

The Road to Health:
How to Prevent or Delay Type 2
Diabetes in your Community
Session 2

National Center for
Health in Public Housing



February 2023

Housekeeping

zoom

- All participants muted upon entry
- Engage in chat
- Raise hand if you would like to unmute
- Meeting is being recorded
- Slides and recording link will be sent via email
- Provide brief introduction of yourself: Name, organization name and title



Today's speakers



Jose Leon, MD
Chief Medical Officer



Fide Pineda Sandoval, CHES
Training and Technical Assistance
Manager, NCHPH



National Center for Health in Public Housing (NCHPH)

- 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.
- The National Center for Health in Public Housing (NCHPH) 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.





Health Centers Close to Public Housing

- 1,373 Federally Qualified Health Centers (FQHC) = **30 million patients**
- 458 FQHCs In or Immediately Accessible to Public Housing = **5.7 million patients**
- 108 Public Housing Primary Care (PHPC) = **911,683 patients**

Source: [2021 Health Center Data](#)

Source: [Health Centers in or Immediately Accessible to Public Housing Map](#)

Public Housing Demographics



1.5 Million
Residents



2 Persons
Per Household



38% Disabled



52% White



91% Low
Income



43% African-
American



26% Latinx



19% Elderly

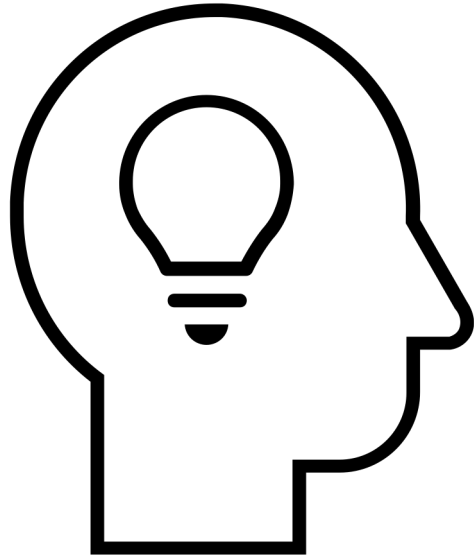


36% Children



32% Female Headed
Households with
Children

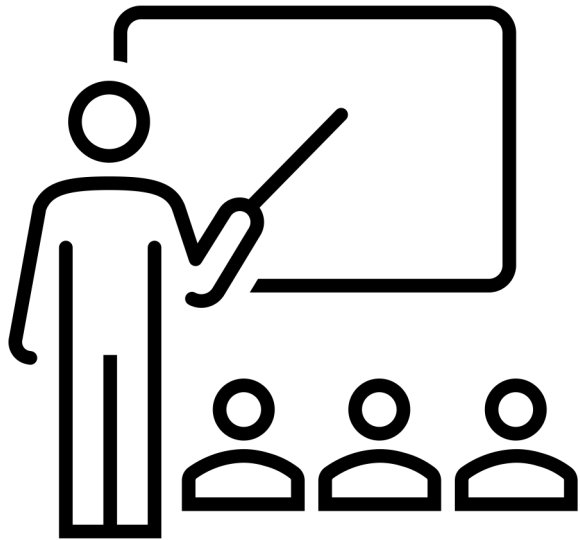
- Source: 2022 HUD Resident Characteristics Report



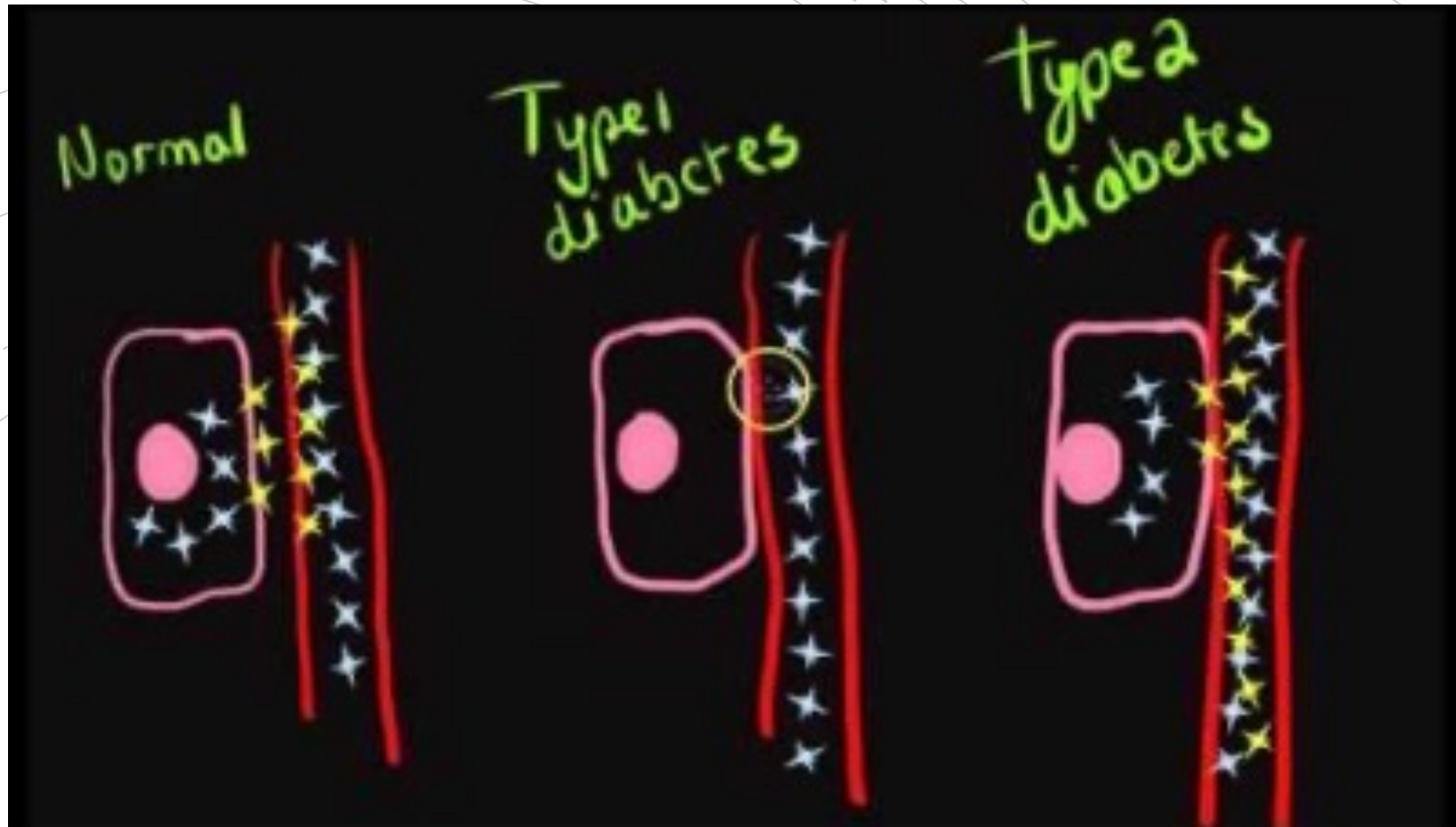
In our Previous Session, We Learned:

- Basics of diabetes
- Met Angela and Ray
- Diabetes Risk Factors and Complications
- How to measure portion sizes

Learning Objectives – Session 2



- Discuss Nutrition Labels
- Review Portion and Size Definitions
- Learn about the Traffic Size Method



Type 1 and Type 2 Diabetes Recap



Portion vs. serving size: What is the difference?

- A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small, you decide.
- A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Nutrition Label Guide

Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

① **Start Here** →

Amount Per Serving

② **Check Calories**

Calories 250 Calories from Fat 110

③ **Limit these
Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

⑥

**Quick Guide
to % DV**

• 5% or less
is Low

• 20% or more
is High

④ **Get Enough
of these
Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

⑤ **Footnote**

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g

Making Healthy Choices
Using the Nutrition Facts Label



How to Read Nutrition Labels

Nutrition Labels

REDUCED FAT MILK 2% Milk Fat

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20g	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

NONFAT MILK

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



We have to eat healthier and make better choices. First I learned to read food labels.



Small steps in eating and moving can lead to big rewards.



I found a lot of “hidden fats” in my foods.

I’ve made changes to lower-fat foods.



POTATO CHIPS,

1 ounce bag = 9.7grams of fat = 2 teaspoons of fat



PRETZELS,

1 ounce bag = 1 gram of fat = 0.214 tsps of fat



FRIED CHICKEN,

2 small chicken drumsticks, breaded/battered, deep fried (fast food), skin eaten = 42 grams of fat = 8 1/2 teaspoons of fat



BAKED, BROILED OR STEWED CHICKEN,

2 small chicken drumsticks, skin removed = 13.4 grams of fat = 2 2/3 teaspoons of fat



DONUT,

1 glazed, yeast, 4” diameter = 10.5 grams of fat = 2 teaspoons of fat



PUDDING,

1/2 cup of Puddings, all flavors (made from mix, sweetened) with skim milk = 0 grams of fat



MACARONI & CHEESE,

1 cup macaroni and cheese, made from mix, with whole milk = 22.7 grams of fat = 4 1/2 tsps of fat



LOW-FAT MACARONI & CHEESE

1 cup macaroni and cheese, homemade with skim milk, low-fat cheese = 3.0 gram = 2/3 teaspoons of fat

Fats are hidden in all kinds of foods.



**1/4 pounder fast food
bacon cheeseburger with
mayo and ketchup**

668 total calories
361 fat calories
40.1 grams of fat
= 8 teaspoons of fat



Large french fries

426 total calories
207 fat calories
23 grams of fat
= 4 1/2 teaspoons of fat



Large soda

413 total calories
106 grams of sugar
= 21 teaspoons of sugar

Value meals may have been a bargain to my wallet, but they weren't a bargain for my health.



Portion Distortion Interactive Quiz

CHICKEN CAESAR SALAD

20 Years Ago



390 calories
1 ½ cups

Today



**How many calories are in
today's chicken Caesar
salad?**

Portion Distortion Interactive Quiz

CHICKEN CAESAR SALAD

20 Years Ago



390 calories
1 ½ cups

Today



790 calories
3 ½ cups

Calorie Difference: 400 calories

Portion Distortion Interactive Quiz

- **Maintaining a Healthy Weight is a Balancing Act**
- **Calories In = Calories Out**

*Based on 160-pound person



Portion Distortion Interactive Quiz

- **Calories In = Calories Out**

If you **walk the dog for 1 hour and 20 minutes**, you will burn approximately **400 calories**.*

*Based on 160-pound person





To help me make healthy food choices, I made my own food guide.

The Traffic Light Method



RED Light
Stop, think small, don't eat it all.



YELLOW Light
Go slow or my weight can grow.

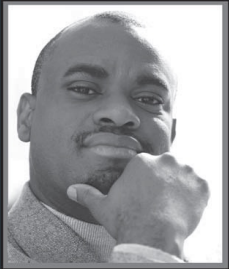


GREEN Light
Eat more of these, every day.



Logos for USDA, CDC, and other organizations.

Eating healthier means making good choices without sacrificing the taste of foods we love.



To learn
the right
size of
portions,
we use

an easy system.

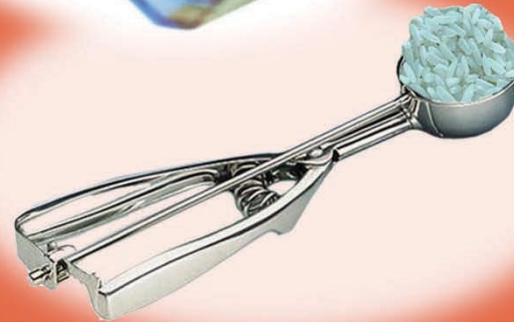
We're
learning
to be
"food
detectives." We look at
how much food is on
our plates.



**A light bulb =
one serving of vegetables**



**A deck of cards =
one serving of meat**



**An ice cream scoop =
one serving of rice, cereal, or potato**

Learning portion sizes is easy.

Portion Distortion Interactive Quiz

CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



275 calories
3.5 inch diameter

Calorie Difference: 400 calories

Portion Distortion Interactive Quiz

CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



**How many calories are in
today's large cookie?**

Calorie Difference: 400 calories

Portion Distortion Interactive Quiz

- **Maintaining a Healthy Weight is a Balancing Act**
- **Calories In = Calories Out**



How long will you have to wash the car to burn those extra 220 calories?

*Based on 130-pound person



Portion Distortion Interactive Quiz

- **Calories In = Calories Out**

If you wash the car for 1 hour and 15 minutes you will burn approximately 220 calories.*

*Based on 130-pound person





Ingredients: Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose.

Nutrition Facts

Serving Size 1 oz. (28g/About 10 crisps)
Servings Per Container 10

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **6%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 0%

Thiamin 4% • Niacin 6%

Vitamin B₆ 4% • Phosphorus 8%

Zinc 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

How many grams of fat will you obtain if you eat one serving of these chips?

- a) 120 cal
- b) 2 g
- c) 8%
- d) 30g
- e) 3g
- f) 5%



What %DV do you get in sodium from eating this can of soup?

- a) 35%
- b) 840 mg
- c) 125 ml
- d) 2%
- e) 4%
- f) 10%

How many calories from fat?



- a) 150 calories
- b) 260 calories
- c) 17 g
- d) 8 grams of fat
- e) 1 cup



Break Out Rooms Discussion

1. What resources do you have available to educate patients on how to read food labels?
2. Do you think you may need additional resources to improve nutrition literacy? What type would you need?
3. What challenges are you currently experiencing among your patient population help them maintain a healthy weight?
4. Do you refer patients to publicly funded programs to access healthy meals? If so, what is your experience with referring patients?

Visit us at NCHPH.org



PHPC WEEKLY UPDATES



WEBINARS



LEARNING COLLABORATIVES



PUBLICATIONS



PROVIDER AND RESIDENT – CENTERED FACTS SHEETS



TOOLKITS



INTERACTIVE MAPS



NCHPHA The National Center for Health in Public Housing
Enhancing Health Care Delivery for Residents of Public Housing

HOME FOCUS AREAS RESEARCH & DATA TRAINING & EVENTS RESOURCE LIBRARY ABOUT CONTACT US

PARTNERSHIPS TOOLKIT NOW AVAILABLE!

Check out our new partnerships toolkit, *Healthy Together: A Toolkit for Health Center Collaborations with HUD-Assisted Housing and Community-Based Organizations*, developed in collaboration with NNCC!

To view the toolkit and interactive version, click here.

Welcome to The National Center for Health in Public Housing

About

The National Center for Health in Public Housing (NCHPHA) is a part of the U.S. Department of Health and Human Services, Health Resources and Services Administration (HHS/HRSA). For more information, visit www.nchpha.org.

Health Behaviors and Public Housing

Health behaviors are detrimental actions that heighten the odds of illness and impede recovery. This map depicts some health behaviors by county and the location of PHPC health centers in the nation.

[VIEW MAP](#)

Health Outcomes and Public Housing

This interactive map explores the prevalence of diabetes, low birth weight, poor or fair health and HIV in the U.S. by county, so health centers can compare their performance measures and establish or modify health interventions addressing the health care needs of their communities.

[VIEW MAP](#)

Socioeconomic Health Factors and Public Housing

Social and economic factors are strong drivers of how well we live. Across the U.S., people who live in the bottom performance counties face higher rates of

Complete Post – Evaluation Survey

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