



Division of Diabetes  
Treatment and Prevention

# Starting the Conversation: Basic Nutrition Education for the Non-RD

PRESENTED BY

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# Poll Question (1)

What is your professional background?

How often do you provide nutrition education to individuals each week?



# Registered Dietitian Day

WEDNESDAY, MARCH 13, 2019

**HAPPY  
REGISTERED  
DIETITIAN DAY!**

Celebrating your nutrition experts!





# “Setting the Table”

# IHS Standards of Care: Type 2 Diabetes

<b>Division of Diabetes Treatment and Prevention</b>	<b>Diabetes Standards of Care &amp; Clinical Practice Resources</b>
About Us	<b>Nutrition</b>
IHS Diabetes Audit	Healthy eating is an essential component of managing diabetes. All individuals with prediabetes or diabetes should receive nutrition education that considers access to nutritious foods, as well as personal and cultural preferences.
<b>Clinician Resources</b>	Health care team members are encouraged to provide basic nutrition education. Whenever possible, patients should be referred to a registered dietitian (RD) for individualized medical nutrition therapy (MNT).
Online CME/CE	<b>Nutrition Sections</b>
Diabetes Standards of Care & Clinical Practice Resources	Quickly jump to a section on this page by clicking on one of the links below.
Diabetes Treatment Algorithms	<ul style="list-style-type: none"> <li>• <a href="#">Section 1 – Clinical Practice Recommendations: Nutrition</a></li> <li>• <a href="#">Section 2 – Clinician and Educator Resources: Nutrition</a></li> <li>• <a href="#">Section 3 – Patient Education Resources: Nutrition</a></li> </ul>
Diabetes Education Lesson Plan Outlines	
Federal Partner Agency Resources	
Training	

**+ Quick Links:**  
**Diabetes Standards of Care**  
(click to expand)

**Updated  
February 2019!**

<https://www.ihs.gov/diabetes/clinician-resources/soc/nutrition/>



# We all have a role in nutrition education!





# Jane (1)



- 50-year-old Female
- Type 2 Diabetes – diagnosed 2 years ago
- First visit to diabetes education program
- Nearest RD is 30 miles away



# Tips for *Educators* & Issues to Consider

## Tips for Educators Using My Native Plate

*My Native Plate* is a visual guide to help your adult clients eat healthy meals. Use it to engage discussion about eating practices such as food choices, meal preparations, and portions.



*My Native Plate* can also help educators with the following:

- Encourage individuals to set nutrition-related goals.
- Work with individuals and their families to develop a basic meal plan that includes traditional and cultural preferences.
- Use examples and tips to encourage eating a variety of foods.

## Issues to Consider

Understanding and addressing issues that influence a client's eating behaviors are important to consider as you use *My Native Plate*.

### 1. Food Insecurity

Individuals and families with food insecurity can be predisposed to overeating available foods, skipping meals, or choosing foods that are less expensive and unhealthy.

- ✓ Not having enough money to buy good quality food affects eating habits. Provide information on how to use *My Native Plate* on a limited budget.
- ✓ Assess the individuals' access to a sufficient quantity of affordable, nutritious foods. Start by using the [IHS Food Insecurity Assessment Tool and Resource List](#).
- ✓ Provide individuals with information on the resources available in their community to address food insecurity issues.

### 2. Traditional foods

- Talk with Tribal members, such as elders, about traditional foods in their community and how these foods are harvested, prepared, and preserved. Partner with them to offer food demonstrations and cooking classes.
- Discuss how traditional foods can work with *My Native Plate*.

## Tips for Educators Using My Native Plate

### 3. Family and community gatherings

- Social gatherings are important to your clients and may affect health eating regimens.
- Keep in mind that not eating foods offered at gatherings, potlatches, feasts, and potlucks may not be socially or culturally acceptable.
- Help clients plan ahead by using *My Native Plate* as a guide in selecting types of foods commonly found at gatherings.
- For more tips, see the handout [Ten Doable Ways You Can Enjoy Meals on Special Days](#) located on the IHS Division of Diabetes website.

### 4. Emotions and stress

- Food can often be used as a coping agent or to fill a void in some conditions, such as depression, anxiety, and stress.
- If the issues presented are beyond your scope of practice, refer clients to a behavioral health professional.

### 5. Fast food, restaurants, take-out, and corner stores

- Assist clients with ideas on how to compare food choices and select the healthier option.
- Keep in mind that menu options labeled "healthy" may cost more.
- Suggest ways to use *My Native Plate* when eating away from home.

### 6. Special nutrition needs

- Refer clients with special nutrition needs (e.g., diabetes, hypertension, kidney disease) to a registered dietitian for medical nutrition therapy.

## Resources

Education Materials and Resources (Online Catalog):  
[www.ihs.gov/diabetes/education-materials-and-resources/](http://www.ihs.gov/diabetes/education-materials-and-resources/)

IHS Food Insecurity Assessment Tool and Resource List:  
[www.ihs.gov/diabetes/includes/themes/responsive2017/display\\_objects/documents/clinicaldocs/FoodInsecurityAssessTool.pdf](http://www.ihs.gov/diabetes/includes/themes/responsive2017/display_objects/documents/clinicaldocs/FoodInsecurityAssessTool.pdf)

Ten Doable Ways You Can Enjoy Meals on Special Days:  
[www.ihs.gov/diabetes/includes/themes/responsive2017/display\\_objects/documents/printmat/TenWaysSpecialMeals\\_508c.pdf](http://www.ihs.gov/diabetes/includes/themes/responsive2017/display_objects/documents/printmat/TenWaysSpecialMeals_508c.pdf)



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
11/2018



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11/2018



# Food Insecurity





# Traditional Foods





# Family and Community Gatherings





# Emotions and Stress





# Fast Food Restaurants and Take-Out Corners





# Special Nutrition Needs





# Special Diabetes Program for Indians

## Best Practice: Nutrition Education

### Required Key Measure

- Number and percent of individuals in your Target Group who receive nutrition education.\*

\* Performed by a Registered Dietitian or other health or wellness program staff.



# IHS Standards of Care: Type 2 Diabetes (cont.)

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Diabetes Treatment Algorithms	
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<https://www.ihs.gov/diabetes/clinician-resources/soc/nutrition/>

# IHS Diabetes Standard of Care: Nutrition

## Recommendation One

### Recommendation for Nutrition

It is recommended that patients receive basic nutrition education that supports healthful eating patterns, focusing on a variety of foods in appropriate amounts. Consider using My Native Plate to engage discussion about eating practices such as food choices, meal preparations, and portions.

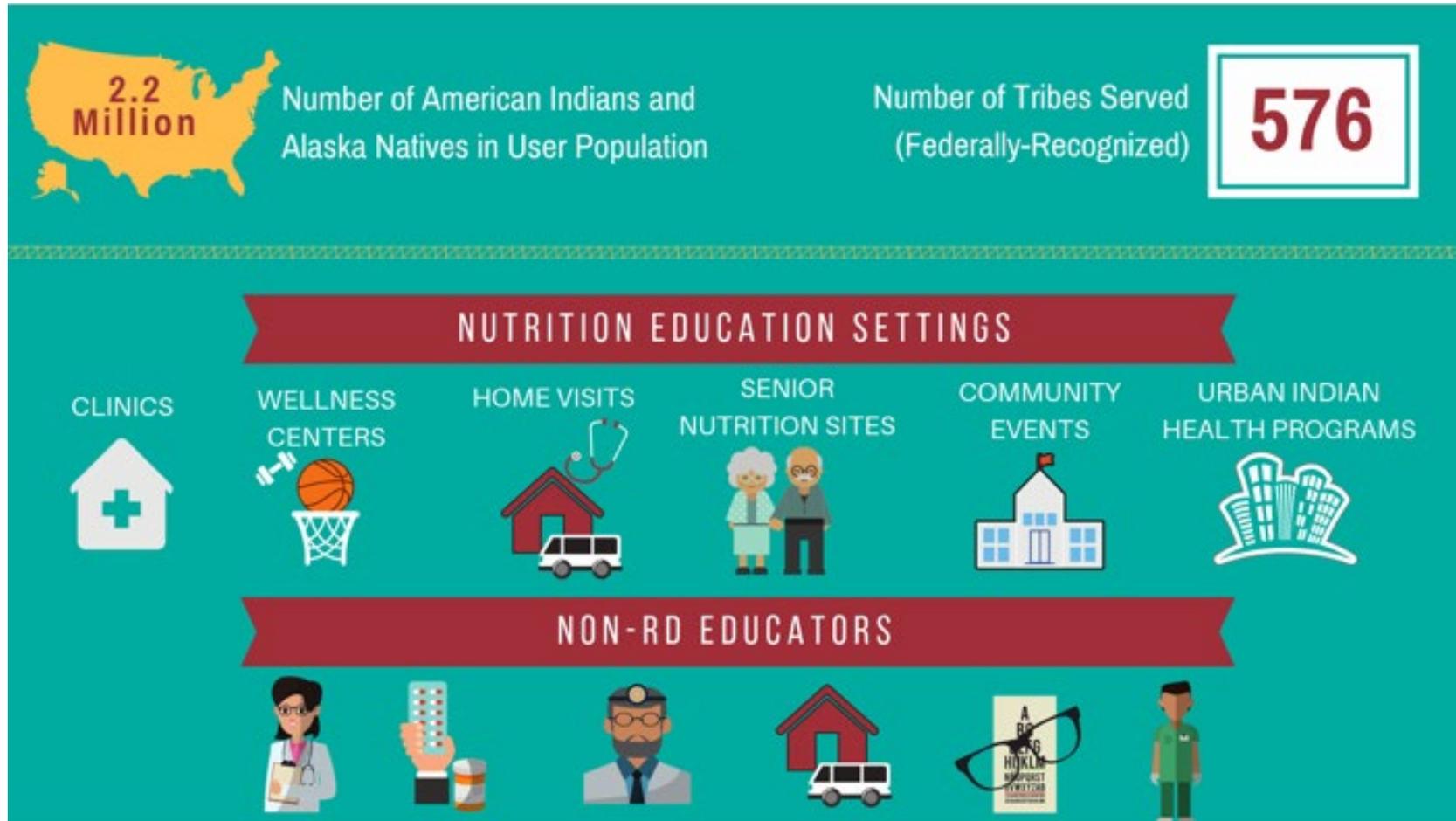
1. Provide basic nutrition education to all patients with diabetes or prediabetes.
  - At diagnosis
  - Then annually
  - More often as needed



# Roles and Approaches



# Nutrition Education Settings



# Starting the Conversation

## Performance of a Brief Dietary Assessment and Intervention Tool for Health Professionals

### Food Frequency Instrument

- Eight Questions

### Scale developed by:

- Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill
- North Carolina Prevention Partners

Paxton AE, Strycker LA, Toobert, DJ, Ammerman AS, Glasgow RE (2011) Starting the Conversation: Performance of a Brief Dietary Assessment and Intervention Tool for Health Professionals. *American Journal of Preventive Medicine* ,40(1), 67-71.

[https://www.ajpmonline.org/article/S0749-3797\(10\)00586-6/pdf](https://www.ajpmonline.org/article/S0749-3797(10)00586-6/pdf)



# Starting the Conversation

## Performance of a Brief Dietary Assessment and Intervention Tool for Health Professionals

Over the past few months...

1. How many times a week did you eat fast food meals or snacks?	Less than 1 time (0)	1-3 times (1)	4 or more times (2)
2. How many servings of fruit did you eat each day?	5 or more (0)	3-4 (1)	2 or less (2)
3. How many servings of vegetables did you eat each day?	5 or more (0)	3-4 (1)	2 or less (2)
4. How many regular sodas or glasses of sweet tea did you drink each day?	Less than 1 (0)	1-2 (1)	3 or more (2)
5. How many times a week did you eat beans (like pinto or black beans), chicken, or fish?	3 or more times (0)	1-2 times (1)	Less than 1 time (2)
6. How many times a week did you eat regular snack chips or crackers (not low-fat)?	1 time or less (0)	2-3 times (1)	4 ore more times (2)
7. How many times a week did you eat desserts and other sweets (not the low-fat kind)?	1 time or less (0)	2-3 times (1)	4 ore more times (2)
8. How much margarine, butter, or meat fat do you use to season vegetables or put on potatoes, bread, or corn?	Very little (0)	Some (1)	A lot (2)

**SUMMARY SCORE (sum of all items):** \_\_\_\_\_



# Let the Client/Patient Set the Agenda

- Ask the what areas they need help with
- Ask what goal(s) are important for them to work on
- Depending on literacy, have them fill out their agenda before coming in for the visit

## What would you like help with today?

	Making Healthy Meals		Losing Weight
	Eating Fruits & Vegetables		Being Active
	Shopping for Food / Budget		Not Sure
	Drinking More Water	Something Else: _____	
	Feelings About Health/Diabetes	_____	
		_____	

## Diabetes Program PERSONAL GOALS

Name: \_\_\_\_\_

Many people with diabetes have something that they would like to change in their life. Look at the items below, decide how happy you are with each of them with a check mark and identify those you would like to change.

Looking at this list, I want to improve (Choose the one most important goal to you):

1. Healthy Eating 	OK	COULD BE BETTER
2. Being Active 	OK	COULD BE BETTER
3. Monitoring 	OK	COULD BE BETTER
4. Taking any medicines everyday 	OK	COULD BE BETTER
5. Problem Solving 	OK	COULD BE BETTER
6. Healthy Coping 	OK	COULD BE BETTER
7. Reducing Risks 	OK	COULD BE BETTER



# Engage Patients in Their Care

Ask open ended questions and listen to their answers.

**“What about \_\_\_\_\_ do you find most challenging?”**

Fill in the blank with:

- Managing your diabetes
- Eating healthy
- Being active
- Drinking water

Or any other goal or issue they are addressing



# Poll Question (2)

How would you start the conversation with Jane?



## Jane (2)



“I don’t know what to eat.  
The hardest thing is  
knowing how to eat  
healthy.”



# What is Basic Nutrition Education?



# What is Basic Nutrition Education? (cont.)

Basic nutrition education:

- considers access to nutritious foods, and personal and cultural preferences.
- supports healthful eating patterns.
- focuses on a variety of foods in appropriate amounts.



# There is no such thing as a “Diabetes Diet”

- People with diabetes do not have to buy special foods to eat healthfully.
- Indigenous ancestral or traditional foods are the foundation to eating a healthful diet.



# My Native Plate

## MY NATIVE PLATE

**Fruit**

**Water**

**Grain/  
Starch**

**Vegetables**

**Protein**

**Use your plate as a guide to help you eat in a healthy way!**

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!

Produced by:  
Indian Health Service, Division of Diabetes Treatment and Prevention,  
03/2018

**Remember:**

- Stay active
- Drink water
- Use a 9-inch plate

**Notes:**

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# More Ideas

## More Ideas for MY NATIVE PLATE

**Example 1:**  
 - **Fruit / Dairy:** Yogurt with strawberries  
 - **Grain/ Starch:** Salsa, tortilla  
 - **Vegetables:** Scrambled eggs with zucchini  
 - **Protein:** Coffee

**Example 2:**  
 - **Fruit:** Apple, carrots, celery  
 - **Grain/ Starch:** Lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea  
 - **Vegetables:** Beef patty, bun, unsweetened tea  
 - **Protein:** Unsweetened tea

**Example 3:**  
 - **Fruit:** Peaches, salad  
 - **Grain/ Starch:** Beef and vegetable stew, cornbread, water  
 - **Vegetables:** Beef and vegetable stew  
 - **Protein:** Water

### Ways to Add Variety to Meals and Snacks

Vegetables and Fruits	Proteins	Grains and Starches
<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>Stock up on fresh, frozen, and canned vegetables and fruits.</li> <li>Keep fruits and vegetables on hand for snacking.</li> <li>Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.</li> <li>Enjoy fruit as a dessert.</li> </ul> <p><b>Examples</b></p> <p><b>Vegetables:</b> Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra</p> <p><b>Fruits:</b> Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears</p>	<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.</li> <li>Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.</li> <li>Grill, stew, or bake meat instead of deep frying.</li> <li>If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.</li> </ul> <p><b>Examples</b></p> <p><b>Animal proteins:</b> Fish, wild game, bison, poultry, mutton, beef, pork, eggs</p> <p><b>Plant proteins:</b> Beans, lentils, nuts, nut butters, seeds, tofu, soy products</p> <p><b>Dairy proteins:</b> Milk, lactose free milk, yogurt, cheese, cottage cheese</p>	<p><b>Tips</b></p> <ul style="list-style-type: none"> <li>Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.</li> <li>Try whole wheat flour instead of white flour.</li> <li>Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.</li> <li>Bake or roast potatoes instead of deep frying.</li> </ul> <p><b>Examples</b></p> <p><b>Grains:</b> Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal</p> <p><b>Starchy vegetables:</b> Potatoes, corn, green peas, winter squash</p>



# Fruits and Vegetables



## VEGGIES

### Add Veggies to Meals and Snacks

- Stock up on fresh, frozen, and canned vegetables.
- Keep veggies on hand for snacking.
- Plan some meals around a vegetable main dish, such as stir fry, stew, or soup.
- It's OK to eat veggies for breakfast!



## FRUITS

### Add Fruits to Meals and Snacks

- Stock up on fresh, frozen, and canned fruits.
- Keep fruits on hand for snacking.
- Enjoy fruit as a dessert.
- Choose fruit over fruit juices.
- Add dried fruit to nuts for a high-energy snack.





# Proteins



## PROTEINS

### Add Proteins to Meals and Snacks

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a bison, veggie, black bean, or turkey patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets our stomach, try yogurt, lactose free milk, or nut milk.





## TYPES OF PROTEINS

### Animal Protein Examples

- Fish, wild game, bison, poultry, mutton, beef, pork, eggs

### Plant Protein Examples

- Beans, lentils, nuts, nut butters, seeds, tofu, soy products

### Dairy Protein Examples

- Milk, lactose free milk, yogurt, cheese, cottage cheese



# Grains and Starches



## GRAINS & STARCHES

### About Grains & Starches

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.



## GRAINS & STARCHES

### Grains Examples

- Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

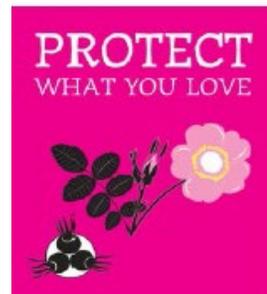
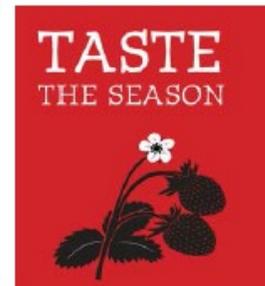
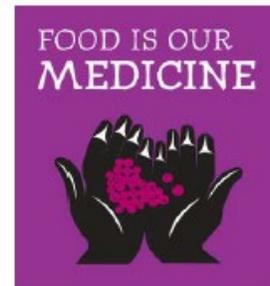
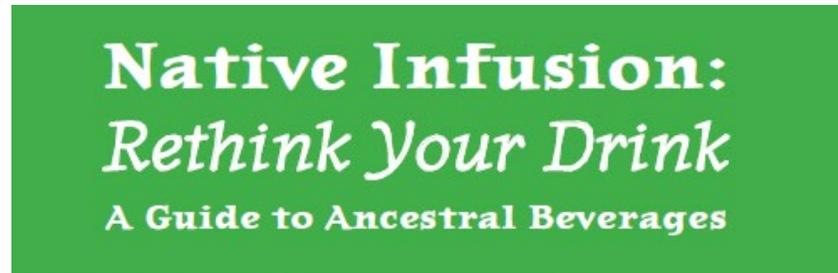
### Starchy Vegetables Examples

- Potatoes, corn, green peas, winter squash





# Beverages



Authors: Valerie Segrest & Elise Krohn

Funding support provided by First Nations Development Institute  
and the Muckleshoot Tribe's Traditional Foods Program





# Refer to an RD for Individualized Nutrition Recommendations (Medical Nutrition Therapy)

# Jane (3)



Jane is ready to set goals.

What?

When?

Where?

How often?

Start time?

# IHS Diabetes Standard of Care: Nutrition (cont.)

## Recommendation Two

2. Refer patients to an RD, whenever possible, but MNT for diabetes and other health conditions that need individualized nutrition recommendations (e.g., hypertension, dyslipidemia, kidney disease).

- At diagnosis
- Then Annually
- More often as needed



# Referring To and Accessing Dietitians

- RD on site vs. RD off site
- Depends on your local health care system
- Ask around!
  - Registered Dietitian
  - Chief Nurse
  - Chief Medical Director
  - Billing Department
  - Referred Patient Care



# Poll Question (3)

Do you know the process to access an RD in your healthcare system?



# Examples

## Diabetes Self-Management Education/Training and Medical Nutrition Therapy Services Order Form

### Patient Information

Patient's Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle \_\_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender:  Male  Female  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Other Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Diabetes self-management education and training (DSME/T) and medical nutrition therapy (MNT) are individual and complementary services to improve diabetes care. Both services can be ordered in the same year. Research indicates MNT combined with DSME/T improves outcomes.

### Diabetes Self-Management Education/Training (DSME/T)

Check type of training services and number of hours requested  
 Initial group DSME/T:  10 hours or \_\_\_\_no. hrs. requested  
 Follow-up DSME/T:  2 hours or \_\_\_\_no. hrs. requested  
 Telehealth

Patients with special needs requiring individual (1 on 1) DSME/T

Check all special needs that apply:  
 Vision  Hearing  Physical  
 Cognitive Impairment  Language Limitations  
 Additional training  additional hrs requested \_\_\_\_\_  
 Telehealth  Other \_\_\_\_\_

### DSME/T Content

Monitoring diabetes  Diabetes as disease process  
 Psychological adjustment  Physical activity  
 Nutritional management  Goal setting, problem solving  
 Medications  Prevent, detect and treat acute complications  
 Preconception/pregnancy management or GDM  
 Prevent, detect and treat chronic complications

Medicare coverage: 10 hrs initial DSMT in 12 month period from the date of first class or visit

### DIAGNOSIS

Please send recent labs for patient eligibility & outcomes monitoring  
 Type 1  Type 2  
 Gestational  Diagnosis code \_\_\_\_\_

### Complications/Comorbidities

Check all that apply:  
 Hypertension  Dyslipidemia  Stroke  
 Neuropathy  PVD  
 Kidney disease  Retinopathy  CHD  
 Non-healing wound  Pregnancy  Obesity  
 Mental/affective disorder  Other \_\_\_\_\_

### Medical Nutrition Therapy (MNT)

Check the type of MNT and/or number of additional hours requested  
 Initial MNT  3 hours or \_\_\_\_no. hrs. requested  
 Annual follow-up MNT  2 hours or \_\_\_\_no. hrs. requested  
 Telehealth  Additional MNT services in the same calendar year, per RD

Additional hrs. requested \_\_\_\_\_  
 Please specify change in medical condition, treatment and/or diagnosis:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Medicare coverage: 3 hrs initial MNT in the first calendar year, plus 2 hrs follow-up MNT annually. Additional MNT hours available for change in medical condition, treatment and/or diagnosis.

### Definition of Diabetes (Medicare)

Medicare coverage of DSMT and MNT requires the physician to provide documentation of a diagnosis of diabetes based on one of the following:  
 - a fasting blood sugar greater than or equal to 126 mg/dl on two different occasions;  
 - a 2 hour post-glucose challenge greater than or equal to 200 mg/dl on 2 different occasions; or  
 - a random glucose test over 200 mg/dl for a person with symptoms of uncontrolled diabetes.  
 Source: Volume 68, #216, November 7, 2003, page 63261/Federal Register.  
 Other payors may have other coverage requirements.

Signature and NPI # \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Group/practice name, address and phone: \_\_\_\_\_



## Dietitian Referral

### Diabetes

- New Meter
- Meter Download
- New DM Pt Education Class
- DM Intensive Care Management

### Prevention Adults

- Weight Management
- Physical Activity
- Pre-diabetes/Elevated Glucose
- Metabolic Syndrome
- Healthy Choices Group Class

### Special Diets Adults Only

- Diabetic
- Renal
- Hypertension
- Hepatic
- Elevated Lipids
- Digestive Disorder
- Other

### Child/Adolescents

- Weight Management
- Diabetes
- Physical Activity
- Special Diet
- Elevated Glucose
- Elevated Lipids

Provider Signature \_\_\_\_\_

Date \_\_\_\_\_



# Address Food Insecurity

# IHS Diabetes Standard of Care: Nutrition (more)

## Recommendation Three

3. Assess a patient's access to a sufficient quality of affordable, nutritious foods. Screen for food insecurity using the Food Insecurity Assessment Tool and Resource list.



# Food Insecurity Risk Factors

- Low, inconsistent or lost income
  - Recent job loss or reduction in hours
  - Inadequate SNAP allotment or access to government food resources
- Elder population
- Single-parent homes
- Drug and alcohol dependency
- Uninsured or underinsured with a medical illness





# When is food insecurity likely to occur?

- At the end of the month - SNAP or income may have run out
- Holiday seasons
- Birthdays, life-cycle rituals
- Feast Days
- Ceremonies
- Summer (kids out of school)
- Seasonal bills
- Competing housing and medical costs



# Food Insecurity Assessment

## Food Insecurity Assessment Tool and Resource List

To help your patients and clients improve their health, it is important to understand food insecurity and provide them with resources to get more healthy food.

When patients/clients and their children cannot get enough healthy food, they have food insecurity. They:

- Are at greater risk for being emotionally distressed.
- Eat less expensive foods which are often unhealthy.
- Have little choice over what kinds of food to buy or receive for free, making it difficult or impossible to eat balanced meals.
- Have periods when they don't eat, then overeat when food is available. If they have diabetes, this makes it very difficult to manage blood sugar.
- Have a greater risk for being overweight or obese.
- Are more likely to get diseases like diabetes.

To help your patients/clients lessen food insecurity, take these three steps:

1. Read each statement\* and ask your client if the statement is often true, sometimes true, rarely true, or never true.
  - Within the past 12 months, we worried whether our food would run out before we got money to buy more.  Often True  Sometimes True  Rarely True  Never True
  - Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.  Often True  Sometimes True  Rarely True  Never True
2. If your client responds "often true" or "sometimes true" to either statement, they likely have food insecurity. Help them get more food by filling out the list of resources (see next page) and giving it to them.
 

You can also fill out the list, make copies, and leave them in waiting rooms and other areas for community members to pick up.
3. Advocate for nourishing foods in your community. Take steps to increase the availability of nutritious, affordable food.

\* Hager ER, Quigg AM, Black MM, Coleman SM, Heeren T, Rose-Jacobs R, et al. Development and validity of a 2-item screen to identify families at risk for food insecurity. *Pediatrics*. 2010 Jul 1; 126(1):26-32.



Produced by the IHS Division of Diabetes Treatment and Prevention, 2015. To print this, go to [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes) and search 'Food Insecurity' using 'exact match' on the Education Materials and Resources (Online Catalog) webpage.

## Food Insecurity Assessment

Read each statement and ask your client if the statement is often true, sometimes true, rarely true, or never true.

- 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 the response is "often true" or "sometimes true" to either statement, they likely have food insecurity.



# Starting the Conversation About Food Insecurity

“I ask all of my patients about access to food. I want to make sure that you know the community resources that are available to you. Many of these resources are free of charge.”

Food Insecurity Screening Algorithm for Adults

<https://nopren.org/wp-content/uploads/2017/10/Clinical-Linkages-Adults-FI-Screening-Algorithm-10.9.17.pdf>

This tool is the work of the Nutrition and Obesity Policy Research and Evaluation Network's (NOPREN) Hunger Safety Net Clinical Linkages Workgroup



# Starting the Conversation About Food Insecurity (cont.)

- Fill out the list. You may need to ask for assistance from your co-workers or colleagues.
- Make copies to have available to clients/patients.
- Leave the filled out resource list in waiting rooms and other areas for community members to pick up.

## Where to Get Food Assistance in This Community

Community Name: \_\_\_\_\_ Date: \_\_\_\_\_

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry.

There are resources to help. If you need food assistance, please don't wait to contact the programs on this list. They can help you get the food you need for yourself and your family.\*

Program Name	Contact Name	Contact Number	Other Important Information (Location, Who Can Qualify, Hours, etc.)
SNAP - Supplemental Nutrition Assistance (Food Stamps)			
Food Distribution (Commodities)			
Women, Infants, and Children (WIC)			
School Lunch and Breakfast Program			
Summer Food Service Program for Children			
Senior Center			
Meals on Wheels			
Tribal Food Program			
Farmers Markets			
Community Gardens			
Food Bank / Food Pantry			
*Mobile Grocery Store* Truck			
Church / Place of Worship			
Social Services			

\*Check with the program to see if you qualify to get food.



Produced by the IHS Division of Diabetes Treatment and Prevention, 2015. To print this, go to [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes) and search **Food Insecurity** using 'exact match' on the Education Materials and Resources (Online Catalog) webpage.



# Starting the Conversation About Food Insecurity (more)

- Get to know internal and external resources
- Collaborate with local programs
  - Tribal programs
  - Extension programs
  - Food Distribution Programs
  - SDPI Programs

**Where to Get Food Assistance in This Community**  
 Community Name: Atakapa Coushatta Tribe of Texas

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry.

There are resources to help. If you need food assistance, please don't wait to contact the programs on this list. They can help you get the food you need for yourself and your family.

Program Name	Contact Name	Contact Number	Other Info (Location, Who Can Qualify, Hours, etc.)
SNAP - Supplemental Nutrition Assistance (Food Stamps)		936-327-4700	1102 N Livingshore Dr, Dallas, TX
Food Distribution (Commodities)	Peter	936-543-1129	CDIBS on Fall
Women, Infants, and Children (WIC)	Dalia	936-327-5433	Mon 10-7 Tues 9-6 WTh 8-1
School Lunch and Breakfast Program	check	to local	schools
Summer Food Service Program for Children	Carlene Bullock	936-543-1279	
Senior Center	Ornel Flores	936-543-1337	
Meals on Wheels	Ida Langley	936-543-1248	
Tribal Food Program			
Farmers Markets			
Community Gardens		936-543-2058	Nancy J.
Food Bank / Food Pantry			
*Mobile Grocery Store* Truck			
Church / Place of Worship	Cynthia Bantley	936-543-1251	459-5999 or 936-543-1251
Social Services	Joni Jones	936-543-1251	with IHS

\*Check with the program to see if you qualify to get food.

Produced by the IHS Division of Diabetes Treatment and Prevention to go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov) and search Food Insecurity Tool the web page.

**Where to Get Food Assistance in This Community**  
 Community Name: PENOBSCOT NATION

Not having enough food for yourself and your family is stressful. Lack of good food makes it difficult to provide nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry.

There are resources to help. If you need food assistance, please don't wait to contact the programs on this list. They can help you get the food you need for yourself and your family.\*

Program Name	Contact Name	Contact Number	Other Important Information (Location, Who Can Qualify, Hours, etc.)
SNAP - Supplemental Nutrition Assistance (Food Stamps)	Bangor office	561-4100	SNAP provides food vouchers for people to use at their local grocery store.
Food Distribution (Commodities)	Natasha Chaney	817-7492	This is done at the food pantry on 2 Down Street. The food pantry is open twice per month and also on an emergency basis.
Women, Infants, and Children (WIC)	Bangor WIC	1-800-437-9300	WIC provides food assistance for pregnant women and also for children from 0-5 years of age.
School Lunch and Breakfast Program	Eric Paul	827-4285	Contact the Food Service director at Indian Island School.
Summer Food Service Program for Children	Eric Paul	827-4285	Contact the Food Service director at Indian Island School.
Senior Center	Tammy Loring	817-7402	The senior center meals qualify with Medicaid rates. Mealtime is located outside of the building. 10 seniors are provided meals for services over age 60.
Meals on Wheels	Eastern Area Agency on Aging	1-800-432-7812	This program is available for people 60 years of age who are homebound or disabled or otherwise unable to prepare meals.
3D Catering	Eastern Area Agency on Aging	1-800-432-7812	This service is for people who have difficulty preparing meals. The cost per meal is \$5 per meal. Meals are delivered to the home.
Women's Mission	Rose Scribner	827-3845	This service is located at 19 Wood Street Indian Island. Please call to request a food bag.
Community Gardens	Alivia Moore	745-8644	The community garden through the home garden is located at 30 Coast Street. Location is unknown.
Food Bank / Food Pantry	Natasha Chaney	817-7492	The food pantry is located at 2 Down St on Indian Island and is open twice per month and also on an emergency basis.
*Mobile Grocery Store* Truck	Natasha Chaney	817-7492	The food truck comes once per year as organized by the food pantry on 2 Down Street.
Children's Food Pantry	Indian Island School Caret Volunteer	827-4285	All children and youth 18 years or younger are eligible for food assistance. Provided food is intended for youth only and adults are encouraged to use the food pantry.

List updated 10/14/2016

\*Check with the program to see if you qualify to get food.

Produced by the IHS Division of Diabetes Treatment and Prevention, 2015. To print this, go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov) and search Food Insecurity Tool in the upper right corner of the web page.



# Resources



## Food Resources near Shiprock

Not having enough food for yourself and your family is stressful. Lack of good food makes it hard to have nutritious meals that help children grow and adults stay healthy. The thought of not having enough food can make you worry. There are resources to help. If you need food assistance, please don't wait to contact the programs on this list.\*

	Program Name:	Address and Phone:	Other Important Information:
	<b>SNAP - Supplemental Nutrition Assistance (Food Stamps)</b>	Human Services Department Income Support 101 W. Animas Farmington, NM 87401 Phone: 505-566-9600	New Mexico: <a href="https://www.yes.state.nm.us">https://www.yes.state.nm.us</a> Arizona: <a href="https://www.healtharizonaplus.gov/">https://www.healtharizonaplus.gov/</a>  *How to Apply Video: <a href="https://des.az.gov/services/basic-needs/family-assistance/health-e-arizona-application">https://des.az.gov/services/basic-needs/family-assistance/health-e-arizona-application</a>
	<b>Food Distribution (FDPIR)</b>	4080 Highway 64 Kirtland, NM 87417 Phone: 505-598-9736	Supplemental foods. Income required. Can receive either SNAP or FDPIR, but cannot receive both.
	<b>Women, Infants &amp; Children (WIC)</b>	P.O. Box 129, Shiprock, NM 87420 Phone: 505-368-1135  138 Suite A, Giles Street Farmington, NM 87401 Phone: 505-327-9951	Supplemental eligible food for parents of children 0-5 years; Nutrition Education, Information on Breastfeeding. Income eligibility required.
	<b>Farmer's Markets</b>	Farmington Farmer's Market Farmington Museum	Farmington & Aztec Farmer's Market offer "Double Up Food Bucks" for SNAP participants, doubling your local foods when you use your EBT card.
		Aztec Farmer's Market  Shiprock Chapter House Farmer's Market	Farmington Hours: Saturday June 9, 2018 through October 26, 2018: 8am-12pm Saturdays; Tuesdays from 4-6pm.  Shiprock Chapter House—August 4th—October 13th or first freeze—9am-6pm Saturdays
	<b>ECHO Inc. Food Bank</b>	401 South Commercial Avenue Farmington, NM 87401 Phone: 505-326-3770	Hours: Monday-Thursday 7:00 a.m. – 12:00 p.m. & 12:30 p.m. – 5:30 p.m.; Closed Holidays and after 3 pm on last business day of each month  Free Food for Seniors: One time/season \$25 free produce at Farmington Farmer's Market (age 60+); monthly free food program (CSFP) - for income qualified NM Seniors 60+. TEFAP: Commodities, monthly supplemental food for income-qualified NM household
	<b>Bethel Christian Reformed Church</b>	Pastor John Greydanus Junction of Hwy 491 & 64 Shiprock, NM 87420 Office Landline: (505) 368-4475	1. <b>Income-Eligible Program:</b> Bag of groceries, available at first come, first serve. Proof of income required. 2. <b>Under 6 and Over 60 Program (CSFP):</b> Bring ID, Social Security Card, number of people living in home, & income verification. 3. <b>Fruit, vegetable, food distribution</b> every Tuesday at 10am. No income requirements.
	<b>San Juan Baptist Association</b>	1010 Ridgeway Place Farmington, NM 87401 Phone: 505-327-4530	Non-perishable food and clothing Hours: Mondays from 11:00 am-1:00 pm



# Resources (cont.)



## 2018 Summer Meals near Shiprock—to be updated in 2019

Address and Phone:	Days of the Week:	Dates:	Hours:
Shiprock Office of Dine Youth PO Box 3257, Shiprock	Monday–Thursday	June 4th– August 2nd	12:00–1:00pm
Shiprock High School US Highway 64, Shiprock	Monday–Friday	June 4th– August 2nd	7:30–8:30am Breakfast 11:30–1:00pm Lunch
Shiprock ODY US Highway 491, Shiprock	Monday–Thursday	June 4th– August 2nd	12:00–1:00pm Lunch
Naschitti Chapter US Highway 491, Naschitti	Monday–Friday	June 25th– August 2nd	8:00–9:30am Breakfast 11:00am–1:30pm Lunch
Newcomb Elementary PO Box 7917	Monday–Friday	June 4th– August 2nd	7:30–8:30am Breakfast 11:30–1:00pm Lunch
Sanostee Chapter PO Box 219	Monday–Friday	June 4th– August 2nd	12:00–1:00pm Lunch
Ojo Amarillo Elementary School PO Box 768, Fruitland	Monday–Thursday	June 4th– August 2nd	7:30–9:00am Breakfast 11:30am–1:00pm Lunch
Upper Fruitland Chapter House N 36 Fruitland	Monday–Friday	June 11th– August 2nd	8:15–9:15am Breakfast 11:45am–12:45pm Lunch
Kirtland Youth Association 39 Road 6500, Kirtland	Monday–Friday	June 4th– August 2nd	8:00–9:00am Breakfast 11:30am–12:30pm Lunch
Kirtland Middle School 538 Road 6100, Kirtland	Monday–Friday	June 4th– August 2nd	7:00–9:30am Breakfast 11:00am–12:45pm Lunch
Hanaadil/Huerfano Youth Center 536 Cr 7150, Bloomfield	Monday–Friday	June 29th– August 2nd	12:00pm–1:00pm Lunch
Mesa Mobile Home 2011 Troy King Road, Farmington	Monday–Friday	June 4th– August 2nd	11:30am–1:00pm Lunch

For more information about CCSD Summer Meals, contact: Emiliano A. Perea,  
Phone: 505-841-4856

**Farmington Summer Meals:** Children 18 years and younger eat FREE! Adult  
Breakfast: \$2.25, Adult Lunch: \$3.50.

\*Please check with the program to see if you qualify to get food.

Address and Phone:	Days of the Week:	Dates:	Hours:
Animas Elementary 1612 Hutton, Farmington	Monday–Friday	June 11th– August 3rd	8:30–9:30am Breakfast 11:30am–1:00pm Lunch
Northeast Elementary 1400 E. 23rd, Farmington	Monday–Friday	June 11th– August 3rd	8:30–9:30am Breakfast 11:30am–1:30pm Lunch
Berg Park 400 Scott Ave, Farmington	Monday–Friday	June 11th– August 3rd	12:00–2:00pm Lunch 4:30pm–5:30pm Snack
Sycamore Park 1051 Sycamore Street, Farmington	Monday–Friday	June 11th– August 3rd	8:30–9:30am Breakfast 11:30am–1:00pm Lunch
Westland Park 2999 La Puente Place, Farmington	Monday–Friday	June 11th– August 3rd	11:00am–1:00pm Lunch
Westside Estates Park 1501 Robin Avenue, Farmington	Monday–Friday	June 11th– August 3rd	11:00am–1:00pm Lunch
Boys & Girls Club 1825 E. 19th Ave, Farmington	Monday–Friday	May 29th– August 10th	8:00–9:00am Breakfast 11:30am–1:30pm Lunch
Gateway Museum—Farmers' Market, 2041 E. Main Street, Farmington	Saturday ONLY	June 9th– August 4th	8:30–10:00am Breakfast

## Senior Meals near Shiprock

Navajo Nation Senior Center:	Phone:	Navajo Nation Senior Center:	Phone:
Aneth	(435) 651-3527	Shiprock	(505) 368-1560
Beclabito	(928) 656-3686	Sweetwater	
Cove	(928) 653-5813	Teec Nos Pos	(928) 656-3694
Cudeii	(505) 368-1492	Two Grey Hills	(505) 789-3110
Hogback	(505) 368-1474	Upper Fruitland	(505) 598-8369
Huerfano	(505) 325-1400		
Mitten Rock	(928) 653-5828		
Nageezi	(505) 632-3106		
Newcomb	(505) 696-5485		
Red Mesa	(928) 656-3690		
Sanostee	(505) 723-2711		

Meals and support services at Chapter Houses or delivered to homes.  
Eligible Adults: 55 or 60 years old  
Please check with the program to see if you qualify.

**Northern Navajo Medical Center**  
Health Education Center for Wellness  
US-491, Shiprock, NM 87420  
Phone: 505-368-6843 or Jenna Cope, MPH,  
RD at 505-368-7198



## Jane (4)



“I often run out of money to buy food before my next payday.”



# Poll Question (4)

How would you respond to Jane?



# Education Resources

# Education Materials and Resources (Online Catalog)



U.S. Department of Health and Human Services

**Indian Health Service**  
The Federal Health Program for American Indians and Alaska Natives

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## Education Materials and Resources (Online Catalog)

[Introduction](#) [Instructions](#) [Ordering Information](#)

### Search for All Materials and Resources from the Division of Diabetes

- Find culturally relevant and easy-to-use materials for providers, patients, and clients.
- Materials are free to order, or to download and print.
- Search by Topic, Audience, Format or Title/Keyword. New Formats (Video, Podcast, Digital Book) have been added.
- Media Tools contain Public Service Announcements (PSAs) and articles for you to forward to newsletter editors.
- Start your search!



**By Topic**

Narrow by topic...

**By Audience**

Narrow by audience...

**By Format**

Narrow by format...

**Q By Title or Keyword**

Search by title or keyword...

- Any of these words  Exact match

<https://www.ihs.gov/Diabetes/education-materials-and-resources/>



# My Native Plate (cont.)

- Order or print the updated *My Native Plate* placemat. Use it as a visual guide to help your clients eat healthy meals. This two-sided education tool depicts colorful foods and offers tips to add variety to meals and snacks.

- [Order Tear-off Pad of Placemats \(12x16\)](#)

(<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=2469> )

- [Self-print \(8½ x 11\)](#)

(<https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=2468>)





# Resources (more)



### Education Materials and Resources (Online Catalog)

- Culturally-relevant patient/community education materials
- Tip sheets, videos, podcasts, digital books, PSAs/newsletter articles
- No cost to order materials or to download and print
- Email DDTP to order multiple copies of materials for classes or events



### DDTP Nutrition Education Resources



My Native Plate



My Native Plate: Nutrition Tips for Educators



Food Insecurity Assessment Tool and Resource List



Ten "Doable" Ways You Can Enjoy Meals on Special Days

### External Resources

- First Nations Development Institute's Food Seasonality Fact Sheet
- Honoring Traditions with the Heart in Mind - Heart Healthy American Indian Recipes
- Native Infusion: Rethink Your Drink
- Starting the Conversation: Performance of a Brief Dietary Assessment and Intervention Tool for Health Professionals





How might you consider changing your practice?



# More Resources

**2019 Conference • Oklahoma City**  
**Diabetes in Indian Country**

**Join us in Oklahoma!**  
**REGISTER NOW**  
**NO REGISTRATION FEE**  
**August 6-9, 2019**  
Cox Convention Center

Diabetes in Indian Country Conference  
IHS, Tribal, and Urban clinicians, community health providers,  
and SDPI grantees will:

- ▶ **LEARN** the latest information and earn CME/CE credits\*
- ▶ **NETWORK** with other grantees and clinicians
- ▶ **SHARE** best practices
- ▶ **SHOWCASE** their successful work in AI/AN communities

\*ACCREDITATION: The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Indian Health Service Clinical Support Center is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

More info coming soon. Visit [diabetesindiancountry.com](http://diabetesindiancountry.com)

2019 Diabetes in Indian Country Conference  
**Call for Workshop Proposals**  
**Deadline: March 29, 2019**  
A limited number of topic-specific proposals will be accepted.

# We all have a role in nutrition education



- Start the conversation and use the tools available to you.
- Consider and address issues that can influence a client's eating behaviors.
- Refer to a Registered Dietician when available.



# Registration

[www.diabetesinindiancountry.com](http://www.diabetesinindiancountry.com)

## Attention: SDPI Grant Programs

Sign Up to Showcase Your  
SDPI Program at the SDPI Poster Session in  
Oklahoma City this August!

August 6-9, 2019

2019 Conference • Oklahoma City  
**Diabetes in Indian Country**

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# Questions?