

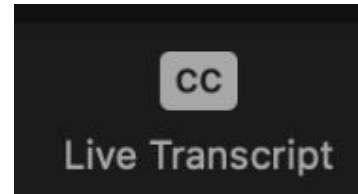
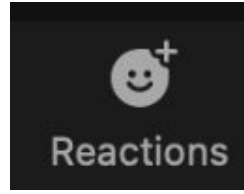
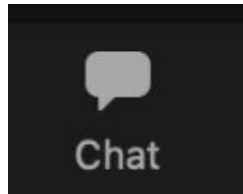
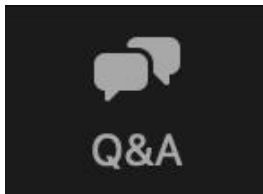
**"Development of Culturally  
Appropriate Healthy Eating  
Educational Tool for Asian  
Americans: Filipino/a/x and Hmong  
Editions" Webinar**

**Wednesday, December 14, 2022  
10am HT | 12pm PT | 2pm CT | 3pm ET**

***Welcome!***  
***The webinar will begin in a few minutes.***

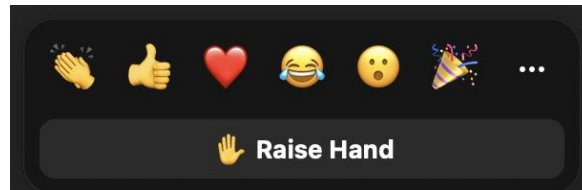


# Using Zoom Webinar Features



Windows:  
**Ctrl+T**

Mac: **⌘+K**



Windows:  
**Alt+Y**

Mac:  
**Option+Y**



# Moderators



**Monica Garcia, MA** (she/ella)  
*Health Strategy Specialist, MHP Salud*



**Gabrielle Peñaranda, MA** (she/her)  
*Program Manager of Training and Technical Assistance, AAPCHO*



# Presenters



**Katrina Gonzales**  
*Administrative Executive  
Director,*  
Mabuhay Health Center



**Katie Meaux**  
*Registered Dietitian  
Nutritionist*  
Minnesota Community Care



**Darius Ramirez**  
*Public Health Director,*  
Mabuhay Health Center



**DessaRae Smith**  
*Registered Dietitian  
Nutritionist*  
Minnesota Community Care



**Isabel Rosales**  
*Health Coach Chair,*  
Mabuhay Health Center



**Amy Yang**  
*Manager of HIV Programs*  
Minnesota Community Care



# Agenda

- Welcome/Introductions
- Introduction to My Healthy Plate Project
- Overview of AAPCHO/MHP Salud Filipino/a/x and Hmong Healthy Plate Project
- Mabuhay Health Center Presentation
- Minnesota Community Care Presentation
- Q+A
- Closing



# Learning Objectives

1. Understand the importance of culturally relevant educational resources to support vulnerable populations;
2. Identify comprehensive educational tools to decrease, manage, and delay chronic diseases such as diabetes in vulnerable populations; and
3. Highlight the CHW profession in the introduction of culturally relevant educational resources.



# Introduction to My Healthy Plate Project





# MHP Salud

MHP Salud is a national nonprofit organization that implements and runs Community Health Worker (CHW) programs for 39 years. We offer organizations and service providers training and technical assistance on CHW programming serving Migrant and Seasonal Agricultural Workers, older Hispanic/Latino adults, and other vulnerable populations tailored to their specific needs.

## Resources

- Culturally and Linguistically Appropriate materials
- Blogs
- Newsletters
- Resources

## TTA

- Focus on peers/CHWs
- Monthly TA Calls
- TTA Requests
- Training on key issues affecting Migrant and Seasonal Agricultural Workers

## Virtual Learning

- Webinars / Learning Collaboratives
- Pre-recorded sessions

[www.mhpsalud.org](http://www.mhpsalud.org)





# Healthy Plate Series

Dietary guides respecting preferences and traditions of diverse communities including:

**Hispanic and Latino**  
**Middle Eastern and North African**  
**Asian American, Native Hawaiian, and Pacific Islander**

- Offered in English, Spanish, Tagalog, Hmong, Arabic
- Aligned with USDA Healthy Plate recommendations
- Created with community feedback collected through national surveys



Made in collaboration with partner organizations:



Brochures available at <https://bit.ly/3cm1NhZ>



# CHWs and Culturally Appropriate Resources in Diabetes Prevention

Awareness of the need for culturally appropriate resources, is the first step toward providing sensitive and competent education on diabetes prevention in MSAWs and other vulnerable communities:

- knowledge of cultural values
- beliefs
- customs
- language
- thoughts
- actions

This helps develop a mutually respectful and positive relationship among patients and health care providers. The more engaged and involved vulnerable populations and their support members are in their healthcare, the more likely they are to achieve desired outcomes and improve their quality of life.

# Community Health Worker (CHW): Interventions Addressing Diabetes Prevention

CHWs offer support to patients with diabetes and those at risk of developing diabetes in a unique culturally appropriate manner.

- Meet participants where they are and know how to find hard to reach Hispanic/Latino participants
- They speak the same language and take the time to meet with participants and their families
- Cultural mediation, culturally appropriate education, care coordination, case management, systems navigation, coaching and social support, advocacy, capacity building, and outreach



# Filipino/a/x and Hmong Healthy Plate Project



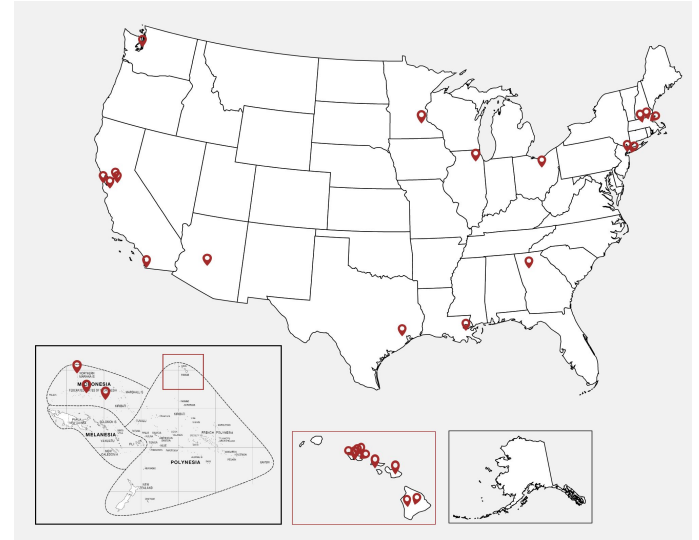
# About AAPCHO

The Association of Asian Pacific Community Health Organizations (AAPCHO) was formed to create a national voice to advocate for the unique and diverse health needs of AA and NHPI communities and the community health providers that serve their needs.



# Mission & Impact

**AAPCHO** is dedicated to promoting **advocacy, collaboration,** and **leadership** that improves the health status and access of Asian Americans (AAs), Native Hawaiians (NHs), and Pacific Islanders (PIs) within the United States, the U.S. territories, and the Freely Associated States.

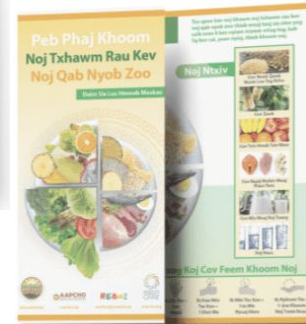
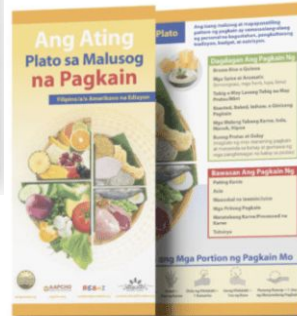
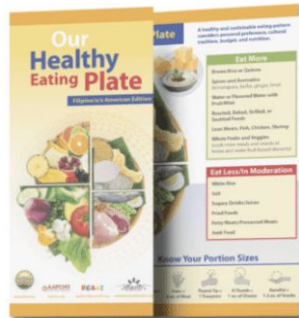


# AAPCHO's Guiding Principles

- Access to Care for Underserved
- Community Health Centers
- Culturally Responsive Models of Care
- Language Access
- Eligibility for Health Care Benefits

# Our Healthy Eating Plate: Filipino/a/x and Hmong Editions

- Available in English, Tagalog, and Hmong





# Filipino/a/x Healthy Plate Brochure (English)

## Nutrition and Healthy Lifestyles are Rooted in Family, Culture, and Community

Nutritious meals are essential to maintaining a well-balanced diet. Informing yourself about the food you eat and practicing mindful eating – the practice of eating with an awareness of your body and the taste, satisfaction, and fullness the food provides – is also a way to approach a healthy lifestyle. This brochure provides suggestions on how to create a nutritious meal with a special focus on Filipino/a/x American community members. The foods listed on this brochure are based on a survey reviewing the cultural traditions and dietary preferences of the community.



## Goal Setting

### Your Personal Goals

Share Your Goals Here:

Who can I ask to go on this healthy journey with?

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What nutritional choices can I make to make my mind and body feel strong and healthy?

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Recommendations from Health Care Professionals  
(Physician, Dietitian, Health Coach, Nutritionist, etc.):

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## Nutrition Facts - How to Read

### Nutrition Facts

1	8 servings per container	
	Serving size <b>2/3 cup (55g)</b>	
2	Amount per serving	
	<b>Calories 230</b>	
	% Daily Value*	
3	<b>Total Fat</b> 9g <b>10%</b>	
	Saturated Fat 1g <b>5%</b>	
	Trans Fat 0g	
	<b>Cholesterol</b> 0mg <b>0%</b>	
	<b>Sodium</b> 160mg <b>7%</b>	
	<b>Total Carbohydrate</b> 37g <b>13%</b>	
	Dietary Fiber 4g <b>14%</b>	
4	<b>Total Sugars</b> 12g	
	Includes 10g Added Sugars <b>20%</b>	
	<b>Protein</b> 5g	
5	<b>Vitamin D</b> 2mcg <b>10%</b>	
	<b>Calcium</b> 200mg <b>15%</b>	
	<b>Iron</b> 8mg <b>45%</b>	
	<b>Potassium</b> 235mg <b>6%</b>	
6	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Nutritional Guide

1. Start here
2. Check calories
3. Limit these nutrients
4. Quick Guide to % Daily Value (5% or less is low 20% or more is high)
5. Get enough of these nutrients
6. Footnotes

## Practice the 5 P's

1. **Purchase:** Choose to purchase healthy foods and snacks. Make a list of healthy foods you can afford.
2. **Prepare:** Prepare nutritious food that is heart healthy.
3. **Portion Control:** Use smaller plates, cups and bowls to manage portions.
4. **Presentation:** Make healthy food that is visually appealing.
5. **Physical Activity:** Exercise improves physical and mental health. Add at least 60 minutes of physical activity to your day.

Special thanks to **Mabuhay Health Center** for providing helpful feedback throughout the creation of this brochure and **Albourn** for providing translations!

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of awards as follows: Association of Asian Pacific Community Health Organizations (AAPCHO) National Training & Technical Assistance Cooperative Agreement totaling \$500,000 with 0 percent financed with non-governmental sources and MHP Salud National Training & Technical Assistance Cooperative Agreement totaling \$678,959.00 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, visit www.HRSA.gov.

# Our Healthy Eating Plate

Filipino/a/x American Edition



mhpсалud.org



aapcho.org



soulfoodpyramid.org



mabuhayhealthcenter.org



# Filipino/a/x Healthy Plate Brochure (English)

## Healthy Eating Plate with Filipino/a/x American Recommended Foods

Our calorie needs are about **2,000 calories\*** a day. Below are the U.S. Department of Agriculture (USDA) guidelines to your daily recommended amount of each food group.

Try adding some of these ingredients to your sinigang, tinola, or nilaga!



### Fruits

2 cups

Mango, banana, orange, pineapple, berries, apple, peach, melon, calamansi, cucumber, eggplant, or avocado.

### Vegetables

2 ½ cups

Broccoli, lettuce, bok choy, spinach, cabbage, tomato, asparagus, cauliflower, carrots, or mushrooms.

### Grains, Bread, Cereals

6 ounces

Cooked rice, cooked noodles, 1 slice of bread, cooked taro/yucca/potato, or cooked oats

### Protein

5 ½ ounces

Eat fish and/or seafood at least 3 times per week. For healthier choices try lean skinless chicken, pork, or tofu. Other sources of protein: 1 egg, lean meat, cooked beans, edamame, peanut butter, or nuts.

### Dairy

3 cups

Low-fat yogurt or cheese

## Our Filipino/a/x American Plate

A healthy and sustainable eating pattern considers personal preference, cultural tradition, budget, and nutrition.



### Eat More

#### Brown Rice or Quinoa

**Spices and Aromatics**  
(lemongrass, herbs, ginger, lime)

**Water or Flavored Water with Fruit/Mint**

**Roasted, Baked, Grilled, or Sautéed Foods**

**Lean Meats, Fish, Chicken, Shrimp**

**Whole Fruits and Veggies**  
(cook more meals and snacks at home and make fruit-based desserts)

### Eat Less/In Moderation

White Rice

Salt

Sugary Drinks/Juices

Fried Foods

Fatty Meats/Processed Meats

Junk Food

### Know Your Portion Sizes

 Fist/Cupped Hand = 1 Cup

 Palm = 3 oz. of Meat

 Thumb Tip = 1 Teaspoon

 A Thumb = 1 oz. of Cheese

 Handful = 1-2 oz. of Snacks

\* not including discretionary calories



# Hmong Healthy Plate Brochure (English)

## Nutrition and Healthy Lifestyles are Rooted in Family, Culture, and Community

Nutritious meals are essential to maintaining a healthy body. Informing yourself about the food you eat is a great start. This brochure provides suggestions on how to create a balanced meal with a special focus on Hmong American community members. The foods listed on this brochure are based on a survey reviewing the cultural traditions and dietary preferences of the community.



### Goal Setting

#### Your Personal Goals

Share Your Goals Here:

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#### Recommendations from Health Care Professionals

(Physician, Dietitian, Health Coach, Nutritionist, etc.):

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## It's Important to Know Your Nutrition Facts

Nutrition Facts	
1	8 servings per container Serving size 2/3 cup (55g)
2	Amount per serving <b>Calories 230</b>
	% Daily Value*
3	<b>Total Fat</b> 5g <b>10%</b> Saturated Fat 1g <b>5%</b> Trans Fat 0g
	<b>Cholesterol</b> 0mg <b>0%</b> <b>Sodium</b> 160mg <b>7%</b>
	<b>Total Carbohydrate</b> 37g <b>13%</b> Dietary Fiber 4g <b>14%</b> Total Sugars 12g
4	Includes 10g Added Sugars <b>20%</b>
	<b>Protein</b> 3g
5	Vitamin D 2mcg <b>10%</b> Calcium 200mg <b>15%</b> Iron 8mg <b>45%</b> Potassium 235mg <b>6%</b>
6	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutritional Guide

1. Start here
2. Check calories
3. Limit these nutrients
4. Quick Guide to % Daily Value (5% or less is low 20% or more is high)
5. Get enough of these nutrients
6. Footnotes

## Practice the 5 P's

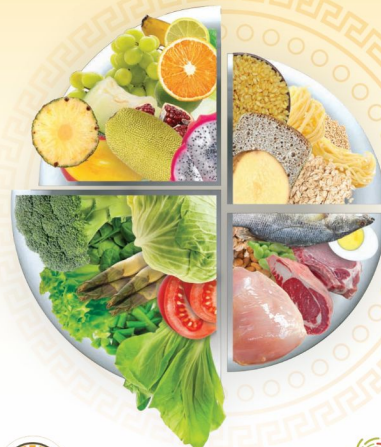
1. **Purchase:** Choose to purchase healthy foods and snacks. Make a list of healthy foods you can afford.
2. **Prepare:** Prepare nutritious food that is heart healthy.
3. **Portion Control:** Use smaller plates, cups and bowls to manage portions.
4. **Presentation:** Make healthy food that is visually appealing.
5. **Physical Activity:** Exercise improves physical and mental health. Add at least 60 minutes of physical activity to your day.

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# Our Healthy Eating Plate

Hmong American Edition



mhpсалud.org



aapcho.org



soulfoodpyramid.org



mncare.org



# Hmong Healthy Plate Brochure (English)

## Healthy Eating Bowl for Hmong American Recommended Foods

Our calorie needs are about **2,000 calories** a day\*. Below are the U.S. Department of Agriculture (USDA) guidelines to your daily recommended amount of each food group.

### Fruits

**2 cups**

Mango, banana, berries, grapes, orange, apple, peach, pineapple, avocado, cucumber, or other exotic fruits such as jackfruit or dragonfruit.

### Vegetables

**2½ cups**

Broccoli, lettuce, bok choy, spinach, cauliflower, cabbage, tomato, bamboo shoots, green beans, carrots, or mushrooms.

### Grains, Bread, Cereals

**6 ounces**

Cooked rice, cooked noodles, cooked potato and 1 slice of bread.

### Protein

**5½ ounces**

Recommended to eat fish and/or seafood at least 3 times per week. For healthier choices try lean skinless chicken, tofu, or pork. Other sources of protein; 1 egg, lean meat, cooked beans, edamame, seeds, or nuts.

### Dairy

**3 cups**

Low fat/skim milk/lactose-free milk/unsweetened calcium fortified plant milk, cheese, or yogurt.

\*not including discretionary calories

## Our Hmong American Plate



A healthy and sustainable eating pattern considers personal preference, cultural tradition, budget, and nutrition.

### Eat More



Whole Grains



Vegetables



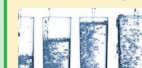
Fruits



Lean Proteins



Low-Fat Dairy



Drink Water

### Know Your Portion Sizes



Fist/Cupped Hand = 1 Cup



Palm = 3 oz. of Meat



Thumb Tip = 1 Teaspoon



A Thumb = 1 oz. of Cheese



Handful = 1-2 oz. of Snacks



# Filipino/a/x and Hmong Healthy Plate Project

- Three-year collaboration between AAPCHO and MHP Salud
  - Year 1: National survey
    - Minnesota Community Care and Mabuhay Health Center
  - Year 2: Development
    - Hebni Nutrition Consultants (Hebni)
  - **Year 3: Brochure launch**



# Selecting Filipino/a/x and Hmong Populations

- Narrow down the AA, NH, and PI subgroups for the resources based on:
  - Need;
  - Diabetes rates and;
  - MSAW status
- Little to no data on AA MSAW subgroups
  - The UDS data provide information about AAs and MSAWs, but the data could not be cross-tabulated.



# Selecting Filipino/a/x and Hmong Populations

- High density of MSAWs in California overlap with the San Joaquin Valley area, which has a high concentration of Hmong farmers.
- California has the highest rates of Filipino/a/x Americans.



# Overview of Survey

- Electronic survey distributed nationally to individuals identifying within the Filipino/a/x and Hmong American communities.
- Survey items were translated and presented in Tagalog, Hmong, and English.
- Participants reported dietary preferences across five food types, including fruit, vegetables, grains, dairy, and protein





# Overview of Survey

- Overlap of popular foods in both Filipino/a/x and Hmong respondents
  - Grains (rice, noodles)
  - Fruits (mangos, bananas)
  - Protein (poultry, eggs)
- Some differences
  - Calamansi higher for Filipinos
  - Bamboo shoots, mustard greens for Hmong
- Cultural food can vary depending on geography, generations, and communities/families/individuals



Special Guest Presentations

# Mabuhay Health Center and Minnesota Community Care





# Mabuhay Health Center at UCSF:

University of California, San Francisco (UCSF)

South of Market District, San Francisco

December 2022



# Presenting today:



**Katrina Gonzales**

**Administrative Director**  
2022-2023



**Isabel Rosales**

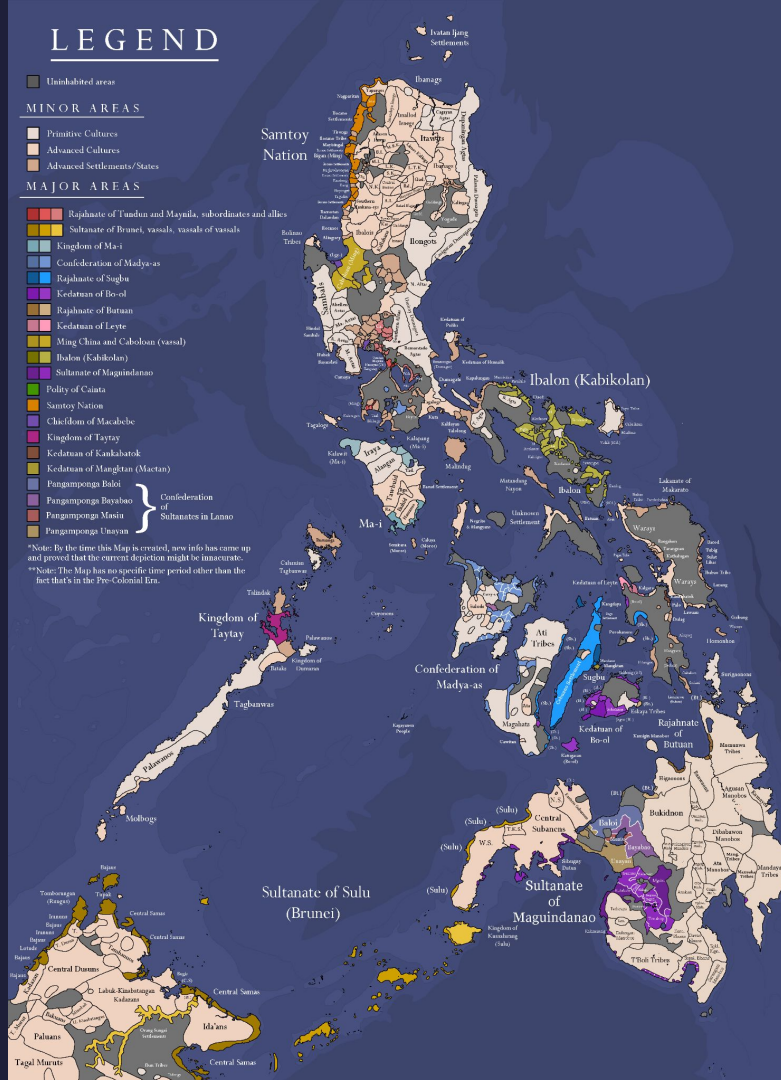
**Public Health Chair**  
2022-2023



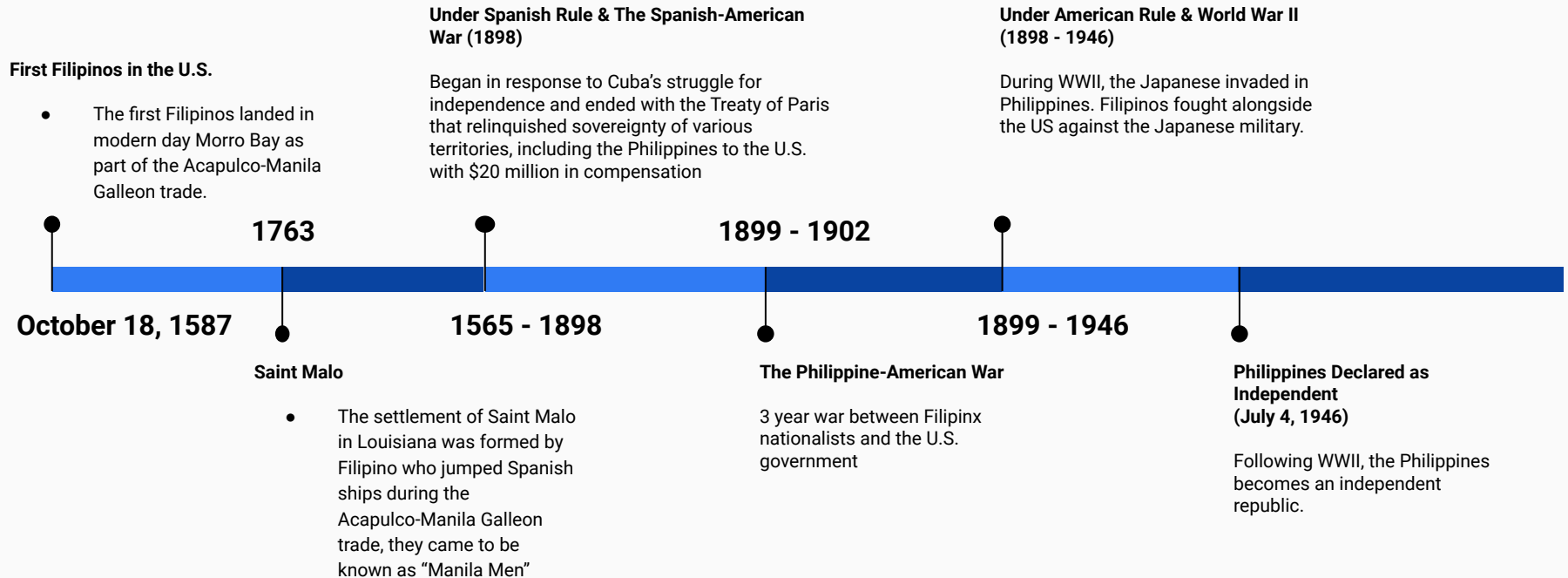
**Darius Ramirez**

**Public Health Director**  
2022-2023

# History of Filipino Americans



# Philippine History Timeline





# Philippines Under Spanish Rule (1565 - 1898)

## Why did they colonize the Philippines?

- Involve themselves in the spice trade
- Develop a relationship with China and Japan
  - The Philippines was seen as the “gateway” to the Orient
- Convert Filipinos to Christianity

## How did it affect the Philippines?

- Heavy influence on religion, arts, music, food, and fashion
  - Introduced Catholicism
- Colonial Mentality (still to this day)



# Philippines Under American Rule (1898 - 1946)

## Why did they colonize the Philippines?

- Claimed their intent was for tutelage and preparation for eventual independence
- Interest in trades with Philippines and China
  - Top imports from the Philippines included sugar, tobacco, dairy, meat, and coconut products
- Using Filipinos as cheap labor, especially in the agricultural industry

## How did it affect the Philippines?

- Increased agricultural and industrial industries
- Introduced free public school education system that emphasized English
- Influenced film, fashion, and literature culture
- Tagalog as the national language
- The struggle for Philippine independence shaped Filipinos to work towards self-government

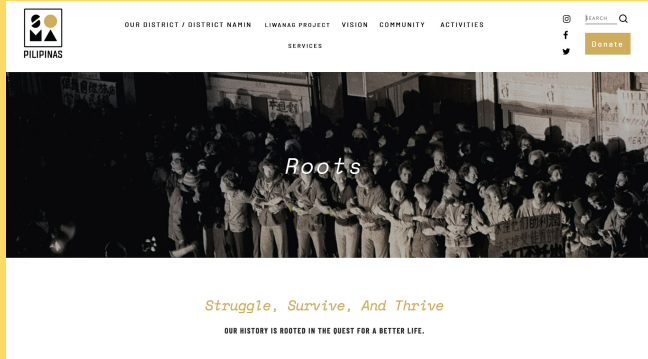
# Waves of Immigration

- First Asians to arrive in the U.S. in the 16th century
- Mass migration began in the early 20th century following the Treaty of Paris, which marked the end of the American Revolutionary War
- In the 1920s a majority of Filipinx immigrants to the U.S. were technically unskilled
- Immigration decreased in the 1930s, except for Filipinx veterans who served in the U.S. Navy

Philippine independence was recognized by the U.S. on July 4, 1946

Filipinx American numbers continued to grow, especially in the 1960s

After passage of the Immigration and Nationality Act of 1965, during Lyndon B. Johnson's presidency, a majority of Filipinx immigrants to the U.S. became skilled professionals and technicians



[somapilipinas.org/history](https://somapilipinas.org/history)

'20s

Filipinos are recruited from the Philippines by the U.S. due demand for low-wage labor for the agricultural industry. SF became one of the main centers of Filipino community

'61

Redevelopment of SoMa to build the Yerba Buena Center to attract businesses and tourists displaces 4,000 elders, retirees, Filipinos, and working class people.

'65

The Immigration Act of 1965 abolished the quota system and allowed for Filipino families to immigrate into the U.S.

'68

- Seniors, predominantly Filipinos, living in the International Hotel were forcefully evicted
- Soon after, **Tenants and Owners Development Corporation (TODCO)** was established for replacement housing for low-income seniors
- Filipino Community Organizations were established including the FEC and West Bay

'97

- **Delta Hotel** burns down and sold by Dr. Mario Borja to TODCO (non-profit) on the condition that it be turned into affordable housing and to continue his vision of having a community space for Filipino seniors and immigrant families.
- **The Filipino American Development Foundation (FADF)** was established; Dr. Borja's vision came true as the **Bayanihan House** (2001) and **Bayanihan Community Center** (2005)

*“We stand on the shoulders of those who have come before us.”*

# Healthcare Disparities Among Filipino-Americans

Lack of Health Insurance

Cultural Beliefs about Health

Access to Healthcare

Reliance on Family Support



# Healthcare Disparities Among Filipino-Americans

Approximately 67% of Filipino Americans in the study were hypertensive.

The present study confirmed a high rate of hypertension among Filipino Americans

Adding salt, physical inactivity, and old age were significantly associated with hypertension status.

# Mabuhay Health Center



# MHC History

**UCSF Pilipinos at UCSF Student Organization (PUSO)**, est. 1974, held yearly health fairs in the South of Market (SoMa) community in San Francisco.

An informal needs assessment was performed using surveys and interviews around the SoMa community.

Elderly Filipino population had little follow-up and returned annually with the same problems.



# The solution

MHC was founded by then-UCSF medical student, Alvin Teodoro, MD in 2009!





# What is Mabuhay Health Center (MHC)?

MHC is a volunteer-run community-based organization that partners with SoMa Pilipinas, the UCSF Department of Family and Community Medicine, and Department of Clinical Pharmacy\*. Recently we are now an official member of the National Association of Free and Charitable Clinics.

We are 100% run by volunteers, community donations, and grants.

*\*Views expressed during this presentation do not necessarily reflect those of UCSF or SoMa Pilipinas.\**

General volunteers include undergraduates, post-baccalaureate students, and graduate students who are generally pre-health.

Professional students from all UCSF schools—medicine, pharmacy, dentistry, nursing practitioners and physical therapy—volunteer alongside general volunteers.



# Our services (free!)

- Health screening (vital signs, mental health assessments)
- Health education (monthly topics) in clinic *and* in the community
- Physical exams, dental exams, and medication therapy management
  - Started by UCSF professional students (medicine, pharmacy, dentistry, nursing, physical therapy) and overseen by UCSF preceptors
- Mental and behavioral health support
- Youth programs (health education, community events)
- Pediatric sports physicals
- Healthy Filipino meals
- Community socials (MHC Day)
- Volunteer Mentorship



# Maintaining Community Partnerships



# Filipino Food & MyPlate

# Filipino cuisine

Filipino cuisine centers around a combination of sweet, sour, and salty flavors!

Dishes range from simple fried fish and rice to more complex curries, paellas, and stews!



# Why are culturally-relevant materials important?

- Celebrate food: part of culture/identity
- Culturally-competent
- Culture & Health Literacy

“When patients and providers speak the same language, patients report less confusion and better health care quality.” - Wayne State University

**Nutrition and Healthy Lifestyles are Rooted in Family, Culture, and Community**

Nutrition facts are essential for understanding an individual diet. Informing yourself about the food you eat and practicing mindful eating - the practice of eating with an awareness of your body and the taste, satisfaction, and fullness the food provides - is a key way to approach a healthy lifestyle. This brochure provides suggestions on how to create a nutritious meal with a special focus on Filipino-American community members. The facts listed on this brochure are based on a survey assessing the cultural traditions and dietary preferences of the community.

**Goal Setting**

Your Personal Goals  
Share Your Goals Here:  
Who can I ask to go on this healthy journey with?

What nutritional choices can I make to make my mind and body feel strong and healthy?

Recommendations from Health Care Professionals  
(Physician, Dietitian, Health Coach, Nutritionist, etc.)

**Nutrition Facts - How to Read**

**Nutrition Facts**  
Serving size: 1 cup (100g)  
Amount per serving: 230 calories

**Nutritional Guide**

1. Start here
2. Check calories
3. Limit these nutrients
4. Quality matters
5. Get enough of these nutrients
6. Favorites

**Practice the 5 P's**

1. **Purchase:** Choose to purchase healthy foods and create a list of healthy foods you can afford.
2. **Prepare:** Prepare nutritious food that is easy to eat.
3. **Portion Control:** Use smaller plates, cups and bowls to manage portions.
4. **Presentation:** Make healthy food that is visually appealing.
5. **Physical Activity:** Exercise improves physical and mental health. Add at least 60 minutes of physical activity to your day.

Special thanks to Mabuhay Health Center for providing helpful feedback throughout the creation of this brochure and **Mabuhay** for providing translations!

QAMPCHO NGB+I

**Our Healthy Eating Plate**  
Filipino/a/x American Edition

**Healthy Eating Plate with Filipino/a/x American Recommended Foods**

Our plates make an official 2008 update! See below are the U.S. Department of Agriculture (USDA) guidelines to your daily recommended amount of each food group.

Try adding some of these ingredients to your snacking, meals, or rituals!

**Fruits** 1 1/2 cups  
Mango, banana, orange, pineapple, berries, apple, peach, melon, cantaloupe, cucumber, eggplant, or avocado.

**Vegetables** 2 1/2 cups  
Broccoli, lettuce, bok choy, spinach, cabbage, tomato, asparagus, cauliflower, carrot, or mushrooms.

**Grains, Bread, Cereals** 6 oz  
Cooked rice, cooked noodles, 1 slice of bread, cooked tamoyuca/patalis, or cooked oats.

**Protein** 5 oz  
Eat fish and/or seafood at least 1 time per week. For healthier choices try lean skinless chicken, pork, or beef. Other sources of protein: Tofu, lentils, beans, cooked beans, edamame, peanut butter, or nuts.

**Dairy** 3 cups  
Low-fat yogurt or cheese.

\*not including discretionary calories.

**Our Filipino/a/x American Plate**

A healthy and sustainable eating pattern considers personal preferences, cultural traditions, budget, and nutrition.

**Know Your Portion Sizes**

Full-Cupped Hand = 1 Cup  
Palm = 3 oz of Meat  
Thumb Tip = 1 teaspoon  
A Thumb = 1 oz of Cheese  
Heel of Hand = 1 oz of Snacks

**Eat More**

Brown Rice or Quinoa  
Spices and Aromatics (onion, garlic, ginger, lime)  
Water or Flavored Water with Fruit/Lime  
Roasted, Baked, Grilled, or Steamed Foods  
Lean Meats, Fish, Chicken, Shrimp  
Whole Fruits and Veggies (soak more meals and snacks at home and make fresh-based desserts)

**Eat Less/In Moderation**

White Rice  
Salt  
Sugary Drinks/Alcohol  
Fried Foods  
Fatty Meats/Processed Meats  
Junk Food

QAMPCHO NGB+I

MABUHAY Health Center



# Chicken Tinola

## Ingredients:

- 2 tbsp vegetable oil
- 1 small white onion, chopped
- 2 thumb size ginger, cut into strips
- 4 cloves of garlic, minced
- 2 lbs boneless, skinless chicken breast and thigh, cut into pieces
- 1 chayote squash or green papaya
- 1 cup malunggay leaves or bok choy
- 2 cups low sodium chicken broth
- 2-3 cups water
- 1 tbsp fish sauce
- ¼ tsp ground black pepper



# Chicken Tinola

## Directions

- 1) Using a big pot, heat and add cooking oil
- 2) Add ginger, onion, and garlic. Stir until soft and fragrant
- 3) Add chicken and stir. Cook for about 5 minutes
- 4) Add fish sauce and ground pepper. Cook for 2 minutes
- 5) Add chicken broth and water to the pot until chicken is fully covered. Bring water to a boil, then lower to simmer. Cover pot and cook until the chicken is cooked thoroughly, about 25 minutes
- 6) Add chayote or papaya and cover pot. Cook until tender, about 5 minutes
- 7) Add malunggay leaves or bok choy. Cook for 2 minutes
- 8) Serve immediately over brown rice





# Other dishes





***Salamat!***  
***(Thank you!)***

Follow us on **Facebook, Instagram,**  
& **Youtube** @mabuhayhealthcenter!

Visit our **website:**  
mabuhayhealthcenter.org

**Contact us:**  
[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)



# Culturally-Relevant Adolescent Nutrition Care

## Health Start School-Based Clinics

### Presented by:

- DessaRae Smith, MS, RDN, LD, Manager of Nutrition Services
- Katelyn Meaux, MS, RDN, LD
- Amy Yang, Manager of HIV Programs



# MCC Introduction & Overview

Since 1969, Minnesota Community Care has been a safety-net health care provider for historically marginalized & underserved communities.

Minnesota Community Care provides full-service healthcare for all people, regardless of income or insurance status.



**Mission:** *Strengthening the well-being of the community through healthcare for all.*



# Health Start School-Based Clinics

*A multidisciplinary approach to addressing health equity and educational opportunity for all children*

**NURSE PRACTITIONERS**

**CLINICAL THERAPISTS**

**HEALTH EDUCATORS**

**REGISTERED DIETITIANS**

- Identify unmet needs
- Screen for risks and SDOH
- Treat medical conditions
- Provide preventive health care
- Assess for referral

- Assess trauma history
- Screen for mental health conditions
- Provide treatment plan and therapy
- Assess for referral

- Assess health literacy
- Listen to their story
- Provide information
- Teach skills
- Assure understanding
- Assess for referral

- Assess health status, family history, food access, cultural food preferences
- Provide motivational interviewing, Nutrition education & counseling, Medical Nutrition therapy
- Recruit for Fit Team
- Assess for referral

**PILLARS**

**1**

**PATIENT-CENTERED  
HOLISTIC CARE**

**2**

**TRAUMA INFORMED  
ENVIRONMENT**

**3**

**STRENGTHS-BASED  
APPROACH**

**4**

**EQUITY AND  
ACCESS**

# School Based Nutrition Services

2 Registered  
Dietitian  
Nutritionists

1 Certified  
Fitness Trainer

1:1 Nutrition Education  
& Counseling  
Medical Nutrition Therapy

Fitness Training

9 Clinics  
St. Paul Public  
Middle &  
High Schools

Telehealth

WHO

WHAT

WHERE



# Nutrition Services Mission & Vision

## **Mission:**

To provide **compassionate**, effective, youth-centered & **culturally-relevant** nutrition services, including Nutrition Counseling and Medical Nutrition Therapy within a multidisciplinary care team, which equip & **empower young people to adopt healthy habits** that become permanent, health-enhancing behaviors.

## **Vision:**

For all adolescents to grow to their highest possible state of health & wellbeing via **optimized nutrition** & regular physical activity, thereby **interrupting intergenerational cycles of poor health & disease**.

# Hmong Population in Minnesota

## *A very brief overview:*

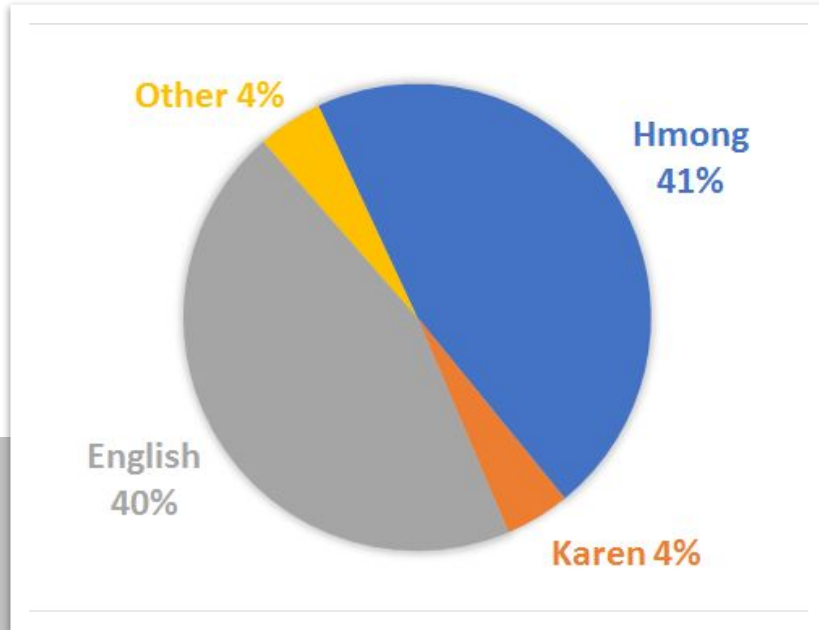
- The journey of Saint Paul's Hmong population to Saint Paul began more than 46 years ago following the Vietnam War in 1975.
- The Hmong — a distinct ethnic group with ancient roots in China—began coming to Minnesota in 1975 as refugees from the destructive wars that had ravaged their homelands in Laos.
- Today, there are more than 66,000 Hmong in Minnesota, and the Twin Cities metro is home to the largest concentration of Hmong in America.
- Saint Paul is enlivened with the vibrant traditions and culture of the Hmong people.



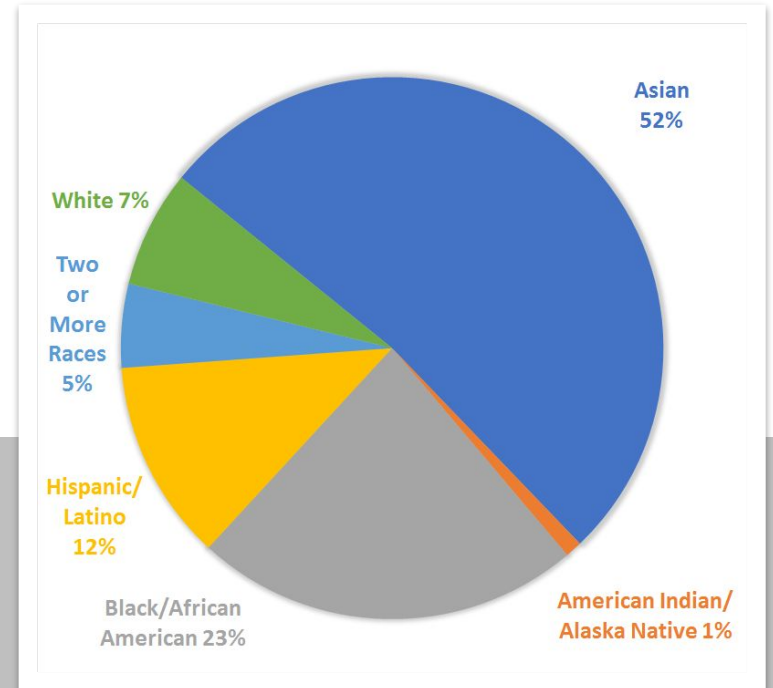


# Harding High School Demographic Data:

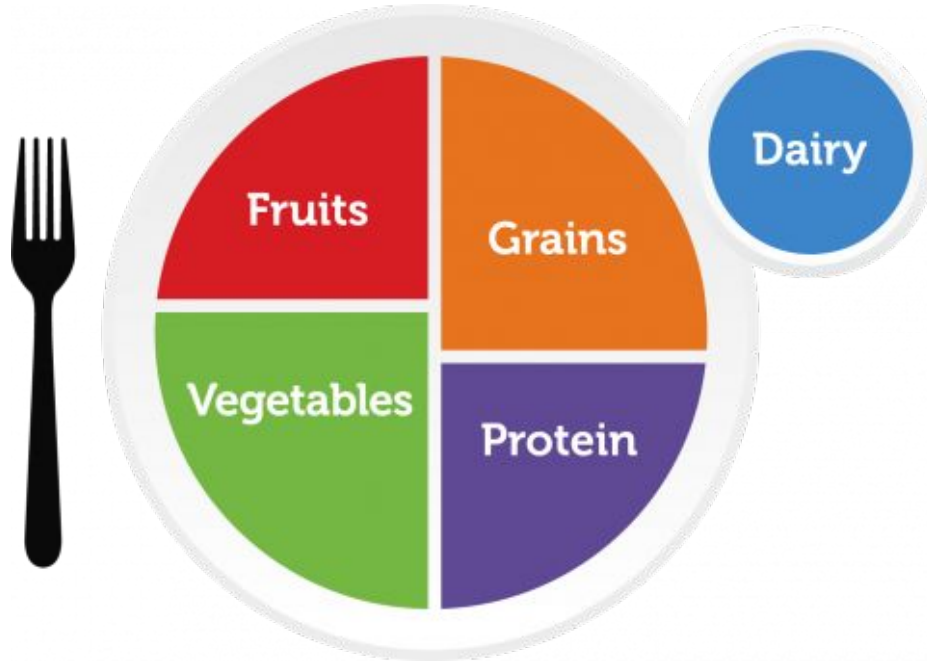
## Language Spoken at Home:



## Race / Ethnicity:



# Original USDA MyPlate



## Pros:

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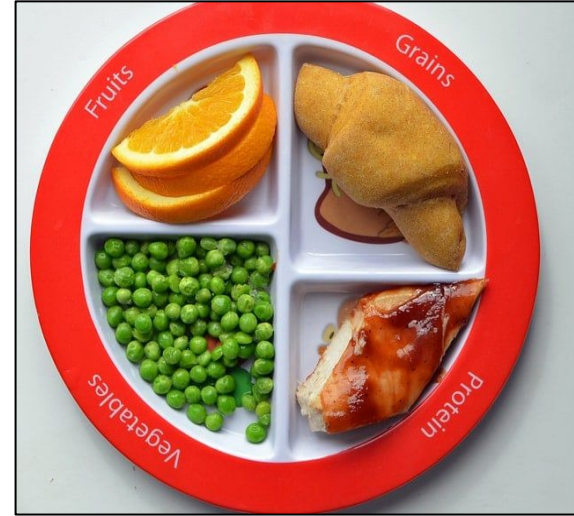
- Simple
- Encourages balance & variety

## Cons:

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- Lacks examples of foods found in each group
- Implies that food groups should be separated at meals

# Typical MyPlate Examples



# Students Say:

The doctor told me I have to stop eating rice and noodles to be healthy.

My meals don't look like that.

My family doesn't eat healthy foods. They only cook greasy Hmong foods.

Which fruits are the healthiest? Is mango okay?

I can't eat what my family makes if I want to lose weight.

We don't eat kale, so I don't think we eat healthy food.

Would it be better if I ate sandwiches instead of the Hmong foods my parents make?

That's not how we eat.

# Some Strengths of Traditional Among Food Culture

1. Dishes are flavored by ginger, lemongrass, garlic, citrus, fresh herbs, and other foods with health benefits
2. Gardens/small farms and participation in local farmers' markets are popular
3. Boiling, stir frying, and steaming are common cooking methods
4. Food has a role as a community builder / social activity
5. Nutrient dense leafy greens are featured in many dishes

No one should be made to feel that their culture's food is inferior, unhealthy, or inadequate.

Historically, nutrition and medical education have lacked cultural perspective, promoting this belief.

# Ramsey County Nutrition Resources

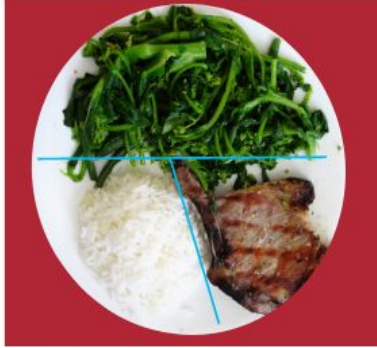


**Usual Plate**

- o ½ plate rice/noodles
- o ¼ plate meat
- o ¼ plate vegetables

**Phaaj Peb Naj Nub Noj**

- ½ taig mov lossis fawm
- ¼ taig nqaj
- ¼ taig zaub



**Healthy Plate**

- o ½ plate vegetables
- o ¼ plate rice/noodles
- o ¼ plate non-fatty meat

**Phaaj Zoo Rua Peb**

- ½ taig zaub
- ¼ taig mov lossis fawm
- ¼ nqaj ntshiv

Have **more** of these:

*Noj ntau tshaaj*



Have **less** of these:

*Noj tsawg tshaaj*



# Hmong Healthy Eating Plate

"A healthy and sustainable eating pattern considers personal preference, cultural tradition, budget, and nutrition."

Plate includes familiar foods and encourages appropriate ratios

## Healthy Eating Bowl for Hmong American Recommended Foods

Our calorie needs are about **2,000 calories** a day\*. Below are the U.S. Department of Agriculture (USDA) guidelines to your daily recommended amount of each food group.

**Fruits** 2 cups

Mango, banana, berries, grapes, orange, apple, peach, pineapple, avocado, cucumber, or other exotic fruits such as jackfruit or dragonfruit.

**Vegetables** 2½ cups

Broccoli, lettuce, bok choy, spinach, cauliflower, cabbage, tomato, bamboo shoots, green beans, carrots, or mushrooms.

**Grains, Bread, Cereals** 6 ounces

Cooked rice, cooked noodles, cooked potato and 1 slice of bread.

**Protein** 5½ ounces

Recommended to eat fish and/or seafood at least 3 times per week. For healthier choices try lean skinless chicken, tofu, or pork. Other sources of protein; 1 egg, lean meat, cooked beans, edamame, seeds, or nuts.

**Dairy** 3 cups

Low fat/skim milk/lactose-free milk/unsweetened calcium fortified plant milk, cheese, or yogurt.

\*not including discretionary calories

## Our Hmong American Plate



## Eat More



A healthy and sustainable eating pattern considers personal preference, cultural tradition, budget, and nutrition.

Emphasizes foods to include more of instead of foods to restrict

## Know Your Portion Sizes



Provides tips for estimating portions to better connect with recommendations

Examples of each food group that were identified by Hmong survey participants as commonly eaten foods

## Making it Real

Dishes served at the **Union Hmong Kitchen** in Minneapolis: Protein choice with purple rice, lettuce wrappers & pickled vegetables



Pork & Ginger Stir Fry with  
Rice, Bok Choy & Pepper Dip





# Healthy Plate Examples

Boiled Chicken & Greens  
Soup Served with Rice



Chicken Larb Lettuce Wraps  
with Fresh Herbs, Pickled  
Vegetables, and Rice

Curry Noodle Soup  
with Egg and Herbs



Fresh Herb  
Stuffed Fish



Spicy Bamboo  
Salad



Green Papaya Salad  
with String Beans and  
Tomato



Hmong Village  
Market



Nutrition is for everyone.

There is no one right way to eat –  
All foods can be part of a healthful diet.

# Additional Resources/Closing Thoughts

*"...the maintenance of the healthful aspects of the Hmong food habits should be a focus of food and nutrition-related programs supported by public and nonprofit agencies."*

Hmong Food Helps Us Remember Who We Are: Perspectives of Food Culture and Health among Hmong Women with Young Children <https://doi.org/10.1016/j.jneb.2009.10.011>

*"Remember, you have cultural strengths to help you be healthy."*

[https://www.ramseycounty.us/sites/default/files/Health%20and%20Medical/Public%20Health%20Initiatives/healthcare\\_connections\\_patient\\_handout.pdf](https://www.ramseycounty.us/sites/default/files/Health%20and%20Medical/Public%20Health%20Initiatives/healthcare_connections_patient_handout.pdf)

Q + A



# Post-Webinar Evaluation

Please take 2-3 minutes to provide your feedback on today's webinar.

Please contact us if you have any questions at:  
[training@aapcho.org](mailto:training@aapcho.org) or [info@mhpsalud.org](mailto:info@mhpsalud.org).

THANK YOU!



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