

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

National Center for
Health in Public Housing



National Center for Health in Public Housing

February 2023

Housekeeping

- 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

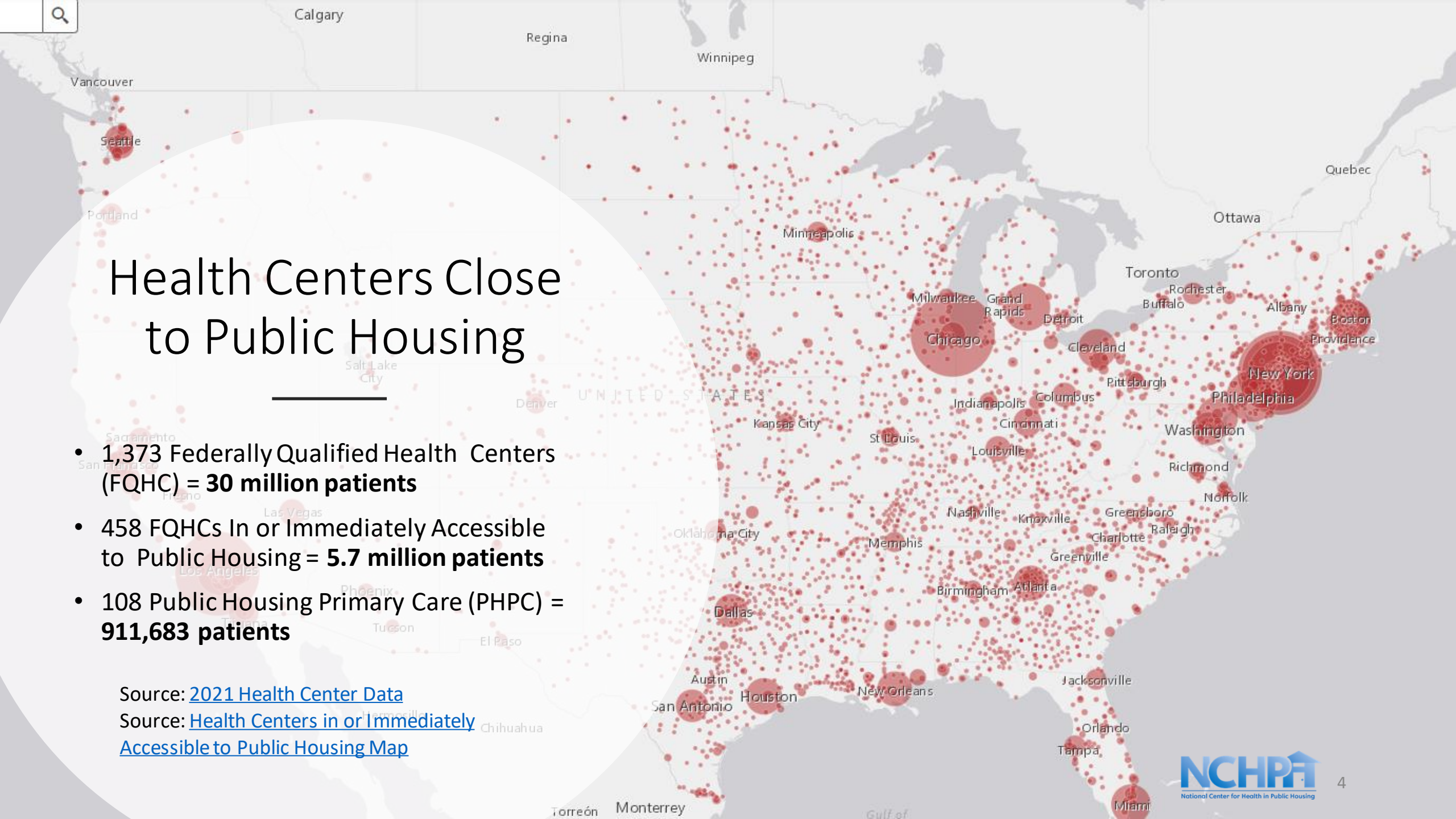
zoom



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

Learning Collaborative Objectives

01

Learn about CDC's
Road to Health
Training for CHWs

02

Discuss Strategies to
Prevent Type 2
Diabetes in your
Community

03

Identify Practices on
how to Help
Members of Your
community to Be
Physically Active

Session 1 Learning Objectives

1

Discuss How
Type 2 Diabetes
can Be Prevented

2

Review How
Diabetes Affects
Various Body
Organs

3

Identify Type 2
Diabetes Risk
Factors

4

Introduce how to
Use your Hands
to Measure
Portion Sizes

Myth or Fact Activity

1. Prediabetes can lead to type 2 diabetes, but it's reversible.
2. Prediabetes is not a real clinical condition.
3. The only diet for people at risk for type 2 diabetes is avoid eating red meat, carbs, or added sugar.
4. If you have family members with diabetes, you will definitely get it too.



What is prediabetes?

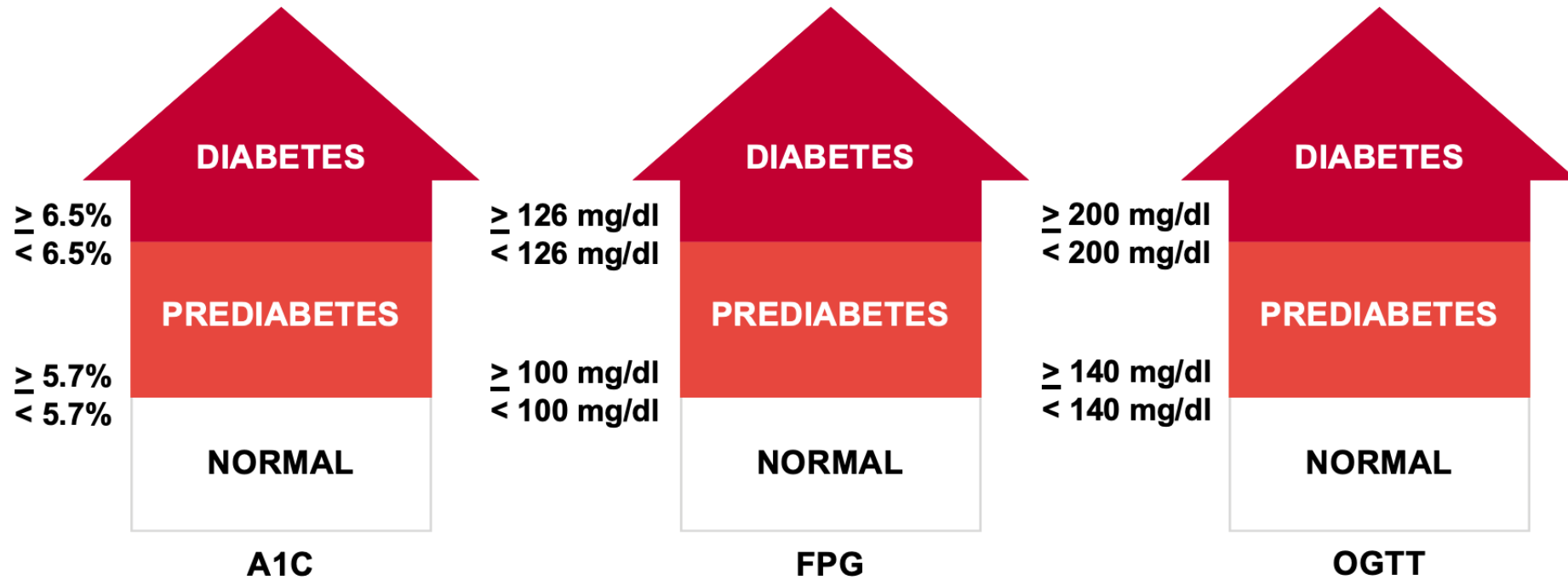
- Prediabetes is when your blood sugar levels are higher than normal but aren't high enough to be diabetes.



What is diabetes

- When you have diabetes, your blood sugar levels rise higher than normal. There are three types of diabetes.
- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes

How is type 1 and type 2 diabetes diagnosed?



Portion Distortion II Interactive Quiz

COFFEE

20 Years Ago

**Coffee
(with whole milk and sugar)**



**45 calories
8 ounces**

Today

**Mocha Coffee
(with steamed whole milk and mocha syrup)**



**How many calories
are in today's coffee?**

Portion Distortion II Interactive Quiz

COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)



350 calories
16 ounces

Calorie Difference: 305 calories



Portion Distortion II Interactive Quiz

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



How long will you have to walk in order to burn those extra 305 calories?*



Portion Distortion II Interactive Quiz

Calories In = Calories Out



If you walk 1 hour and 20 minutes, you will burn approximately 305 calories.*





Step by Step

HOW TO PREVENT TYPE 2 DIABETES

The Road to Health Toolkit provides materials to start a community outreach program to help people prevent or delay type 2 diabetes.

Understand diabetes

Become physically active

Make healthy food choices

Preventing type 2 diabetes

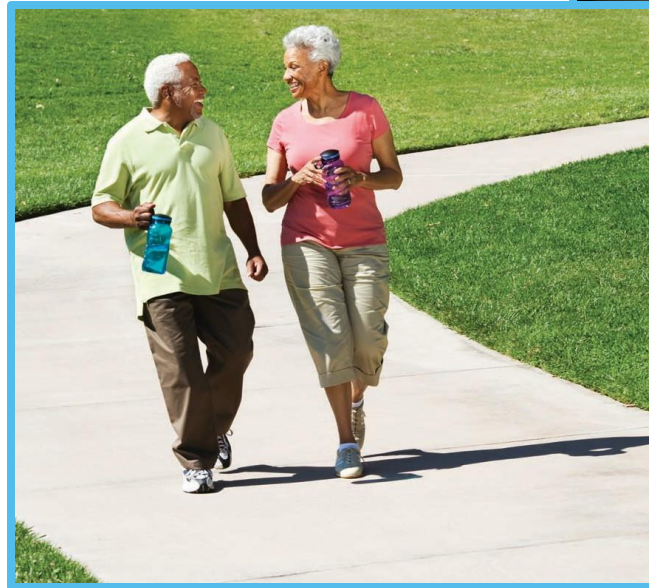
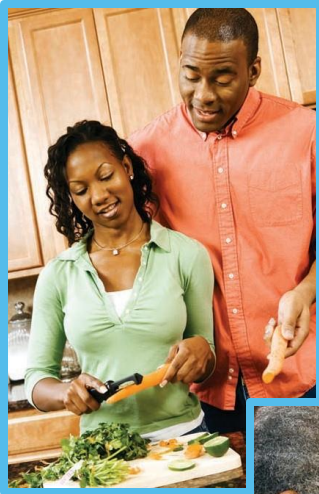
Type 2 diabetes can be prevented or delayed by making lasting lifestyle changes.

Click on each step on the road to find out how you can prevent it.

Vector graphics from Freepik. Icons by FlatIcon.
www.cdc.gov/diabetes/professional-info/toolkits/road-to-health.html



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion



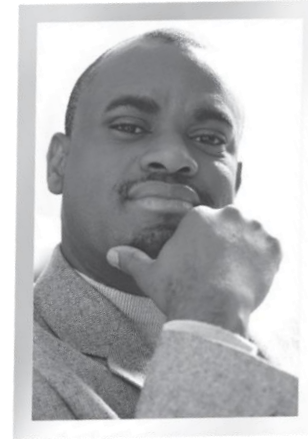
THE WILLIAMS' FAMILY STORY:

Meet sister and brother, Angela and Ray Williams



I see our future...
a future without type 2 diabetes.

Angela, 28
Elementary
School Teacher



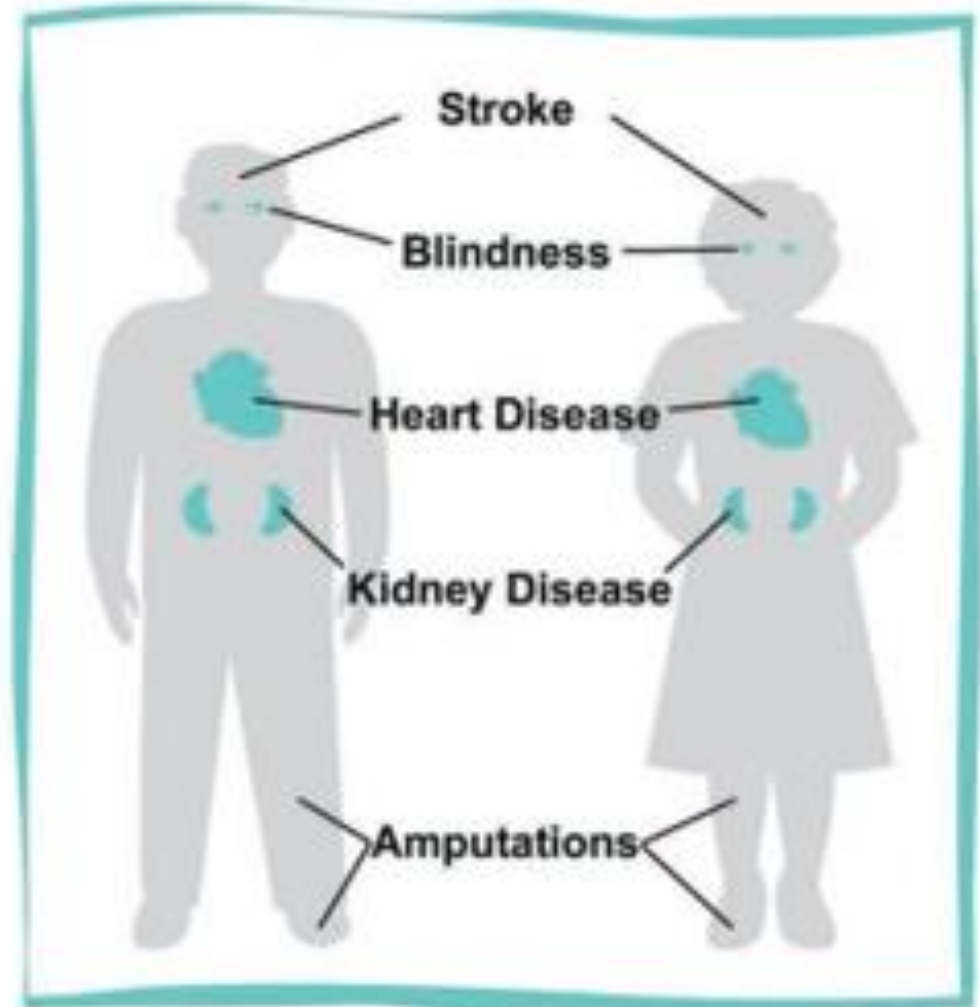
With better choices, we can
prevent or delay type 2 diabetes.

Ray, 32
Realtor

Type 2 diabetes does not have to be our destiny.



**So what is diabetes?
It affects your whole body –
sometimes you don't even know you are sick.**



Type 2 diabetes affects our family, but it doesn't have to hurt my health.

	Normal					Overweight					Obese					Extreme Obesity																				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

Current Weight (in pounds)	5%-7% Weight-Loss Recommendation (in pounds)
150	7-10
160	8-11
175	8-12
185	9-12
200	10-14
215	11-15
225	12-17
250	13-18
275	14-19
300	15-21



Diabetes runs in our family, but I don't claim it.



I'm making small changes to what I eat and do. I'm losing a few pounds and I'm in control.

Even those of us at high risk can prevent or delay type 2 diabetes.

How to Use
your Hand to
Measure
Portion Sizes

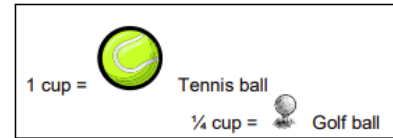


How to Visualize your Portion Sizes

VISUALIZE YOUR PORTION SIZE

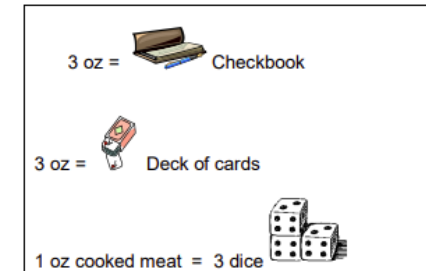
Visual hints-

- $\frac{1}{4}$ cup is about the size of a golf ball or ping pong ball.
- 1 cup is about the size of a tennis or baseball.
- A 1 inch diameter sauce cup will hold one ounce.
- A 'pint' deli container holds 16 oz or about 2 cups.



Meats-

- 3 oz portion is similar in size to a deck of cards
- 1 oz of cooked meat is similar in size to 3 dice.
- A 1-inch meatball is about one ounce.
- 4 oz of raw, lean meat is about 3 ounces after cooking.
- 3 oz of grilled fish is the size of a checkbook.

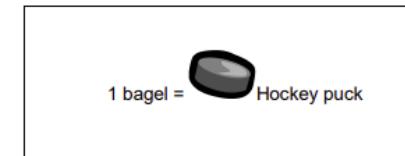


Fruits and Vegetables-

- A medium apple, peach, or orange is about the size of a tennis ball.
- For cut fruit and vegetables such as watermelon, broccoli, or peas use cups. Also, for small fruit like strawberries or grapes, please use cups.
1 cup of fruit is about the size of a tennis or baseball
- For fruits with variable sizes, like a banana, please measure and record the length in inches.

Cereal and Pasta-










- 1-cup cooked pasta is about the size of a tennis ball.
- A small bagel is the size of a hockey puck.


















Cheese, Butter and Spreads-

- 1 oz of cheese is about a 1 inch square or about the size four stacked dice.
- 1 Tbsp of peanut butter / butter is about the size of your thumb.
- 1 tsp of peanut butter is the size of the area from the base of your thumbnail to the tip of your thumb.
- A typical salad dressing ladle in a restaurant will hold 3-4 Tbsp of dressing.

Choose Wisely

<p>Shift from:</p> <p>Medium café latte made with whole milk</p> 		<p>Shift to:</p> <p>Small café latte made with fat-free milk</p> 
<p>Regular cola</p> 		<p>Water or water flavored with fruits or vegetables</p> 
<p>Sweetened lemon iced tea</p> 		<p>Sparkling water with natural lemon flavor</p> 

<p>Shift from:</p> <p>High-calorie snacks</p> 		<p>Shift to:</p> <p>Nutrient-dense snacks</p> 
<p>Fruit products with added sugars</p> 		<p>Fresh fruit</p> 
<p>Refined grains</p> 		<p>Whole grains</p> 
<p>Snacks with added salt or sugars</p> 		<p>Snacks without added salt or sugars</p> 
<p>Solid fats</p> 		<p>Oils</p> 

Source: Institute of Aging

Visit us at NCHPH.org



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TOOLKITS



INTERACTIVE MAPS



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

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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*, 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 (NCHPH) is a part of the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). For more information, visit www.nchph.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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