's why it's important to have an eye exam soon after you find out you have diabetes.

After the first eye exam, all adults with diabetes should have a dilated eye exam every year, although your doctor may suggest every 2 or 3 years after a normal exam. Exams may be needed more often than once a year if you have eye problems.

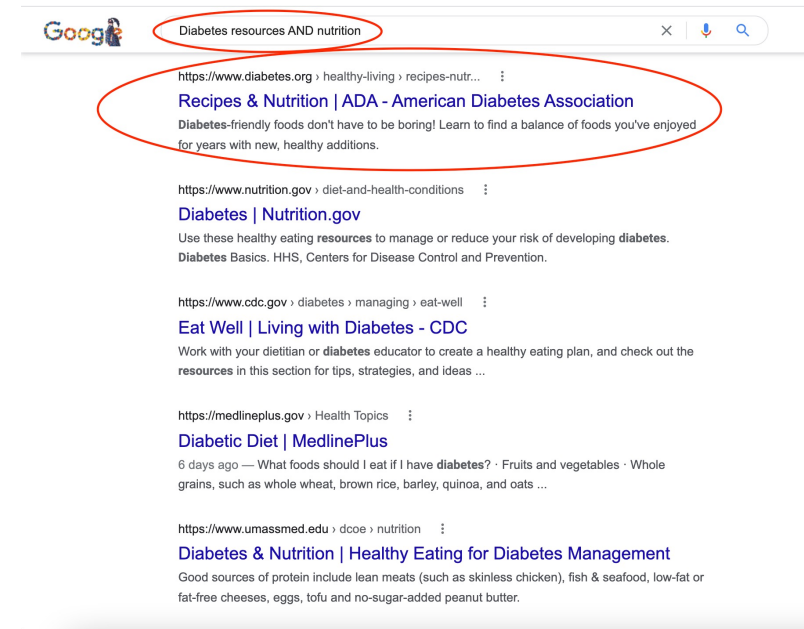
Poll Question 2

Do you know what "boolean searching" is?

- a) Yes
- b) No

Using Boolean Searching in Various Search Engines

- Boolean searching is a search method that helps users find search results quicker and in a precise fashion. Boolean searching uses operators, which are words like AND, OR, and NOT. These are logic-based words that help search engines narrow down or broaden search results.



Source: <https://bit.ly/3EIT1t5>

How to Use Boolean Searching in a Search Engine

Listed below are some Boolean operators that help you narrow your results:

- Boolean **AND**
 - Instructs the search engine to only bring back results that contain BOTH search words
 - Databases usually recognize AND as the primary operator, and will connect concepts with AND together first
- Boolean **NOT**
 - Instructs the search engine to NOT bring back any results that contain a specific search word
 - Results containing the search terms you *are* interested in may be left out of your results if you are using NOT - simply because they also happened to contain the unwanted search term.

Source: <https://bit.ly/3EIT1t5>

How to Use Boolean Searching in a Search Engine (cont'd)

- Boolean operators that help you broaden your results:
- Boolean **OR**
 - This Boolean operator commands the search engine to bring back results that contain either one search word OR the other - it will bring back results containing either word – so this can bring back more results.
 - This can be a good choice when your search topic word has several synonyms, and you are unsure which one will be used in the documents you seek.
 - Sometimes it is necessary to use parentheses in conjunction with OR in order to get the search to run correctly.

Source: <https://bit.ly/3EIT1t5>

National Training and Technical Assistance Partners

- National Training and Technical Assistance Partners (NTTAP) provide free training and technical assistance (T/TA) to support existing and potential health center grantees and look-alikes.
- Special and Vulnerable Populations Taskforce on Diabetes

www.chcdiabetes.org



About the Special & Vulnerable Populations Diabetes Task Force



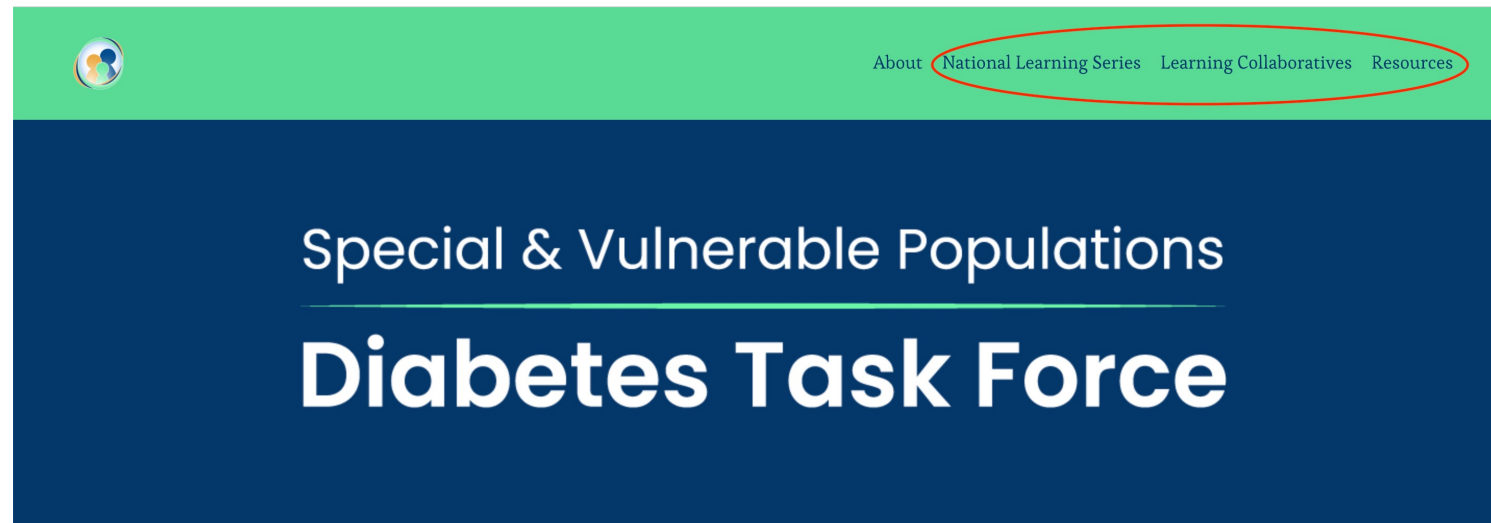
Special & Vulnerable Populations

Diabetes Task Force

- To elevate the national conversation around diabetes, 14 National Training and Technical Assistance Partner (NTTAP) organizations formed the Special and Vulnerable Populations - Diabetes Task Force to engage health centers, Primary Care Associations (PCAs), and Health Center Controlled Networks (HCCNs) to increase knowledge of effective strategies that address diabetes among people experiencing homelessness, residents of public housing, migratory and seasonal agricultural workers, school-aged children, older adults, Asian Americans, Native Hawaiians and Pacific Islanders, LGBTQIA+ people, and other health center patients.

Available Resources on chcdiabetes.org

- Learning Collaboratives
- National Learning Series Webinars
- Supplemental Resources



Available Resources on chcdiabetes.org (cont'd)

One example of the resources that they offer is the National Learning Series webinars. They can be found at the bottom of the “National Learning Series” Page.

Webinar #1: Diabetes Continuum of Care: Evolving Roles of the Enabling Services Staff in Diabetes Management

Wednesday, October 20
8am HT / 11 am PT / 12pm MT / 1 pm CT / 2 pm ET

After this webinar, participants will be able to:

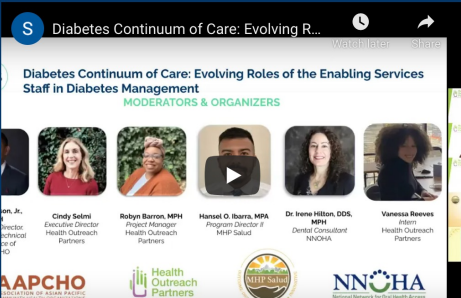
1. Understand the roles and responsibilities of the Enabling Services staff and how SDOH impacts diabetes management for S&VP
2. Describe 5 roles the Enabling Services staff can play on the health care team for S&VP
3. Introduce tools and resources to address health equity, the relationship to quality, and population health management for S&VP

NTTAP Collaborating Partners:

- [Association of Asian Pacific Community Health Organizations \(AAPCHO\)](#)
- [Health Outreach Partners \(HOP\)](#)
- [MHP Salud](#)
- [National Network for Oral Health Access \(NNOHA\)](#)

Resources:

- [Slides](#)
- [On-Demand Webinar Recording](#)
- [For CEUs, complete this survey](#)



About the Health Center Resource Clearinghouse

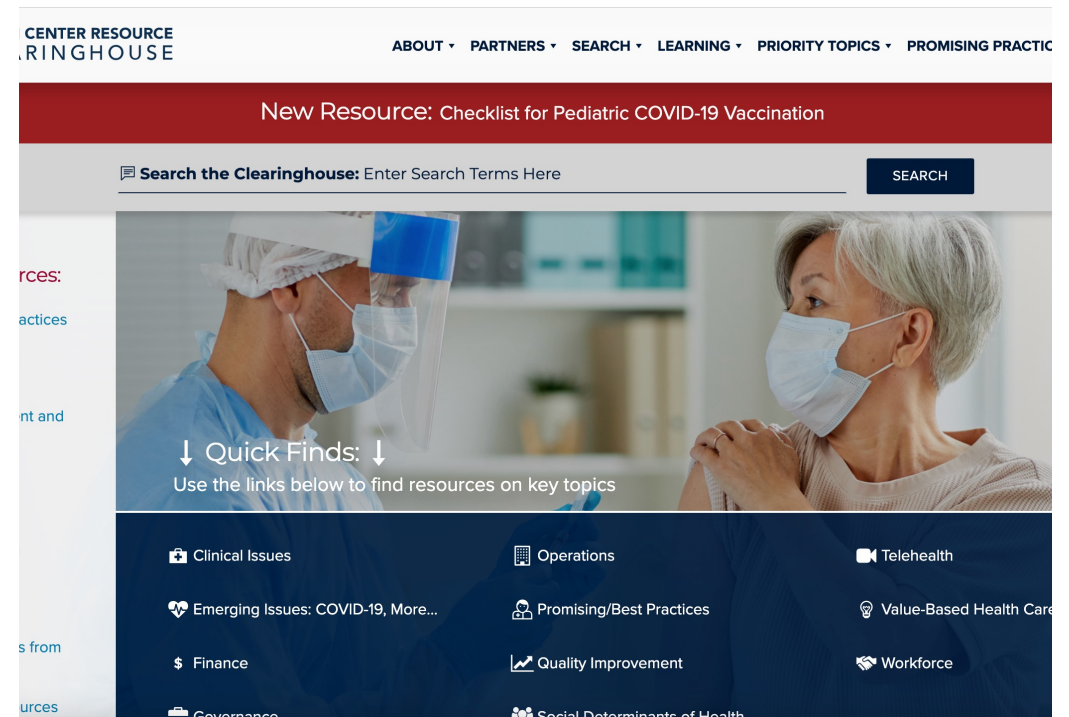


The Health Center Resource Clearinghouse established by the National Association of Community Health Centers (NACHC), is an online resource that addresses the competing demands of public health professionals by providing resources and tools to acquire and use targeted information daily. This clearinghouse makes finding information easier, and provides good quality, updated and relevant online resources. To learn more, visit healthcenterinfo.org.

Available Resources on Health Center Resource Clearinghouse

Some of the resources on the Health Center Resource Clearinghouse include, but are not limited to:

- Learning Collaboratives
- Webinars
- Publications



Health Center Resource Center Clearinghouse Updates

This fall, the Health Center Resource Center Clearinghouse made updates to their website such as:

- A new search bar on top of the page.
- On their new “learning” page (located in the top navigation bar), one can view many different resources including:
 - Online Self-Paced Learning Modules
 - Podcasts
 - Archived Webinars
 - Learning Collaboratives

Health Center Resource Center Clearinghouse Updates (cont'd)

- They have also added a new searchable database for learning collaboratives.

The screenshot displays the Health Center Resource Center Clearinghouse website. At the top, the logo and navigation menu are visible. A red banner highlights a new resource: "Checklist for Pediatric COVID-19 Vaccination". Below this is a search bar with the text "Search the Clearinghouse: Enter Search Terms Here" and a "SEARCH" button. The main content area is divided into two sections for searching learning collaboratives:

1. By Learning Collaborative Name
A dropdown menu labeled "Select Learning Collaborative Title" is shown. Below it are "SEARCH" and "RESET" buttons.

2. By Learning Collaborative Details
This section is titled "Organization: Search learning collaboratives by specific Clearinghouse partner." It features a "Select Organization" dropdown and a "Select Category" dropdown. The "Select Category" dropdown is open, showing several options: "Access to Comprehensive, Value-Based Care", "Diabetes" (circled in red), "Health Equity and Social Determinants of Health", "Health Outcomes (Population Groups and Specific Topics)", and "HIV Prevention".

Health Center Resource Center Clearinghouse Updates (cont'd)

Listed below is an example of the results from a search for diabetes related material.

The screenshot shows the Health Center Resource Center Clearinghouse website. At the top, there is a navigation bar with the logo and menu items: ABOUT, PARTNERS, SEARCH, LEARNING, PRIORITY TOPICS, PROMISING PRACTICES, and CONNECT. Below the navigation bar, a red banner displays the text "New Resource: Checklist for Pediatric COVID-19 Vaccination". A search bar is present with the placeholder text "Search the Clearinghouse: Enter Search Terms Here" and a "SEARCH" button. The search results are displayed in a two-column layout. On the left, there are filters for "Free Text Search" (with the term "diabetes" entered), "Topic and Subtopics" (All Topics and Subtopics), "Population" (All Populations), "Organization" (Any Organization), "Primary Audience" (Any Primary Audience), "Resource Type" (Any Resource Type), "Language" (Any Language), and "Date Published" (All Years). An "UPDATE RESULTS" button is located at the bottom of the filter section. On the right, the results are sorted by "Newest Materials in the Collection". A message states "Displaying records 1 through 20 of 127 found." Three results are visible, each with a title, a heart icon, and a "More Details..." link. The first result is "The Value Transformation Framework: Applied to Diabetes Control in Federally Qualified Health Centers (2021). Resource Type: Publication. Description: Diabetes and pre-diabetes impact more than 114 million Americans. Federally qualified health centers (FQHCs) provide care to some of the most high-risk and underinsured individuals throughout the US, twenty-one percent of whom report being told they have diabetes, compared to 11% of the general adult population. It is widely agreed our health care system requires a transformation to effectively address diabetes and its complications. More Details...". The second result is "HIV and Diabetes Mellitus (2021). Resource Type: Publication. Description: This 2021 fact sheet from the National LGBTQIA+ Health Education Center provides information for health centers to manage co-occurring diabetes and HIV, including information about the metabolic side effects of antiretroviral medications. More Details...". The third result is "Social Determinants of Health (SDOH) & Diabetes Prevention Programs Among Public Housing Residents: Infographic (2021). Resource Type: Publication. Description: This infographic provides examples of the Social Determinants of Health (SDOH) contributing to the prevalence of diabetes among public housing residents with corresponding examples of diabetes prevention promising".

Poll Question 3

Which of the following items listed below is NOT a new feature on the Health Center Resource Clearinghouse?

- a) The search bar at the top of the page.
- b) The ability to find things by subject.
- c) A searchable database for learning collaboratives.
- d) A "learning" page on the navigation bar of the website

Spanish Diabetes Resources

- Spanish:
 - [Diabetes health information](#): Contains information in Spanish by NIH.
 - [Diabetes educator Spanish resources](#): Resources for patients on healthy eating, being active, taking medications, monitoring, and more. Also contains resources on diabetes peer support groups, tips for healthy holiday eating, diabetes checklists, etc...
 - [Diabetes en Español](#): CDC's diabetes resources in Spanish landing page.



Siga esta lista de verificación para obtener información para tomar sus medicamentos de más seguro posible. Llévela a cada visita con el médico de la diabetes y HAGA CADA UNA DE LAS PASOS.

¿Para qué sirve este medicamento?

¿Este medicamento contiene algún ingrediente a la que yo sea alérgico?

De qué forma me ayudará?

¿Cuándo y con qué frecuencia debo tomarlo?

¿Qué debería hacer si omito una dosis?

¿Debería tomarlo con alimentos o con el estómago vacío?

¿Por cuánto tiempo debo tomarlo?

¿Qué efectos secundarios podría tener?

¿Qué precauciones se asocian con este medicamento?

¿Cómo se debe guardar este medicamento?

¿Tiene alguna instrucción escrita que pueda darme?

Consejos Para Comer EN LAS FIESTAS PARA PERSONAS CON DIABETES

En estas fiestas, prometa colocarse en primer lugar en su lista. Ha trabajado con mucho empeño para mantenerse enfocado en el control de su diabetes durante todo el año, y la época de las fiestas puede arruinarlo todo. Los viajes, las celebraciones, las grandes comidas, los bocadillos en la oficina y las bebidas constituyen un verdadero desafío para poder comer sano. A eso agréguele los días de viaje en los que hará poco ejercicio programado, y deberá hacer un gran esfuerzo para mantenerse enfocado.

Esta es nuestra promesa: si sigue estas estrategias, podrá mantener sus niveles de azúcar en la sangre y disfrutar de las fiestas y reuniones con los demás. Pero, al igual que todo lo demás relacionado con la diabetes, tendrá que tomar algunas medidas adicionales.

Si necesita ayuda para controlar su diabetes en estas fiestas, como por ejemplo ajustar la insulina según el consumo de carbohidratos, hable con su especialista en atención y educación sobre diabetes.

UNA GRAN COMIDA PARA LAS FIESTAS

- Desayune o coma bocadillos más temprano en el día y evite la idea de ahorrar carbohidratos para el gran banquete más tarde. Si omite comidas, puede ser más difícil controlar su nivel de azúcar en la sangre.
- Limite la cantidad de porciones de alimentos con almidón en su plato. Podría ser tentador servirse puré de papas, guisado de batatas y panecillos; sin embargo, trate de escoger solo uno de estos platos. O como un par de cucharadas o bocadillos de cada uno.
- Elija frutas y verduras crudas, asadas o cocidas al vapor. Evite verduras con crema, salsas y mantequilla.
- Tome bebidas sin calorías, como agua, té, sodas o gaseosas dietéticas en lugar de ponche o cócteles.
- Si elige beber alcohol, limite la cantidad y beba con alimentos. Consulte con su equipo de asistencia médica si el alcohol es seguro para usted. Las mujeres no deben beber más de una bebida alcohólica por día y los hombres no deben beber más de dos.

UNA BEBIDA ES:

- 12 onzas líquidas de cerveza.
- 5 onzas líquidas de vino.
- 1 onza líquida y media de licor destilado con una graduación alcohólica de 80°.
- 1 onza líquida de licor destilado con una graduación alcohólica de 100°.
- Disfrute sus platos favoritos de las fiestas, pero sírvase porciones pequeñas, coma lentamente y disfrute el sabor y la textura.


- Después de la comida, salga a caminar con familiares y amigos. El ejercicio lo mantendrá en movimiento, enfocado en sus objetivos, y le dará un bienvenido descanso de los manjares que lo rodean. El ejercicio también es una buena manera de reducir los niveles de azúcar en la sangre.
- Si se excede, no se castigue. Si come más carbohidratos o comidas de lo que planeó, no piense que ha fallado; simplemente elabore un plan para volver a encaminarse.



Spanish Diabetes Resources


- Fotonovelas
 - [Un Cambio para Lucía \(A Change for Lucy\)](#)

Un Cambio para Lucía
A Change for Lucy




Aprendiendo a Vivir con la Diabetes
Learning to Live with Diabetes

Esta es Lucía!
A Lucía y a su familia les gusta relajarse y comer bocadillos después del trabajo.



Meet Lucy!
Lucy and her family like to relax and eat snacks after work.

Decide que es hora de ir a la clinica.



She decides it is time to go to the clinic.

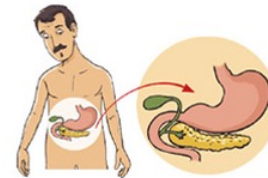
Spanish Diabetes Resources

- [Diabetes “flip books”](#): Similar to pamphlets. Provide diabetes information with images for visual understanding.
- Flipbooks available on diabetes self-management, nutrition, exercise, psychology and more.

¿QUÉ ES LA DIABETES?
Es una enfermedad crónica no trasmisible que se produce cuando el páncreas por algunas razones tiene problemas para producir insulina en cantidades necesarias o el cuerpo no la puede utilizar de manera adecuada.



FUNCIÓN DEL PÁNCREAS
Es una glándula que está ubicada en el abdomen y rodeada por el estómago. Además de producir insulina tiene otras funciones.



La diabetes se da debido a la disminución total o parcial en la cantidad o en la acción de una hormona llamada **INSULINA** que se produce en el páncreas.



¿PARA QUÉ SIRVE

La insulina es una hormona que utiliza la energía que ingiere para realizar diferentes actividades.



Las recomendaciones nutricionales deberán ser individualizadas de acuerdo a la cultura, tradiciones o circunstancias familiares de cada persona.



Objetivos:

- Identificar los alimentos que aportan carbohidratos y sus porciones.
- Consumir todos los grupos de alimentos de forma variada, sin excesos y evitando frituras, azúcar y sal.
- Recomendar dieta fraccionada, 5 comidas durante el día: desayuno, media mañana, almuerzo, media tarde, merienda. De acuerdo a la rutina de la persona.

Alimentos y su relación con los carbohidratos:

- Gran parte de los alimentos aportan carbohidratos, unos más como los cereales y otros menos como el tomate riñón.
- Las proteínas no aportan carbohidratos.
- Las grasas no aportan carbohidratos.



Algunas verduras llenan un poco de carbohidrato como: zanahoria, remolacha. Tratar de mezclar siempre con hojas frescas como lechuga o espinaca.

Aportan carbohidratos: Los tubérculos son las raíces que se cosechan del suelo como: papa, yuca o camote; los cereales son todos los alimentos que pueden hacer harinas; los granos son fuente de proteína, pero con alto porcentaje de carbohidrato como:

- Frejol, arveja, habas.
- Las frutas.
- La leche y yogurt.
- Azúcar y sus derivados.

Métodos para enseñar a alimentarse de forma correcta y práctica

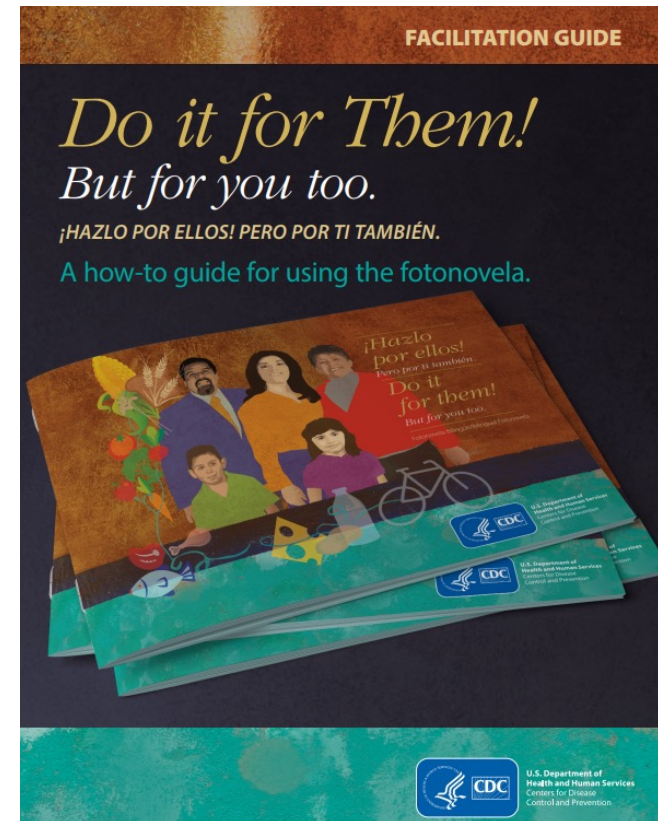


1. Plato saludable: se trata de una guía para crear comidas y platos saludables atendiendo a la relación en cantidad y calidad de alimentos que deben formar parte de cada plato, es un método que facilita a proveer conceptos básicos de alimentación a las personas. Se puede aplicar a cualquier comida.



Spanish Diabetes Resources

- Guide for CHWs, health educators, diabetes educators and lifestyle coaches.
- Resource for Spanish speaking audience with a low literacy level
- Usage:
 - Source of information for the community
 - Small group discussions



Source: <https://www.cdc.gov/diabetes/professional-info/pdfs/toolkits/FotonovelaGuide-En-508.pdf>

Spanish Diabetes Resources

- “Aprende a Vivir” (Learn to Live) Videonovelas
 - AHRQ (Agency for Healthcare Research and Quality)
 - Educate the audience on diabetes, the importance of taking medications on time and having a good communication with medical provider.
 - YouTube video channel: AHRQ en Español



Agency for Healthcare
Research and Quality



Source: <https://youtu.be/ce0-wj09LyU>

Diabetes Resources in Other Languages

- [Diabetes Medicines – Multiple Languages](#)
 - Drawing up one insulin
 - How to use an insulin pen
 - Mixing two insulins
- [CDC Resources in Languages Other than English](#)
 - Information and materials translated into other languages.
- [National Institute on Minority Health Disparities Diabetes Resources](#)
 - Resources in Spanish and Asian Languages

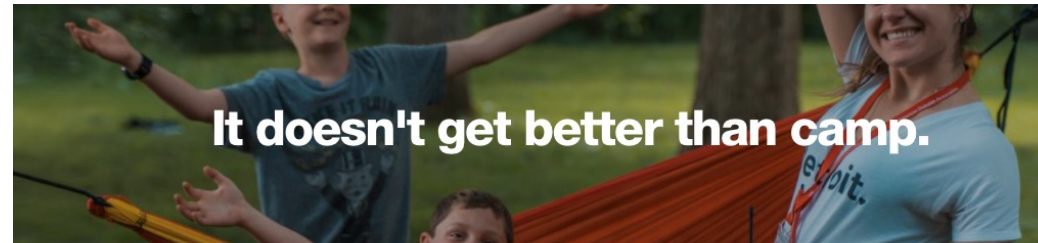


Diabetes Resources in Other Languages

- [Know diabetes](#)
- [Diabetes information in different languages](#)
- Contains key information for patients and education resources in several different languages such as Arabic, Bengali, Gujarati, Turkish and more.



Pediatric Diabetes Resources: ADA Planet D and Imagine Camp



Sometimes camp is the best medicine.

And it's the perfect place to make those much-needed connections a reality. Summer camp can be a lifeline for children living with diabetes and those at risk of developing type 2, as well as for their families. It's a place where kids can learn independence and develop a new level of self confidence—all within a safe and fun environment unlike any other.

The magic of camp

Every year, more than 6,600 campers and their families come together to share a week of summer fun, making memories that last a lifetime.

Diabetes is constant—children must manage it all day and all night and it never goes away. We know children with diabetes and their families walk a tightrope, keeping blood sugar levels not too low and not too high.

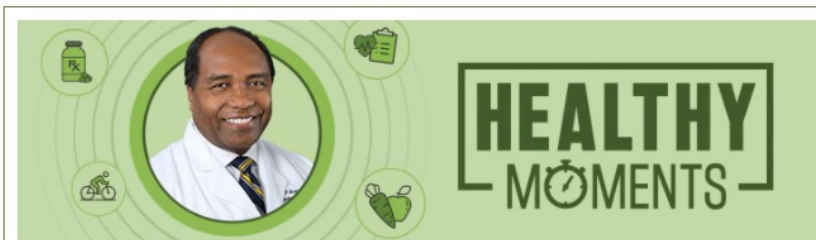
Source: <https://www.diabetes.org/community/camp>

Pediatric Diabetes Resources: National Diabetes Education Program

Clearinghouses and Programs

The clearinghouses and programs below were created to provide plain-language health information and respond to questions about the diseases and conditions within the NIDDK mission. Services are provided today via the NIDDK Health Information Center.

- National Diabetes Information Clearinghouse, established 1978
 - [View Diabetes Health Topics](#) | [Recursos en español](#)
- National Kidney and Urologic Diseases Information Clearinghouse, established 1987
 - [View Kidney Disease Health Topics](#) | [Recursos en español](#)
- National Digestive Diseases Information Clearinghouse, established 1980
 - [View Digestive Disease Health Topics](#) | [Recursos en español](#)
- Nutritional Disorders Program, established 1993 (operated as the Weight-control Information Network from 1994-2015)
 - [View Nutrition Health Topics](#) | [Recursos en español](#)
 - [View Weight Management Health Topics](#) | [Recursos en español](#)



Healthy Moments Radio Broadcast

A series of weekly radio episodes featuring Dr. Griffin P. Rodgers, the Director of NIDDK.

Source: <https://www.niddk.nih.gov/health-information/community-health-outreach/information-clearinghouses>

Diabetes Materials: Homelessness

- National Health Care for the Homeless Council (NHCHC)
- Material for health care professionals



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Diabetes Mellitus

Webinars

- [How to Conduct a Root Cause Analysis for Diabetes Prevention](#) (January 2021) | Presented by the National Health Care for the Homeless Council
- [Clinicians' Coffee Chat: Using Telehealth to Manage Diabetes](#) (January 2020) | Presented by the National Health Care for the Homeless Council
- [The 2019 Revised Adapted Clinical Guidelines: Medication Management for Patients Experiencing Homelessness Diagnosed with Diabetes](#) (October 2019) | Presented by the National Health Care for the Homeless Council
- [Nutrition and Diabetes: How Medical Nutrition Therapy Can Improve Diabetes Management](#) (February 2019) | Presented by the National Health Care for the Homeless Council

Source: <https://nhchc.org/clinical-practice/diseases-and-conditions/diabetes/>

Guidelines for Developing Patient Education Materials

- Use visuals as much as possible (DVDs or printed illustrations) of anatomical features of the specific system that relates to the patient's problem or need
- Choose books, pamphlets, and/or brochures that are written at a third to fifth grade level
- Use short sentences (10 words or less) when developing printed materials
- Write paragraphs with no more than two or three sentences with one key point per paragraph
- Focus efforts on key bullet points of "must know" information
- Use visual terms such as "runny nose" and "redness"
- Explain measurements, e.g. "pain that lasts more than 30 minutes"
- Clearly list when the patient needs to call the doctor and what phone number to call
- Focus on actions patients should do using familiar words
- Use plain language: Define any terms that are difficult to understand
- Have patient and family members "teach back" the information to you to ensure understanding
- Be aware of language, customs, and values to create a culturally sensitive and effective tool
- Use wide margins and leave white space between sections
- Find an advocate for the person with low literacy who will ensure that the individual understands and follows through with instructions

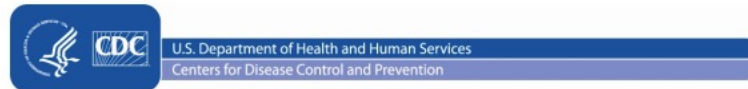


Source: <https://www.aacn.org/guidelines-developing-patient-education-materials>

Low Literacy Level Resources

Simply Put

A guide for creating easy-to-understand materials



Source: https://www.cdc.gov/healthliteracy/pdf/simply_put.pdf

Questions and Answers



Complete Post – Evaluation Survey

Survey: <https://www.surveymonkey.com/r/3W6FYN8>



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Thank you!