Poll Question

Who is in our Audience Today?

Options:

- Registered Dietitian
- LVN/RN
- NP/MD or other Primary Care Provider
- Pharmacist
- Social Worker
- Student
- Other
Nutrition and Diabetes

Strategies Registered Dietitians Use to Support Patients for Better Diabetes Management

FEBRUARY 28, 2109
HRSA ACKNOWLEDGMENT

This presentation is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1,625,741 with 0 percent financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.
Faculty

Christina Watts
Clay City, KY

Kelsey Doll
Indianapolis, IN

Kimaya Joshi
Los Angeles, CA

Elizabeth Murphy
Chicago, IL

Laura Samnadda
Atlanta, GA

Darlene Jenkins
Nashville, TN
Goals for the Webinar

1) To introduce a new resource.
2) Emphasize the importance of medical nutrition therapy.
3) 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.
Poll Question

Does Your Organization Currently have a Registered Dietitian on Staff to Provide MNT?
Christina Watts

Foothills Health and Wellness Center
Clay City, Kentucky
Coordinated Care

- Clinic recognized as Patient Centered Medical Home
- Providing comprehensive care through care coordination
- Team of healthcare providers
- Care that is accessible and patient focused
Challenges

- Rural healthcare
  - Doubled-up
  - Substandard housing
  - Transportation

- Accessibility to healthcare/resources/equipment
Clinical Practice

- Prioritizing/addressing most important needs
- Try different approaches
- Assess Social Determinants of Health
- Utilizing MyPlate
- Community resources and partnerships
Kelsey Doll

Eskenazi Health Services
Indianapolis, Indiana
Poll Question

Do you or your facility currently utilize “coordinated care” that encompasses both behavioral and physical health?
Behavioral Health Support Systems

- Social Workers/Case managers
- Psychologists/Psychiatrists
- Therapists
- Nurses
- Outreach team

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.

Medication Compliance

- Educate, educate, educate!
- Consider utilizing pharmacist services
- Medication Boxes/Storage
- Medications w/ meals
Nutrition Programming

- Provide incentives such as free produce, gift cards for local grocery stores, water bottles, exercise bands, etc.

- Utilize pertinent cooking methods, preparation techniques and ingredients

- Allow flexibility
Kimaya Joshi

Veterans Health Administration of Greater Los Angeles
Los Angeles, California
Get the Client 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
Methods to Decrease Carbohydrate Intake

- Shelter served meals/temporary housing – limit SSBs, sandwiches usually a controlled carbohydrate serving, choose fresh fruit
- Meals from a spiritual center – choose soups/stews, avoid pastries/chips/sweets, can ask for a double meat serving
- Call to see if they have a menu, review it together
Methods to Decrease Carbohydrate Intake

- Food pantry/shelf stable foods – choose canned or pouched fish, peanut butter, low sodium soup, canned vegetables, fruit packed in water
Methods to Decrease Carbohydrate Intake

- Fast food – choose egg based/grilled chicken options, avoid combo meals, choose diet drinks, add veg based sides, review menu on website together
Methods to Decrease Carbohydrate Intake

- Gas stations/convenience stores – choose nuts, sunflower seeds, trail mix, string cheese, jerky, chicken salad sandwich, hard boiled eggs
Elizabeth Murphy

Heartland Alliance Health
Chicago, Illinois
Blueprint for Complex Care

Individual Strategies

- Fear and confusion after initial diagnosis of diabetes
- Explaining the relationship of food and nutrition to diabetes
- Explaining basics of human metabolism, how blood sugar works
- [www.kidshealth.org](http://www.kidshealth.org) has free videos and educational materials
### Health Literacy

#### “Go” Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
#### “Slow” Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
#### “Whoa” Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>GO</th>
<th>SLOW</th>
<th>WHOA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td><img src="link-to-image" alt="Fruit Icon" /></td>
<td><img src="link-to-image" alt="Slow Fruit Icon" /></td>
<td><img src="link-to-image" alt="Whoa Fruit Icon" /></td>
</tr>
<tr>
<td>Whole fruits (fresh, frozen, canned, dried) are smart choices. You need 2 cups of fruit a day. 1 cup is about the size of a baseball.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td><img src="link-to-image" alt="Vegetable Icon" /></td>
<td><img src="link-to-image" alt="Slow Vegetable Icon" /></td>
<td><img src="link-to-image" alt="Whoa Vegetable Icon" /></td>
</tr>
<tr>
<td>Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need 2 ½ cups of vegetables a day. Dark green and orange vegetables are smart choices.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Food is Fun!

https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color
Group Strategies

- Start a garden
- Start a cooking group example curriculum Cooking Matters at the Food Pantry
- Start a walking group or physical activity group www.go4life.nia.nih.gov has free resources
- Incorporate nutrition into groups that already meet
Community Partners

- Visit neighborhood soup kitchens and food pantries
- Set up a table at a health fair in the neighborhood
- Partner with students from local universities to provide education on the importance of social determinants of health in community health
Laura Samnadda

Heartland Alliance Health
Chicago, Illinois
Food Insecurity

- Address Food Insecurity in Health Center
  - Established antihunger Team
  - Initiated donations of peanut butter/jelly, bread, dental friendly, healthy granola bars
  - Purchased bananas, oranges for waiting room
  - Introduced Hunger Vital Sign – asked by MA’s
    - Made referrals to RD – prioritized Diabetes
  - Utilized other resources in the community
Medically Tailored Meals and Medical Nutrition Therapy

- Food is Medicine Coalition [www.fimcoalition.org](http://www.fimcoalition.org)
- MT Food Pantry (Vital Bridges, Chicago)
  - Client-choice menu based on MyPlate
    - Referral from Dietitian
  - Pantry foods available by chronic disease
    - Diabetes Friendly
    - Heart Healthy
    - Renal Friendly
    - Vegetarian/Vegan
    - Non-perishable for unstably housed
  - More fresh fruit and vegetables, whole grains
  - Decreased amounts of high fat/high sodium foods available
MTM and MNT con’t

• MTM Prepared Meal Delivery (Open Hand Atlanta)
  o Serve medically and nutrient balanced menus designed by a Dietitian, meal plans include:
    ▪ Healthy balance – low sodium/diabetes friendly
    ▪ Renal/Dialysis
    ▪ Mechanical Soft
    ▪ Vegetarian
    ▪ Nonperishable boxes, emergency boxes
  o All meals low sodium, healthy fats
  o Referred by a provider – one or more chronic condition

• Cooking Matters, MNT, Fruit & Vegetables
  Prescription (FVRx) programs
Poll: Are you billing Medicare for MNT, DSMT, or both?

Medicare Part B will cover MNT provided by RD for:

- Diabetes
- Chronic Kidney Disease
- Kidney Transplant in past 3 years

Must be referred by a PCP

If in a rural area, can utilize telehealth

Covers 3 hours of MNT per year, 2 hours every subsequent year after

RDN fills out CMS855r and CMS855I forms

Other Resources

- **Diabetes Self Management Training (DSMT) Program**
  - Can be used in addition to MNT
  - 10 hours of care
  - Can be referred by PA, NP, or PCP

- **Diabetes Prevention Program**
NUTRITION and DIABETES GUIDE: How Medical Nutrition Therapy Can Improve Diabetes Management

National Health Care for the Homeless Council
FEBRUARY 2019
Contacts

- Christina Watts, MS, RD, LD, cbusse@foothillscap.org
- Kelsey Doll, MA, RDN, CD, kelsey.doll@eskenazihealth.edu
- Kimaya Joshi, RD, LDN, kimaya.c.j@gmail.com
- Elizabeth Murphy, RDN, LDN, emurphy@heartlandalliance.org
- Laura Samnadda, MS, RD, LDN, laurarit9@gmail.com
- Darlene Jenkins, DrPH, RDN, CHES, djenkins@nhchc.org