

Nutritional Pamphlet for the Diabetic Hispanic Migrant Farmworker



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Background

I spent the summer in Pender County, NC and had the unique opportunity to work at Pender Memorial Hospital, Island Family Medicine in Surf City, and various migrant farmworker clinics.



At Pender Memorial, I was able to work with Dr. Heather Davis and see the inpatient setting of a rural hospital. I also worked with Dr. Seaborn Blair at his practice, Island Family Medicine in Surf City and spent my evenings with Manos Unidas at various migrant farmworker clinics through the NC Farmworker Health Program.

Pender County, NC

- Population: 60,954
 - Burgaw: 4,096
 - Surf City: 2,274
 - Topsail Beach: 419
- 18 Family Doctors
- Pender Memorial Hospital
 - Opened 1951
 - 86 beds
 - Critical Access Community Hospital
- Greatest health concerns
 - Cancer, heart disease, cerebrovascular disease, lower respiratory illness, diabetes, nephritis and renal diseases, and suicide



Acknowledgements

- Kenan Primary Care Medical Scholars Program
- Tiffany Conway and Meredith Hughes
- Dr. Davis
- Dr. Blair and Island Family Medicine
- Manos Unidas
- Pender Memorial Hospital and Ruth Glaser



Front of Pamphlet

La Comida Sana Para Los Diabéticos

Nunca es tarde para empezar a comer alimentos saludables y mejorar sus hábitos.

- La comida sana te ayuda a ser una persona más saludable.
- ...te da energía
- ...ayuda con tu digestión
- ...ayuda a evitar gripes, resfriados o cualquier otra enfermedad viral
- ...ayuda a mantener el colesterol y la presión baja.
- ...ayuda a mantener la piel suave y bonita.
- ...te ayuda a vivir más años

La diabetes es una enfermedad en la cual el nivel de glucosa en la sangre es más alto de lo normal.

- Es bueno tomar nota de los carbohidratos que come para ayudarlo a mantener el nivel deseado de glucosa en la sangre.
- Medirse el nivel de glucosa dos horas después de comer lo ayudará a ajustar a cantidad de carbohidratos que necesita para controlar la glucosa en la sangre
- Los hombres adultos necesitan 60 a 75 gramos de carbohidratos en cada comida.

NIVEL RECOMENDADO DE GLUCOSA EN LA SANGRE

Nivel antes y después de las comidas	
Antes de comer	70-130 mg/dl (5.0-7.2 mmol/l) (milimoles por litro)
Después de comer	Less than 180 mg/dl (less than 10.0 mmol/l)

Plan para Comer Saludable:

Porciones Sugeridas

Escoja 1 almidón = 1 taza

Escoja 1 proteína = 4 onzas

Escoja 2 o más vegetales = 2 tazas

Registro de Glucosa y Alimentos

Fecha	Comida y Bebida (include size or serving)	Desayuno		Botana		Almuerzo		Botana		Comida	
		Carbohidratos #	Carbohidratos #								
		Antes:	2 horas después:								
		Glucosa		Glucosa		Glucosa		Glucosa		Glucosa	

Migrant Farmworker: H-2A guest worker

(migrant workers recruited from other countries for agricultural work)

- Diverse group made of a variety of cultures, ethnic groups, gender, and ages: I came into contact with workers from Peru, Mexico, Honduras, Costa Rica, that were at youngest 18 and oldest 95 years old
- Harvest fruit and vegetable crops, wild plants, and Christmas trees
- NC has 14,000 to 17,000 workers annually
- Health Problems: chronic illness such as diabetes, hypertension, food insecurity, infectious disease, and mental health
- Barriers to care: less than 20% of workers receive health care
 - Frequent mobility, transportation, language, health insurance, fear, culture



The Diabetic Patient

- Hispanic male, late 20s admitted to Pender Memorial Hospital
- CC: "No puedo respirar"
- HPI- Shortness of breath past 4 hours, that does not go away with rest
 - Abdominal pain began 2 hours ago, cannot straighten from fetal position
 - Nausea and vomiting all morning
- Pt is a migrant farmworker, understands and speaks little to no English
- Approach patient and notice a 'sweet smell' on their breath and glucometer reading is "high"
- Patient receives IV fluids and insulin and is monitored for the next 2 days
- Newly diagnosed with type 1 diabetes

"La Comida Sana" Project

- Pt seen again at the 1st farmworkers clinic- asks question about what types of food he is able to eat; given a paper with food groups listed, based on the American diet
- Pt states that he has reduced intake of carbohydrates, but reveals that he is eating tortillas for every meal and does not realize that tortillas are a starch
- Need for information on an appropriate diabetic diet that is based on traditionally Hispanic foods that are available for farmworkers
- Front of pamphlet- information on what diabetes is and how maintaining a healthy diet is important for one's health
 - An example of a table to fill-in for blood sugar readings before and after meals, the types of food that were eaten in order to keep track of consumption and glucose levels
 - Another section on suggested portions for starches, proteins, and vegetables that are traditionally found in popular Hispanic dishes
- Back of pamphlet- accurate size picture of a plate that is portioned for a balanced diet, with examples of foods that would go into each section of the plate
 - Also gives a visual for how to measure proportion size using one's hands

Back of Pamphlet

Planee las porciones en su plato.

1/4 Almidón
Tamaño del puño

1/2 Vegetales
El tamaño puede sostenerse en ambas manos

1/4 Proteína
Tamaño de la palma de la mano