



# Reaching Immigrants Through Community Empowerment



## **SESSION 1: HEALTHY LIVING AND PREVENTING CHRONIC DISEASES**

# Welcome! Why are we here?



- Improve the health of South Asian taxi drivers in New York City.
- Learn HOW to live more healthily
- Learn HOW to make changes that will improve healthy living and help prevent chronic diseases such as diabetes.
- Simple, fun activities that you can do individually or with your whole family

# Who Am I and What Do I Do?



- A Community Health Worker (CHW)
- I work with the community to share information about healthy living and prevention of chronic diseases, such as diabetes.
- I lead all the education sessions.
- I provide any assistance you may need including home visits, help you find and talk with your doctors, and keep track of your progress during and after our program.

# Confidentiality and Group Agreement



- ✦ Please come to every class
- ✦ If you cannot make it to the class, please call me in advance at 212.627.5248 or on my cell phone.
- ✦ Come on time
- ✦ Respect Confidentiality (what is said in the group stays in the group)
- ✦ Listen to and support each other
- ✦ Be respectful of your classmates' view points
- ✦ Step up, Step back (if you are usually quiet, speak up, if you usually tend to talk a lot, take a step back and let others speak)
- ✦ Turn off your cell phone or put it on vibrate
- ✦ Complete any assigned homework for the week

# Main Objectives

- Lose weight through healthy eating



- Be more physically active

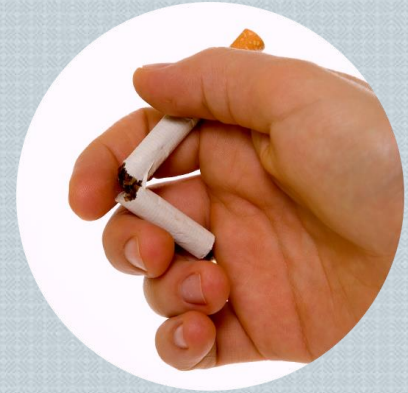
# We can also help you:



- Manage Stress



- Quit smoking if you smoke



- Get connected to health care and the other services you need!



# Healthy Eating and Being Active



- Our staff are experts in nutrition, exercise, and helping people develop healthy habits
- You will receive the most up-to-date and accurate information
- We will give you the long-term support you need to stick with the changes you make
- We will call you once a week to check in and see how you are doing
- We will be your “coaches”!

# Our Goals



**1. LOSE WEIGHT THROUGH  
HEALTHY EATING**

**2. WORK UP TO DOING 2 1/2  
HOURS OF BRISK, PHYSICAL  
ACTIVITY EACH WEEK**



The goals of this program are safe and can be reached.



**We will help you reach the goals by making:**

- Gradual**
- Healthy &**
- Reasonable Changes in your eating and activity**

# Reaching Your Goals:



## May Prevent Diabetes

- Moderate weight loss and physical activity have been shown to improve the body's use of insulin
- This can reduce the chance of getting diabetes

## Will help you look better and feel better and be more healthy in general

- Relieve tension, help you relax and sleep
- Give you more energy

# Other Benefits to Losing Weight and Being Active



- Lower blood pressure
- Lower levels of LDL or “bad” cholesterol
  - The kind linked to the risk of having a heart attack or stroke
- Raise blood levels of HDL or “good” cholesterol
  - The kind that reduces your risk of heart attack or stroke
- Set an example!
  - Inspire and encourage those around you

What do taxi drivers think  
about Diabetes?

# What is Diabetes?



**DO YOU KNOW THE DIFFERENT  
TYPES OF DIABETES?**

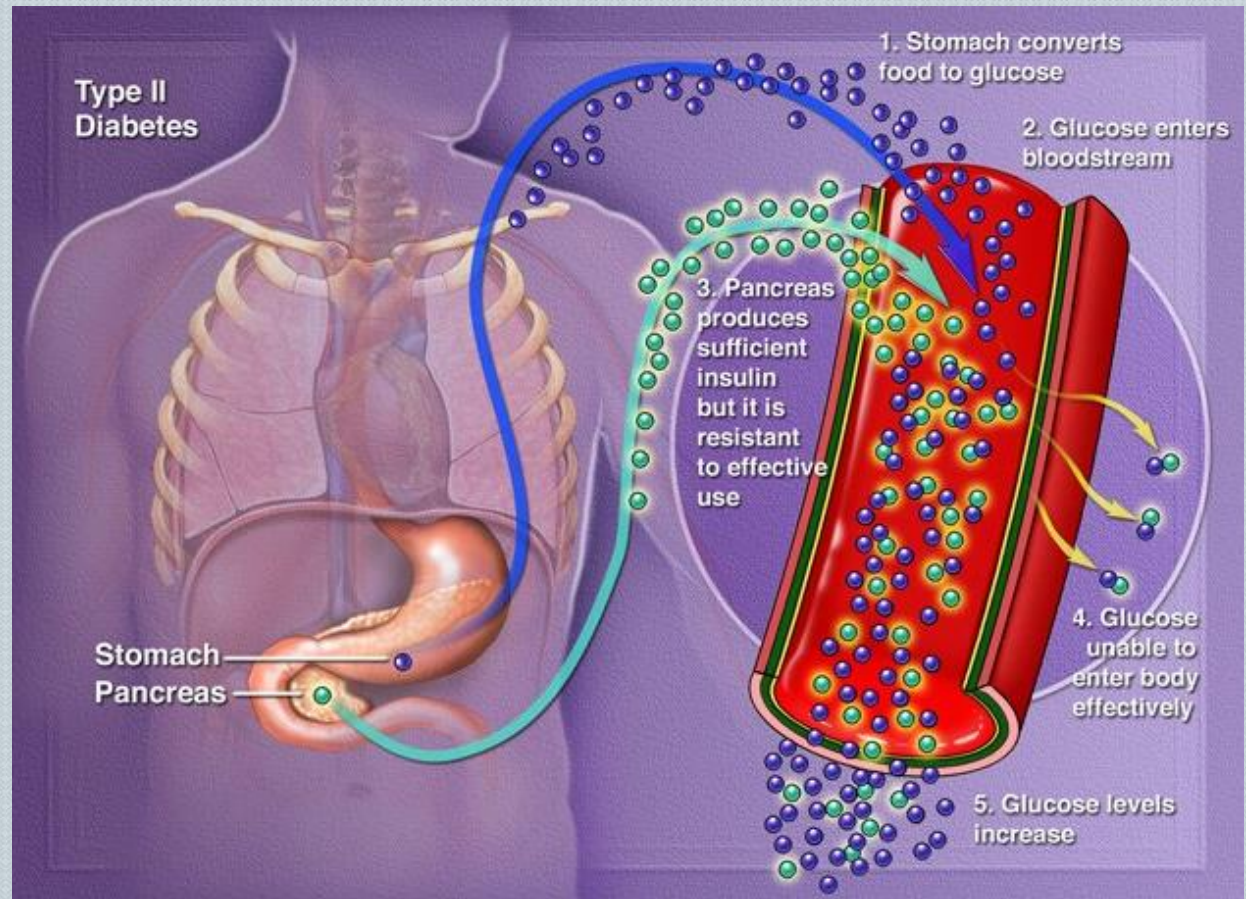
**WHY DO PEOPLE GET  
DIABETES?**

# What is Insulin?

Insulin is a hormone made by the pancreas.

When a person digests food, glucose is produced as a basic fuel for the cells of the body.

The purpose of insulin is to help the glucose move from the blood into the cells.



**Diabetes is a disease in which the body does not produce insulin or doesn't use it properly.**

# What is diabetes?

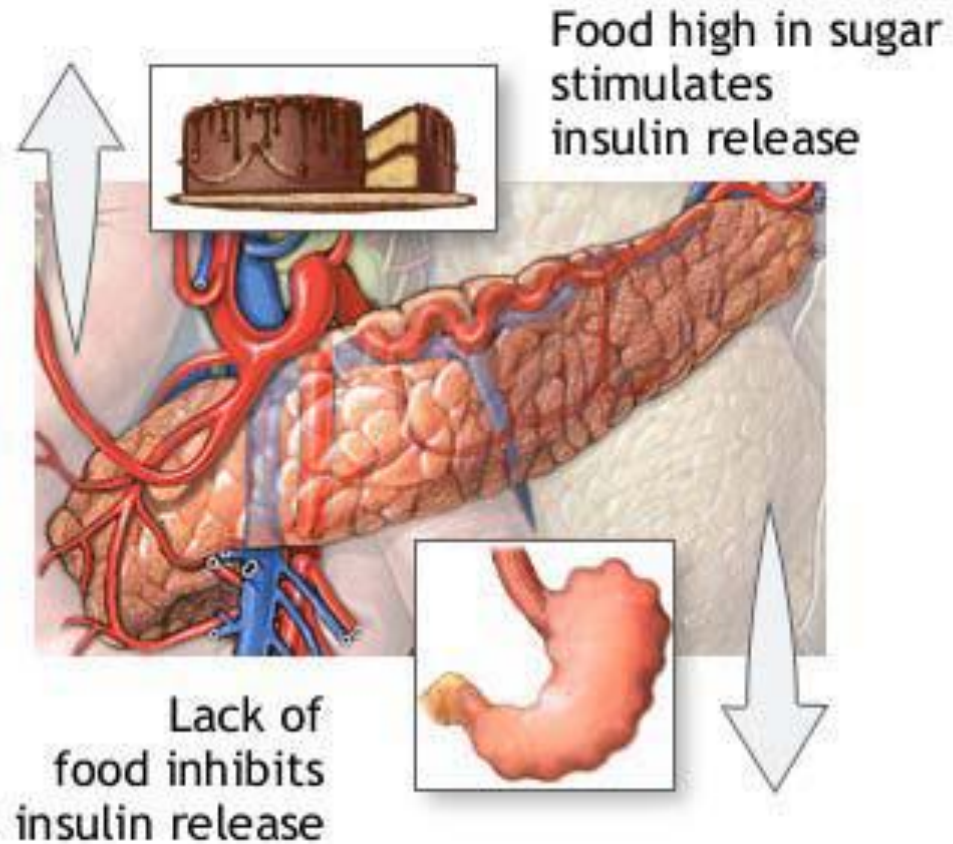


- Everything we eat turns into sugar for energy
- Insulin helps keep the blood sugar normal by moving it from the blood to cells
- What happens when we eat and drink high amounts of sugar and carbohydrates?



## Role of Insulin

Eating and drinking high amounts of sugar and carbohydrates can make the insulin in our bodies work harder and harder and if they ultimately fail to work then we get diabetes.



# Type 1 and Type 2 Diabetes



- In **Type 1** diabetes, the body does not produce insulin. Insulin is needed for the body to use sugar (glucose).
- In **Type 2** diabetes, either the body does not produce enough insulin or the cells do not use the insulin properly (they are “insulin resistant”).

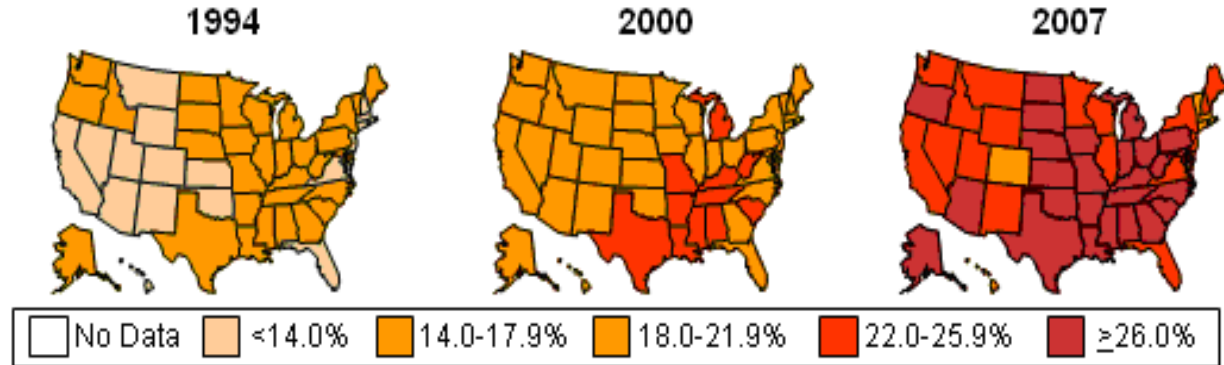
**90–95 % people with diabetes in the United States have type 2.**

## Type 2 Diabetes

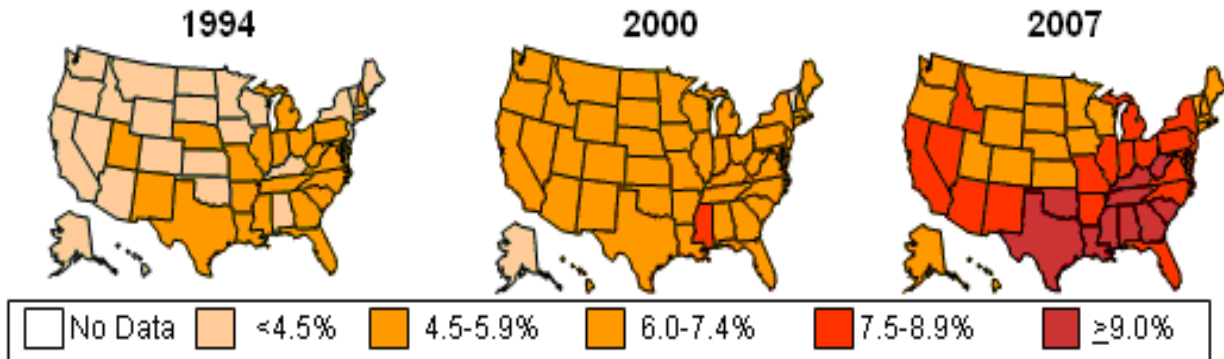
9/10 people who are newly diagnosed with type 2 diabetes are overweight.

It most often occurs in people older than 40 years but can occur in younger people, including children.

### Obesity (BMI $\geq 30$ kg/m<sup>2</sup>)



### Diabetes



This diagram shows that obesity and diabetes rates have been increasing in the U.S. If current trends continue, 1 out of 3 adults may have diabetes by 2050.

# Gestational Diabetes

- It is a type of diabetes that can occur during pregnancy in women who have not been known to have had diabetes before pregnancy.
- Women who have had gestational diabetes are at a much higher risk for developing type 2 diabetes later in life.

The child born to a woman who had gestational diabetes during that pregnancy is also at increased risk for developing type 2 diabetes.



# Pre-diabetes

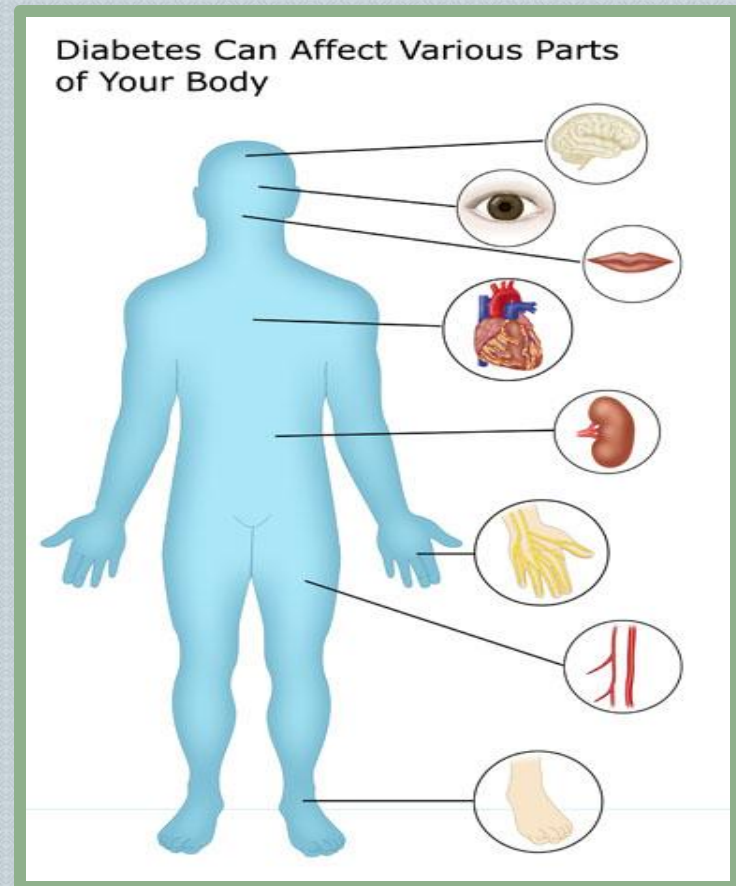


- It is a condition in which blood sugar levels are higher than normal but not high enough for the person to be diagnosed with diabetes.
- Pre-diabetes is a precursor to diabetes; that is, most people with pre-diabetes will eventually develop diabetes unless they make changes in their eating habits and their physical activity levels.

# Complications of Diabetes

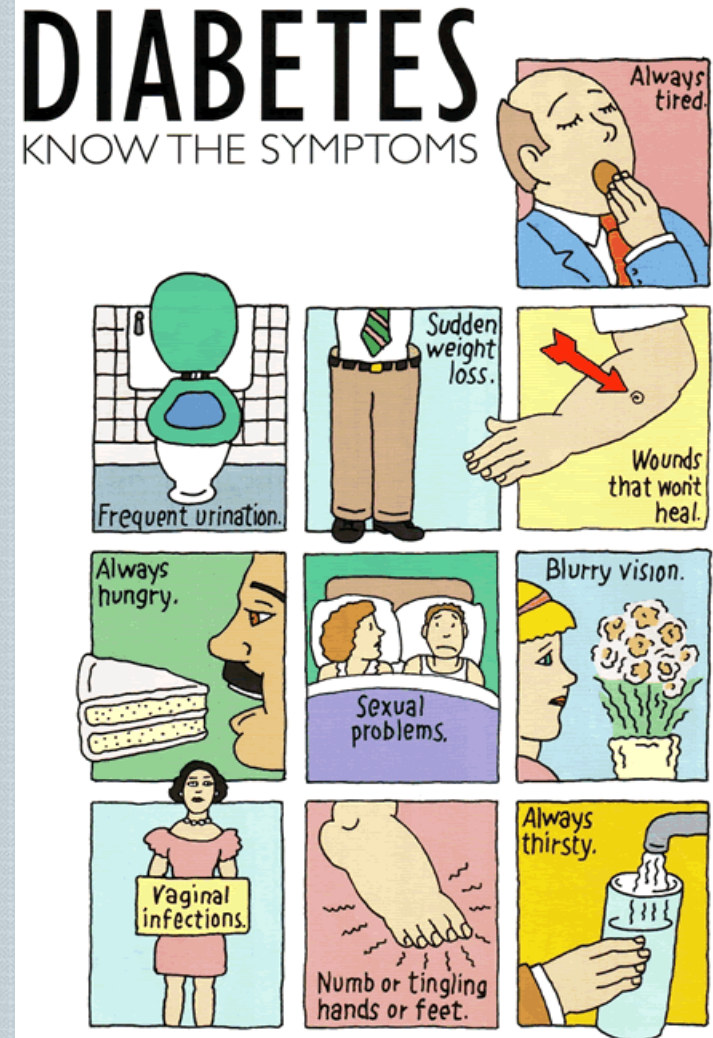


- Diabetes is a serious disease. It increases your chance of:
  - Blindness
  - Heart disease
  - Stroke
  - Kidney failure
  - Amputations
  - Nerve damage
  - Gum disease



# Know the Symptoms of Diabetes

- Always tired
- Frequent urination
- Sudden weight loss
- Cuts or bruises that are slow to heal
- Always hungry
- Sexual problems
- Blurry vision
- Skin, gum, or bladder infections
- Numb or tingling hands or feet
- Always thirsty



**But if you are at risk for  
diabetes**



**you can protect yourself by making  
some simple changes and  
participating in Project RICE.**

# Who is at risk for diabetes?

- Family history of diabetes
- History of diabetes during pregnancy (gestational diabetes)
- Age
- Being a member of a certain ethnic group- African American, Hispanic, American Indian, Alaska Native, Asian American and Pacific Islander.

# Who is at risk for Diabetes?

- Being overweight or obese
  - Sedentary lifestyle  
(No or very little physical activity)
  - High Cholesterol
  - High Blood Pressure
  - Unhealthy eating habits- Which further increases obesity
- These are the risk factors we can change!



# 15 Minute Stretch



## **PHYSICAL ACTIVITY EXERCISE**

# How can you decrease your risk?

- Lose weight if you are overweight or obese (maintain a healthy weight for your height).
- Lose and maintain the weight loss by making healthy food choices.
- Get at least 30 minutes of moderate-intensity physical activity five days a week.



	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
Height (Feet-Inches)	Weight (Pounds)																							
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208
5' 00"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215
5' 01"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222
5' 02"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229
5' 03"	107	112	118	124	130	135	141	146	152	158	163	169	174	180	186	191	197	203	208	214	220	225	231	237
5' 04"	110	116	122	128	134	140	145	151	157	163	169	175	180	186	191	197	204	209	215	221	227	232	238	244
5' 05"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252
5' 06"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260
5' 07"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268
5' 08"	125	131	138	144	151	158	164	171	177	184	190	197	204	210	216	223	230	236	243	249	256	262	269	276
5' 09"	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	250	257	263	270	277	284
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301
6' 00"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309
6' 01"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	275	280	288	295	302	310	318
6' 02"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326
6' 03"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335
6' 04"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344

# Diabetes: Myth vs. Fact?



**#1 You can catch diabetes from someone else.**



# Diabetes: Myth vs. Fact



- **Myth #1 You can catch diabetes from someone else.**
- **Fact- No.** Diabetes is not contagious. It can't be caught like a cold or flu. There is a genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

# Diabetes: Myth vs. Fact?



**#2 People with pre-diabetes or diabetes can't eat sweets or chocolate.**



# Diabetes: Myth vs. Fact



- **Myth #2 People with pre-diabetes or diabetes can't eat sweets or chocolate.**
- **Fact – No.** If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with pre-diabetes or diabetes. They are no more “off limits” to people with diabetes than they are to people without diabetes.

# Diabetes: Myth vs. Fact?



**#3 Eating too much sugar causes diabetes.**



# Diabetes: Myth vs. Fact



- **Myth #3 Eating too much sugar causes diabetes.**
- **Fact- No.** Diabetes is caused by a combination of genetic and lifestyle factors. However, being overweight does increase your risk of developing type 2 diabetes.

If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

# Diabetes: Myth vs. Fact?



**#4 People at risk for diabetes or with diabetes should eat special diabetic foods.**



# Diabetes: Myth vs. Fact



- **Myth #4 People at risk for diabetes or with diabetes should eat special diabetic foods.**
- **Fact- NO.** A healthy meal plan for people with diabetes is the same as that for everyone – low in fat, moderate in salt and sugar, with meals based on whole grain foods, vegetables, and fruit. Diabetic and “dietetic” versions of sugar-containing foods offer no special benefit. They still raise blood glucose levels, and are usually more expensive.

# Diabetes: Myth vs. Fact?



**#5 If you have diabetes or are at risk, you should only eat small amounts of starchy foods, such as rice, bread, potatoes, and pasta.**



# Diabetes: Myth vs. Fact



- **#5 If you have diabetes or are at risk, you should only eat small amounts of starchy foods, such as rice, bread, potatoes, and pasta.**
- **Fact- YES.** Starchy foods can be eaten but what is important is portion size.

It is better to eat whole grains such as brown rice and whole wheat breads. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

# Changing behavior takes work



We are here to help!



# Goal Setting

- **Do your best to reach your eating and activity goals.** That includes doing home activities to practice what you learn.
- **Keep track of your eating and activity 7 days a week. Be honest.** Don't try to "please" me.



# Goal Setting



- **Keep track of your weight at home.** By weighing yourself at home, you will be able to see the pattern of your weight from day to day and see how your changes in eating and activity affect your weight.
- **Let me know if you have any problems.** I am here to help and I need to know when you're having any difficulties.

# Goal Setting



Stay willing and open to change

We will sometimes run into problems, and I will count on you to hang in there and give it your best until we solve the problems together.



## Buddy System

Find a buddy to call if you need to talk about your health, or get together for a walk or to work out.



**This month's assignment:**

# Eat more healthy food!



This could mean eating less white rice at each meal, choosing leaner meats such as fish and chicken, or including more vegetables during lunch or dinner.

# Goals for the next few weeks



- Select one healthy food goal to do (and stick to it!)
- 30 minutes of physical activity (such as brisk walking) at least once per week (10 minutes at a time is ok)
- Keep track of all your physical activities/exercise each week



# Goal Setting and Follow-Up Phone Calls

- I will call you once a week to check in and see how you are doing.
- We will work together to develop your personal goals.
- The more specific your goals are, the easier it will be to stick with them!
- I can provide tips and support.
- I can help connect you to other services you need— just ask!



# Next Session: Healthy Eating

In the next session, we will talk more about healthy eating and share some tips, especially for eating out.

I will provide you with the details for the date and time for the next class.

See you next month!

