Food Justice and Diabetes

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Learning Objectives

Participants will be able to...

• To introduce a new resource.
• Emphasize the importance of medical nutrition therapy.
• Share strategies registered dietitians serving in urban and rural health centers use to support patients experiencing homelessness with diabetes.
Medical Nutrition Therapy

- Is the legal definition of nutritional counseling provided by a registered dietitian or nutrition professional and is an integral part of the overall management of diabetes.
Blueprint for Complex Care

Humowiecki, 2018
Behavioral Health Support Systems

360° View → The Power of Whole-Person Care

In any given year, there are approximately 34 million American adults with co-morbid mental and medical conditions. Coordinating care can improve clinical outcomes, increase care quality while reducing cost, and boost consumer satisfaction.

Quality | Access | Justice | Community | nhchc.org
Hunger in America Report

The Feeding America network serves 46.5 million people each year or 1 in 7 people in the U.S.

Feeding America, 2015
Hunger in America Report

1 in 3 households we serve has a member with diabetes

Feeding America, 2015
Hunger in America Report

Feeding America, 2015

66% of households we serve have to choose between paying for medical care and food every year.
Hunger in America Report

CYCLE OF FOOD INSECURITY & CHRONIC DISEASE: DIABETES

- Food Insecurity
- Community Intervention (Food Banks)
- Worsening of Competing Demands
- Cycles of Food Adequacy/Inadequacy
- Poor Self-Management Capacity
- Competing Demands
- Increased Health Care Utilization
- Poor Diabetes Control
- Traditional Hospital Intervention
- Increased Diabetes Complications
- Traditional Clinic Intervention

Feeding America, 2015
Screening for Food Insecurity

“Within the past 12 months we worried whether our food would run out before we got money to buy more.”

“Within the past 12 months the food we bought just didn’t last and we didn’t have money to get more.”

If HVS screening statements are answered as ‘sometimes true’ or ‘often true’ (v. ‘never true’) to either or both of the statements, patient is at risk of being food insecure.

Hager et al., 2010
Patient Centered Care

• Multidisciplinary approach helps address complex patient issues
• Utilizing screenings to identify concerns
• Get creative to address hunger and monitoring needs!
• Patients determine and set goals
Misconceptions/Challenges

Misconceptions
• Patients are non-compliant
• Patients already have the knowledge

Challenges
• Storage
• Communication
• Transportation
Nutrition and Diabetes Guide

NUTRITION and DIABETES GUIDE:
How Medical Nutrition Therapy Can Improve Diabetes Management

National Health Care for the Homeless Council
FEBRUARY 2019
Get Participants Involved

• Break the misconception: homelessness ≠ poor diet
• Self-motivation is KEY to optimal diabetes management
• Celebrate positive behaviors to build confidence
• Provide reassurance that better diabetes management is achievable in any living situation
Breakout Sessions

• Rotating every 15 minutes
• Christina and Kelsey
  • Building community partnerships
• Elizabeth
  • Food nudging and action plan
• Kimaya
  • Planning a $4.20/day menu
Report Out; Q&A
References


• Hager, et. al., 2010. Development and Validity of a 2-Item Screen to Identify Families at Risk for Food Insecurity. Pediatrics, 126(1), 26-32.
