

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

Food Justice and Diabetes

May 24, 2019 2:15 pm -3:45pm

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Presenters

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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



CHCS Center for Health Care Strategies, Inc.



Humowiecki, 2018

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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.

¹Source: New York State Office of Mental Health. ²Source: Primary Care Research in Substance Abuse and Mental Health for the Elderly (PRISM-E). ³Source: Robert Wood Johnson Foundation. ⁴Source: Primary Care Research in Substance Abuse and Mental Health for the Elderly (PRISM-E). ⁵Source: American Psychological Association. ⁶Source: Robert Wood Johnson Foundation. ⁷Source: Robert Wood Johnson Foundation

Hunger in America Report



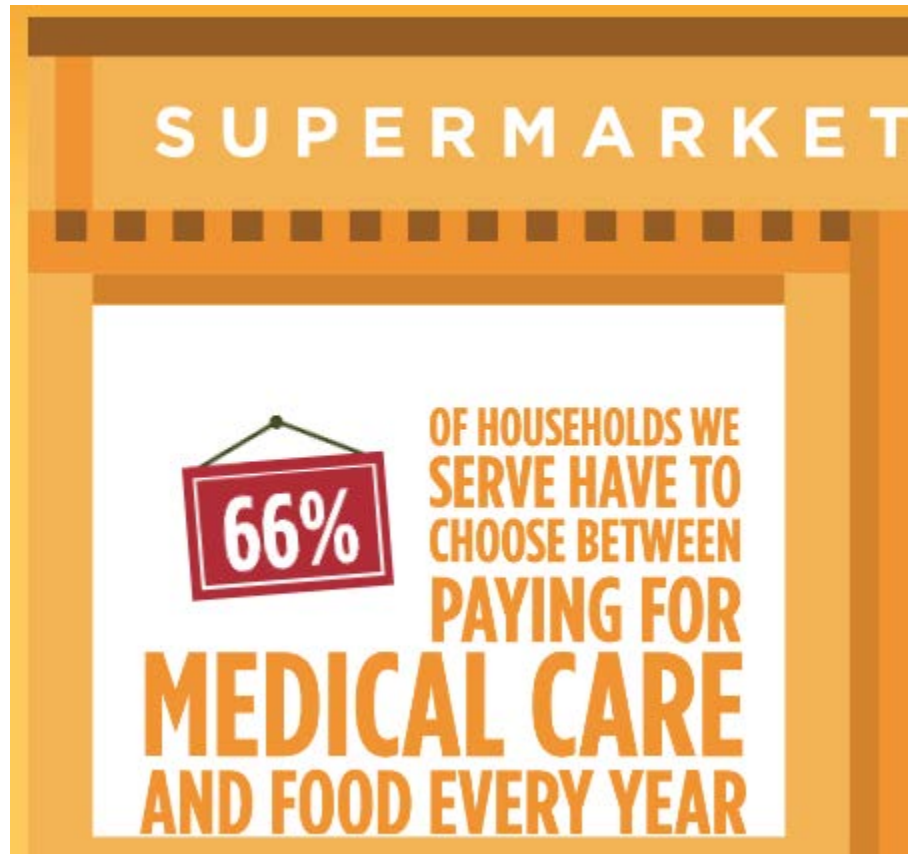
Feeding America, 2015

Hunger in America Report



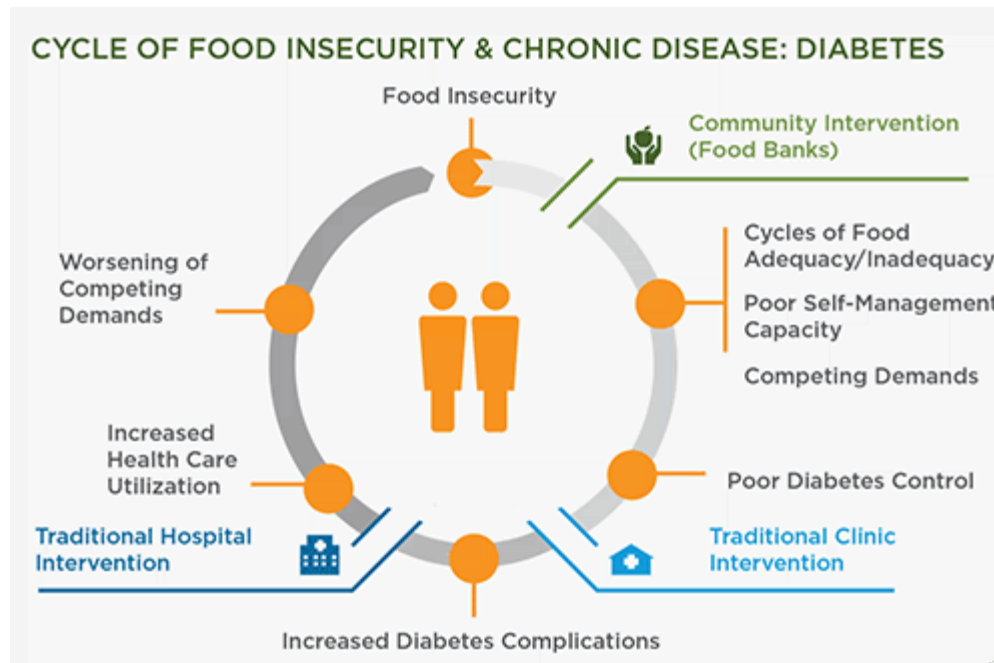
Feeding America, 2015

Hunger in America Report



Feeding America, 2015

Hunger in America Report



Feeding America, 2015

Screening for Food Insecurity



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

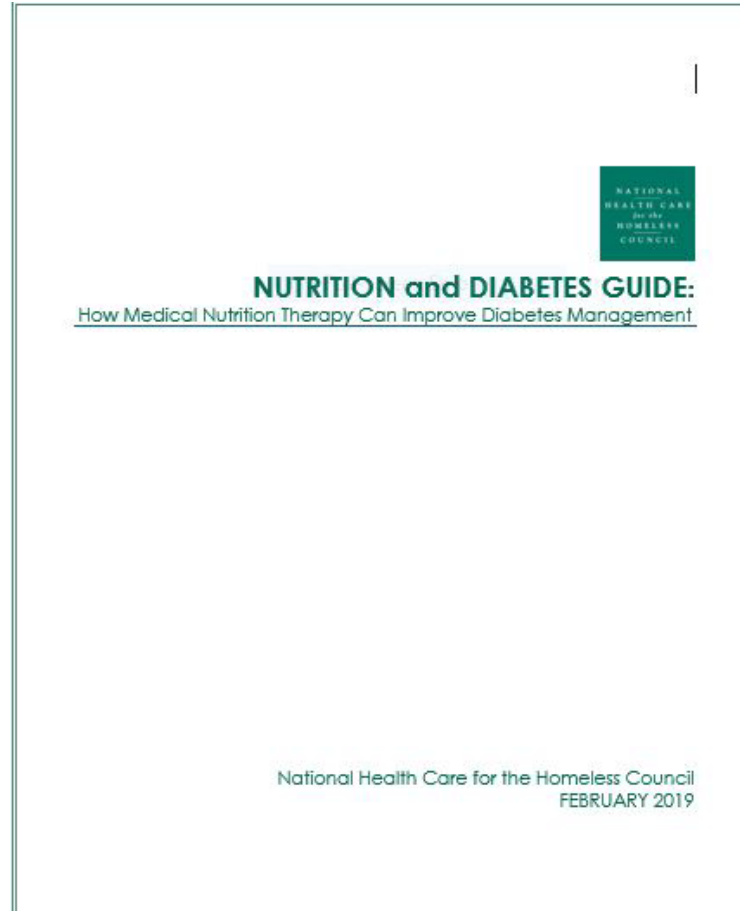
Misconceptions

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

Challenges

- Storage
- Communication
- Transportation

Nutrition and Diabetes Guide



Get Participants Involved

- Break the misconception
homelessness \neq 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

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- 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.
- Humowiecki, et. al., 2018. Blueprint for complex care: advancing the field of care for individuals with complex health and social needs. www.nationalcomplex.care/blueprint.
- NHCHC, 2019 Nutrition and Diabetes Guide https://www.nhchc.org/wp-content/uploads/2019/02/finalnutritionanddiabetes_2-24-19.pdf