



PRACTICAL TIPS FOR GETTING IT

D . O . N . E .

Diabetes, Obesity, Nutrition, and Exercise
CHW Training worth 8.0 DSHS Certified CEUs!



ZOOM CHW TRAINING

Booklet & Resource Guide

November 2020



TEXAS A&M HEALTH
Center for Community
Health Development



National Community Health
Worker Training Center



Your voice. Louder.

Overview

The DSHS-certified D.O.N.E. (Diabetes, Obesity, Nutrition, and Exercise) Training is funded by the National Rural Health Association (NRHA) and is utilized as 8.0 Certified Education Units for Community Health Workers. This training takes place over 5 days through 5 class sessions, with an average of 2 hours per session.

NOVEMBER					2020
Week 1: English Training					
MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06	
Introduction Pre-Test	Diabetes Case Study 1 & 2	Obesity Case Study 3 & 4	Nutrition Case Study 5 & 6	Exercise/Conclusion Case Study 7 & 8 Post-Test	
Semana 2: Taller en Español					
MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	
Introducción Pre-Prueba	Diabetes Caso de Estudios 1 & 2	Obesidad Caso de Estudios 3 & 4	Nutrición Caso de Estudios 5 & 6	Ejercicio/Conclusión Caso de Estudios 7 & 8 Post-Prueba	

Each training describes the health condition or topic as well as the barriers and excuses for that topic. Each session is designed for one hour of presentation-style format with lecturing including activities and discussion. The second hour is designed for interactive discussion with breakout rooms via the Zoom online video platform. Groups will discuss one to two case studies that review the topic of the day.

Pre/Post Test

Completing the pre and post-test is required for certification and completion of this course. The pre/post test is hosted by Qualtrics and can be completed on computer, tablet, or mobile phone.

Pre-Test: https://tamuhsc.co1.qualtrics.com/jfe/form/SV_3aBbjvkfnv41uVn

Post-Test: https://tamuhsc.co1.qualtrics.com/jfe/form/SV_8eI4RLaleYgz8Wh

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>

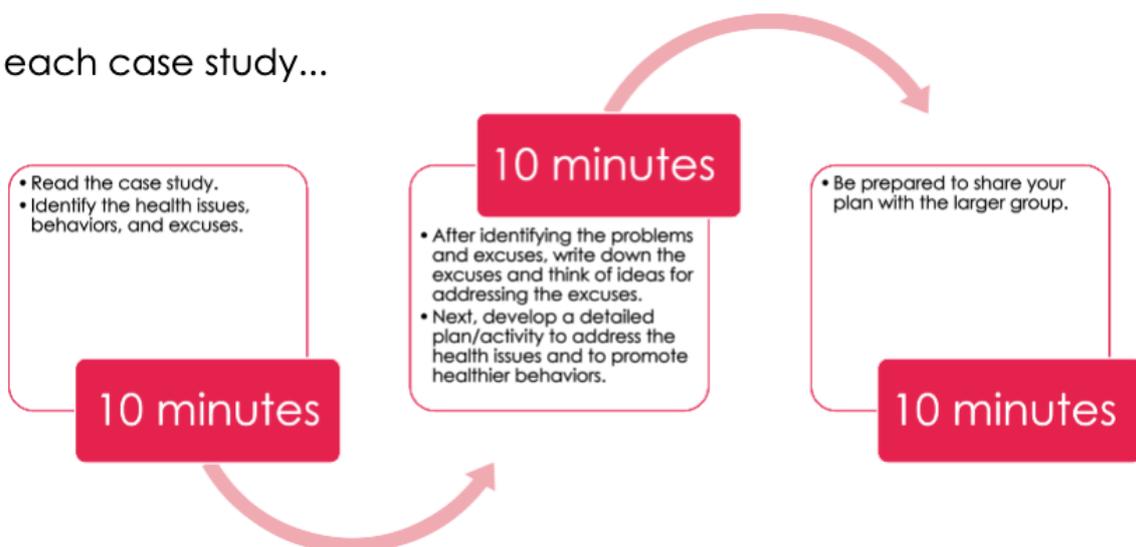
No Gym? No Park? No Problem! Participation Resource Guide

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

Case Studies

Each class session excluding Exercise will consist of two case studies, taking about 30 minutes each to complete. We will be working in virtual breakout rooms on Zoom.

For each case study...



For each case study, participants will be separated into groups. Each group will self-appoint a facilitator and reporter.

Facilitator: makes sure the team is addressing questions in a timely manner

Reporter: responsible for submitting answer on Google Forms

Facilitator
Making sure the team is
addressing questions in a
timely manner

Reporter
Responsible for
submitting answer on
Google Forms
<https://forms.gle/JKRd3vqk4iLuP85Z7>

During the breakout room time, participants will discuss the case study.

A member of the NCHWTC team will insert the case study text and link to Google Form in Chat of Breakout Room.

The reporter will open the Google Form and complete the questions during discussion.

Google Form Link: <https://forms.gle/JKRd3vqk4iLuP85Z7>

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

EXERCISE GUIDE

2-3 Sets | 12 Reps each | Approx. Time: 30-45 min.



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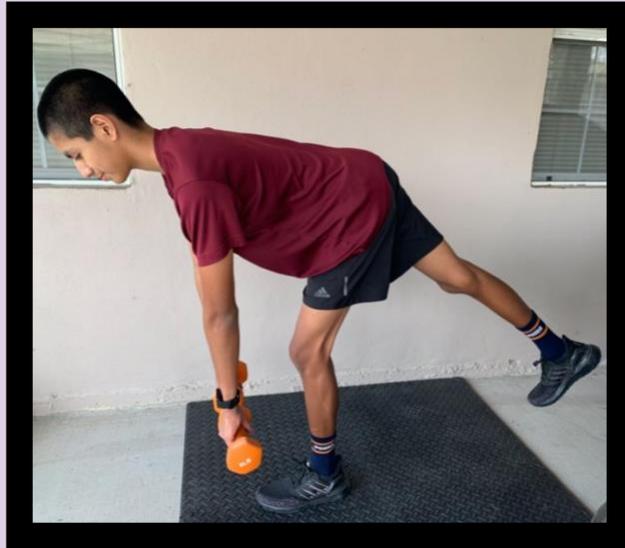
EXERCISE NAMES

1. Squat
2. Single-legged dead lift
3. Bicep curls
4. Split-stance one-arm row
5. Pall of Press
6. Bird Dog

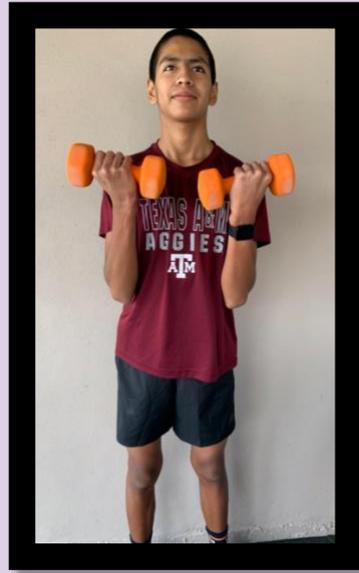
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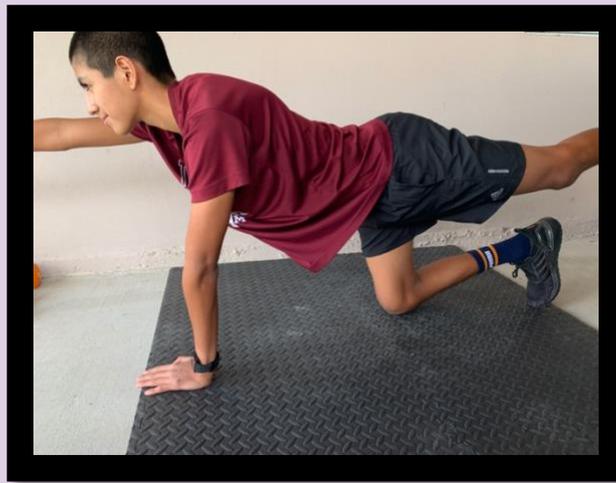
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5



6



REST, REPEAT, REJOICE!



**National Community Health
Worker Training Center**

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@NCHWTC

Contact Information

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

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Thank you for attending!

