



PRACTICAL TIPS FOR GETTING IT

D . O . N . E .

Diabetes, Obesity, Nutrition, and Exercise
4 Hour CHW/Promotor(a) Training!
FREE!



California

ZOOM CHW TRAINING

Booklet & Resource Guide

March 5, 2021

Overview

The D.O.N.E. (Diabetes, Obesity, Nutrition, and Exercise) Training is a Texas certified training for CHWs. Thanks to the National Rural Health Association, the National Community Health Worker Training Center (NCHWTC) is excited to bring this presentation to California to serve more CHWs!

This training is for 4 hours, starting at 9:00 AM (Pacific Time). A PDF version of the training will be emailed to trainees who registered on Eventbrite and ZOOM.

See the agenda below for a general outline of what to expect at our upcoming training on March 5, 2021 (Friday).



AGENDA

9:00 AM (PT) / 11:00 AM (CT)	NCHWTC Introduction & Pre-Test
9:30 AM (PT) / 11:30 AM (CT)	DONE Introduction & Overview
10:00 AM (PT) / 12:00 PM (CT)	Lecture: Diabetes
10:30 AM (PT) / 12:30 PM (CT)	Lecture: Obesity & Nutrition
	5-minute stretch break
11:00 AM (PT) / 1:00 PM (CT)	First Case Study: Diabetes
11:30 AM (PT) / 1:30 PM (CT)	5-minute stretch break
	Second Case Study: Nutrition
12:00 PM (PT) / 2:00 PM (CT)	Exercise Video "Lunch & Learn"
12:30 PM (PT) / 2:30 PM (CT)	Post-Test
12:50 PM (PT) / 2:50 PM (CT)	Closing Remarks
1:00 PM (PT) / 3:00 PM (CT)	Training Ends!

Pre/Post Test & Gift Card

Completing the pre and post-test is required to qualify for a Walmart Gift Card. The pre/post test is hosted by Qualtrics and can be completed on computer, tablet, or mobile phone. This links will be shared during the training.

The Walmart Gift Card will be emailed by Gabriela (Gaby) from NRHA over the next few weeks concluding the meeting. We thank you for your patience in advance!

Certificate of Completion

Using the email you log in during the ZOOM meeting, Denise from NCHWTC will email your certificate of Completion.

Zoom Technical Help

Zoom is an online collaborative video tool used for collaboration across organizations. Zoom is the official online video collaboration tool utilized by Texas A&M University.

You can download Zoom by accessing this link:

<https://zoom.us/download>

After downloaded, you will use the link provided by the training center to access the trainings. There will be a password required for training which will be shared prior to the meeting time.

For any technical assistance, please contact training center Program Coordinator:

Shea Roy
sheajroy@tamu.edu
(316) 619-2008

Resources

PDFs for all presentations on all training days can be found on our website under "Training Resources":

<https://nchwtc.tamhsc.edu/training-resources>

You can find this information by Googling "National Community Health Worker Training Center" and finding our website.

Diabetes

CDC National Diabetes Statistics Report

<https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

Fast Facts

<https://www.cdc.gov/diabetes/basics/quick-facts.html>

Managing Medicines with Diabetes

<https://www.cdc.gov/diabetes/ndep/pdfs/152-all-medicines-matter.pdf>

Diabetes and Pregnancy

https://www.cdc.gov/pregnancy/documents/Diabetes_and_Pregnancy508.pdf

Obesity

NIH (National Heart, Lung, and Blood Institute) Everyday ideas to move (kids)

<https://www.nhlbi.nih.gov/health/educational/wecan/get-active/activity-plan.htm>

CDC: Go Light when you Grab a Bite

<https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/golight.html>

CDC: Screen Time vs Lean Time

<https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html>

Healthy People 2020

<https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity>

Nutrition

MyPlate

<https://www.choosemyplate.gov>

CDC Healthy Food Swaps

https://www.cdc.gov/dhdsp/healthy_eating_kit.htm

Myths about Weight and Nutrition (NIH)

<https://www.niddk.nih.gov/health-information/weight-management/myths-nutrition-physical-activity>

USDA Interactive Toolkit for Nutrition

<https://www.nal.usda.gov/fnic/interactive-tools>

Exercise

Move Your Way campaign—Health.gov

<https://health.gov/our-work/physical-activity/move-your-way-campaign>

50 Best Free Workout Resources—Huffington Post

https://www.huffpost.com/entry/free-online-workout_b_7722024

USDA Physical Activity Resources

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/physical-activity>

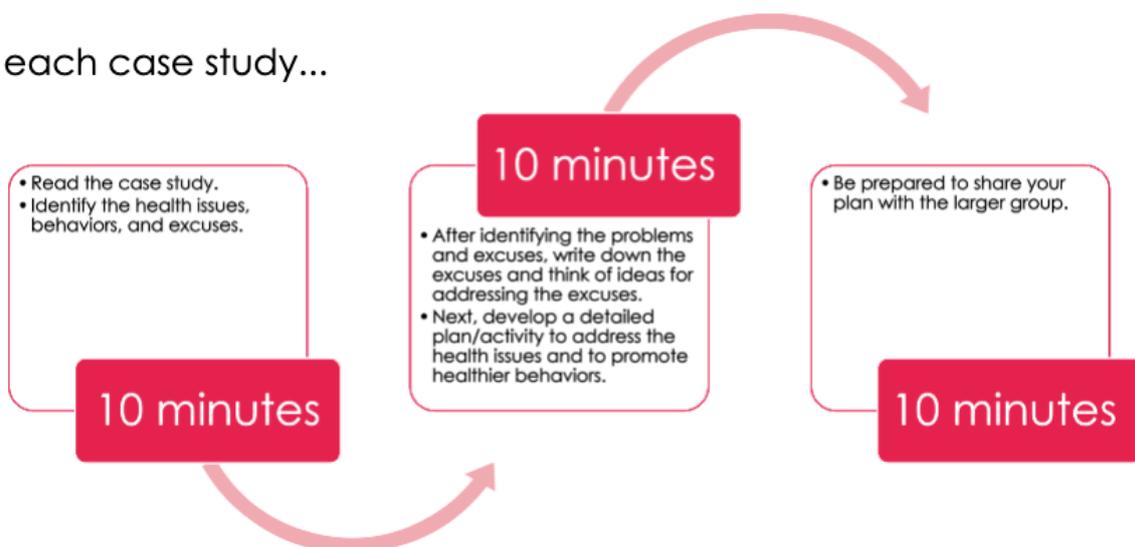
No Gym? No Park? No Problem! Participation Resource Guide

<https://www.participaction.com/en-ca/blog/no-gym-no-park-no-problem-introducing-our-physical-activity-resource-guide>

Case Studies

We will be working in virtual breakout rooms on Zoom.

For each case study...



Diabetes

Case Study 1

David Guzman is a 43 year old man that lives with his wife, Maribel, and two kids who are 14 and 12 years old. Every day David drives his kids to school, and during their lunch hour he buys a hamburger for each of them and for himself and he goes to have lunch with them. David works as a car sales man where he remains in his office without stepping out until he sees a client interested in buying a car. He never knows when he will have a successful day and this causes him a lot of stress. Every day when he gets out of work David goes with his co-workers to drink a couple of beers while his wife picks up his children from school. At dinner time, David returns to eat with his family. Maribel works all week and doesn't always have time to cook, so three times a week David takes his family to dinner at a pizza place and to eat snow cones. After dinner and snow cones, the family sits to watch television while the children work on their homework. On weekends David often goes out at night with his friends to bars to help relieve the stress from the week and before starting a new week. Even though David's brother and his mother have diabetes he doesn't think he runs the risk of getting it because he has never had to be taken to the hospital and he feels reasonably healthy. David has never asked his doctor to check him for diabetes because he thinks it'll take too much time and he's too busy to stay at the doctor's office for long. David is content with his life and doesn't think a change is necessary.

Case Study 2

Laura is a 13 year old girl; she lives with her mom who is a single parent and with her three older brothers in a rural neighborhood. Since everything is so far away, they travel in a car everywhere they go. Laura's mom has to work very early in the morning and doesn't have time to make breakfast before taking Laura and her brothers to school. At school, her favorite breakfast is the sweet items like pancakes with syrup and chocolate milk. Laura likes to eat at school because no one forces her to eat her vegetables which she hates. She doesn't like to drink water either because it has no flavor; her favorite drink is a Coca-Cola. During school Laura sits at her desk all day and during recess she prefers to sit and draw instead of running around and getting sweaty. After school, Laura has to quickly leave for home on the school bus. Even though she would like to play sports her mom works really late and wouldn't be able to pick her up from school after practice. When Laura gets home, if she doesn't find food already cooked, she will eat what she finds which are usually potato chips, cake, candy, or cookies. Laura and her brothers spend the afternoons playing on the PlayStation or the computer while they wait for the ice cream truck to pass by so they could buy ice cream, nachos or a snow cone. When their mom gets home from work Laura begins her homework and once she's finished with it she goes to bed. Laura knows that her mom has problems with her blood sugar but she's not too sure with this means because she's never explained it to her. Laura hardly visits her doctor and she believes this means she is very healthy.

Obesity

Case Study 3

Raul just left his doctor's appointment in which he was told that he had gained too much weight and needed to start making changes to his lifestyle before it caused severe problems. Raul started reflecting on his daily activities and created a list to be able to see what aspects of his life he can change. Every Sunday before eating breakfast or lunch, Raul goes to the grocery store to buy his weekly groceries. He's noticed that he frequently ends up spending more money than he expected to and ends up buying more food than what he needs. Raul always looks for the closest parking spot to the door because he knows he will be buying a lot of groceries and they will be heavy to carry a long distance, especially if it is raining or if it's too cold outside. During the week Raul works as a taxi driver and he spends all day sitting in his car taking other people from one place to another. He doesn't always have time to stop and eat a healthy meal so he keeps several snacks in his trunk like potato chips, soda, cookies, juice, and candy to eat during the day. When he finishes his shift at work, Raul likes to grab a hamburger and return home to rest after a long day on the road. Every once in a while he goes outside to his backyard to keep his dog, who's alone all day, company. He sits outside for a couple of hours before going back inside to watch the night time news and his favorite TV shows. Raul stays awake for a long time at night watching movies or his favorite shows. He uses Saturdays to rest from his busy week and remains home all week.

Case Study 4

Gabby is 9 years old and is obese, so much that her pediatrician has recommended that she starts dieting to avoid cardiovascular problems in the future. Gabby struggles with her weight problem every day. During school at recess she prefers to sit and talk to her teacher instead of playing with other kids. She knows she's a little different from the rest of the kids and that if she were to start running she would get tired really fast, sweat profusely and the rest of the kids would make fun of her. Her teacher doesn't get mad at her when she doesn't participate in physical activities because she sees how Gabby gets sad when the other children make fun of her and she would rather avoid those problems. In her class her teacher likes to celebrate the children's birthdays, every time it's someone's birthday she brings candy, cake and soda for the whole class. All of Gabby's family has a weight problem and doesn't worry much about exercise or eating healthy food. For dinner her mom typically cooks something quick like a frozen pizza or she also likes to cook fried food. Every night her family gets together to watch a movie and eat popcorn. In Gabby's family weekends are to rest and nobody cooks, cleans, sweeps or does laundry. They eat breakfast and lunch at restaurants both Saturday and Sundays and spend the rest of the day resting, watching TV, and watching movies. Gabby would like to be involved in a school activity like sports, band or an organization but her mom says it would be too expensive and she doesn't have the money to be spending on those kinds of things. Gabby knows that her mom loves her and knows that every decision she makes is for her own good.

Nutrition

Case Study 5

Christina works in a doctor's office as a secretary in the downtown clinic. Before leaving for work Christina must wake up early to help her children get ready for school. They are always in a rush and don't have time to eat breakfast every day and only gives them a muffin. Christina doesn't have time to make the children lunch either; instead she gives them money so they could buy something at the school cafeteria. Even though she knows that her kids will not always choose the healthiest option, she is only concerned that they eat something. After dropping her children off at school she drives to her job without eating breakfast herself but to make sure she has enough energy and drinks a soda every day, many times accompanied by a bag of potato chips. Every month in the office where she works they celebrate co-workers birthdays with a party, lots of food and cake. Christina is very good friends with the clinic nurses and assistants and once a week all her friends go out to dinner at a nearby restaurant. When Christina gets home from work she cooks and eats before her family gets home to be able to serve them. Her children get home from school first and she serves them dinner while she sits and watches television. If they don't eat their vegetables she doesn't insist to avoid causing problems. She prefers that they eat the rest of their food instead of getting mad and not eating at all. Later in the evening Christina's husband gets home and she serves him dinner and a beer. After everyone's eaten dinner, Christina prepares dessert, usually cake or ice cream with jelly.

Case Study 6

Robert is a young 17 year old boy who loves to go out and eat all types of food. He doesn't like spending his evenings or weekends at home, he prefers to go out with his friends and his girlfriend. When he goes out with his friends he likes to go to restaurants where he can compete to see who can eat the most chicken wings, he likes restaurants that sell the largest pizzas or the biggest hamburgers to try to see if he can finish them. Robert is very adventurous and he likes competition. He doesn't like boring things either, or things without flavor like water or milk, he prefers to drink soda and juice with lots of flavor. Robert always carries little packets of salt with him because he knows that sometimes restaurants don't add much salt to their food so he needs to be prepared to give his food flavor and enjoy it more. When he goes out with his girlfriend to the movies he loves to buy popcorn and add butter or buy nachos and add extra cheese and jalapenos. Robert also likes taking his girlfriend to dinner at nice restaurants but his girlfriend never finishes her food so he needs to make sure to help her finish it so the money won't go to waste. It's a rare occasion when Robert finds himself cooking at home, if he does it is usually because he is sick and doesn't feel well enough to go out. In these cases Robert prepares pre-packaged soups that only require water or food that only requires a microwave. This way, Robert can rest and save up his energy for when he gets better so he can go out again. Robert has noticed he has gained a little bit of weight but he doesn't care because he is enjoying his life as a teenager.

Exercise

Case Study 7

Bianca is a young 27 year woman who just had her baby 8 months ago. She is still getting used to her duties as a mother but she has noticed that she hasn't been able to lose the weight she gained during her pregnancy. Even though she lives in a 2 story house she spends all her time on the first floor with her baby for fear of falling while carrying the baby down the stairs. Her husband works during the day and she stays at home all day. Her mom and her sisters visit her on weekends to help her and Bianca uses this time to watch TV or go out to dinner. Bianca decided to hire a person to help her clean her house and wash clothes while she spends time with her baby. When Bianca's husband gets home from work, they eat dinner together and sit to watch a movie or TV. Every once in a while Bianca uses the time her husband is home to go out with her friend to the theatre or to dinner. Bianca has also started her own business from home. She makes invitations for every occasion from her home computer. She hires a babysitter to help her take care of her daughter during the day while she works on her business for a couple of hours and for when she has to meet with clients. Bianca meets with her clients in her home office and when she finishes a job for them, they come pick up their invitations from her house. Even though she would like to start exercising, Bianca feels like she's too busy to join a gym.

Exercise Routine (in class activity)

Exercise Routine VIDEO:

<https://youtu.be/jPcCd0qwwDI>



D.O.N.E. Exercise Segment
Unlisted

Contact Information

**For any questions, comments, or concerns,
please reach out to our team for this training.**

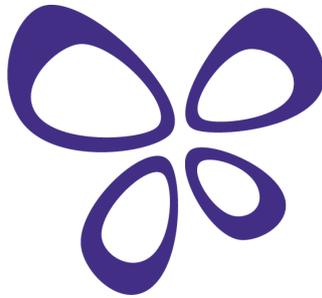
Denise Martinez

denise.martinez@tamu.edu
(979) 436-9360

Shea Roy

sheajroy@tamu.edu
(316) 619-2008

Thank you for attending!



QR Code for our website:





MOTIVATIONAL INTERVIEW 101

**What is
motivational
interviewing?
(MI)**

MI is a client-centered interview technique intended to bring awareness to risky behaviors and increase the chances that the person will change their behavior by increasing intrinsic motivation

MI & CHW's

The nature of MI is a collaborative conversation, allowing participants to freely and openly discuss questions or concerns about healthcare with someone they find less intimidating.

Effectiveness

CHW's serve as a bridge between the community and health-care professionals due to their ability to empathize with participants while maintaining adherence to MI.

How does it work?

Conversations are held in such a way that the participant should increase their motivation to make changes based on the values and beliefs they hold.

Example

Immigrant communities struggling with the unfamiliarity of the health-care system, limited transportation, and fear of deportation.

The MI conversation may lead a CHW to support a participant in identifying strategies to minimize deportation risk, such as by relying on a friend or family member to help with transportation to their health care



Principles of Motivational Interviewing for CHW's

1

Express
Empathy

Expressing empathy towards a participant shows acceptance and increases the chance of the counselor and participant developing a rapport

2

Develop
Discrepancy

Developing discrepancy enables the participant to see that their present situation does not necessarily fit into their values and what they would like in the future.

3

Roll
with Resistance

Rolling with resistance prevents a breakdown in communication between participant and CHW and allows the participant to explore their views.

4

Support
Self-efficacy

Self-efficacy is a crucial component to facilitating change. If a participant believes that she/he has the ability to change, the likelihood of change occurring is greatly increased

Is the motivational interviewing effective in achieving behavioral change?

EXAMPLES FOR CHW'S

Motivational interviewing has been shown to be effective in the treatment of alcohol abuse and in habit changes related to diet and exercise. It would also be effective in decreasing body mass index, total plasma cholesterol and systolic blood pressure.

It implies an attitude of acceptance and respect for the person. Uses active and reflective listening to give back to the patient the concepts he/she has tried to convey.

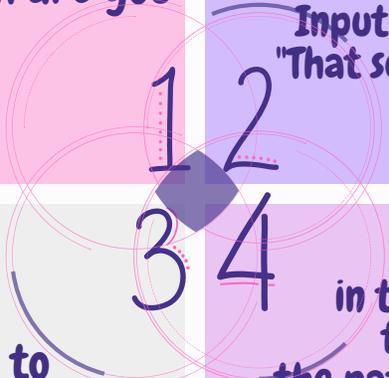
The CHW will use open-ended questions that invite a wide range of response possibilities.

Ex: "What aspects of your health are you most concerned about?"

Motivation to change occurs when people perceive the discrepancy between where they are and where they would like to be. An attempt is made to increase the level of conflict between their beliefs and current behavior, hoping that it is the patient himself who finally presents the arguments for change.

Here the CHW does not just "listen" to what the patient says, but responds to what the patient is saying, reflecting it. We are like the "mirror" of the patient.

Input formulations are along the lines of, "That sounds like..."; "You seem to feel..."; "So you... think that this..."



1
2
3
4

The most appropriate attitude is to respond with empathy, not to make judgments and to try to clarify what the patient wants to convey. Highlight the positive aspects of what the patient has said.

"You say that... and yet.... Is it really so? Good. So, from this situation, what do you think you will do?"

Believe in the patient's capacity to change and transmit it to him/her. The idea that the patient is the one who decides to start a change and maintain it should be strengthened...

Encourage self-motivation phrases. This is a basic principle of motivational interviewing; it must be the patient who presents the arguments for change. For example: "On a scale of 0 to 10, 0 means that you are totally incapable of change and 10 means that you could start the change today."



Precontemplation

When people are in this stage, they do not intend to take any action in the foreseeable future. This is usually because they don't know much about the consequences of their behavior, or they've tried to change their behavior in the past and have become demoralized.

Contemplation

This is the stage in which people are thinking about changing, and they usually intend to do it within the next six months. They are still not ready to change because they perceive there to be more barriers to changing than benefits to changing. They haven't done much to remove these barriers, even though they are aware of the potential benefits. People typically get stuck in this stage for a long time.

Preparation

When people are in this stage, they intend to make changes very soon and have already begun to take some steps towards doing so. They've done a bit of research and have actively done things to emphasize the benefits of change and move past the barriers.

Action

This is the stage in which people are making specific changes in their lifestyles. They have actively removed any barriers and are changing their behavior.

Maintenance

When people are in this stage, they have consistently been performing the behavior in question and are less likely to relapse into any of the previous stages. The new behavior has been maintained over time and is more likely to have become a mainstay.

Relapse

Often times, people can go backwards in the Stages of Change model and this is called regression. Relapse occurs specifically when people regress from the Action or Maintenance stages into one of the previous stages.

Precontemplation

I don't have a problem...



Contemplation

Maybe I have a problem...



Preparation

I've got to do something but what?...



Action

I'm ready to start!



Maintenance

How do I keep going?



Relapse

What went wrong?

