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

AAPCHO

MHP Salud

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:

HEBNI

ACCESS
assisting. improving. empowering.

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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

AAPCHO

MHP Salud

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.

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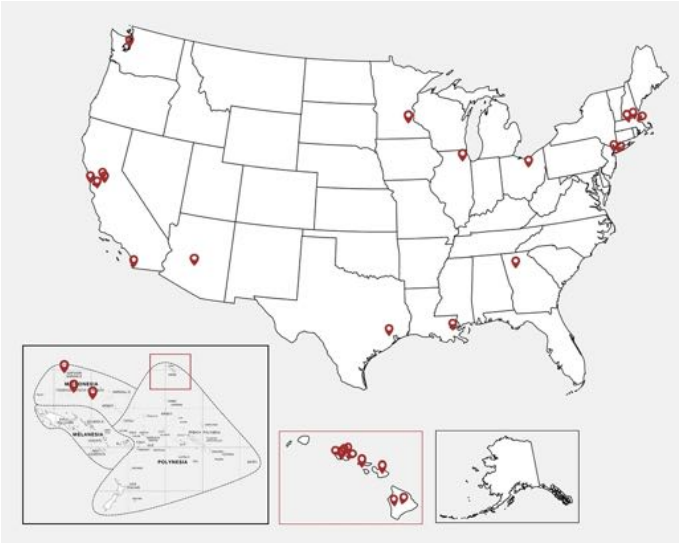
Mission & Impact

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

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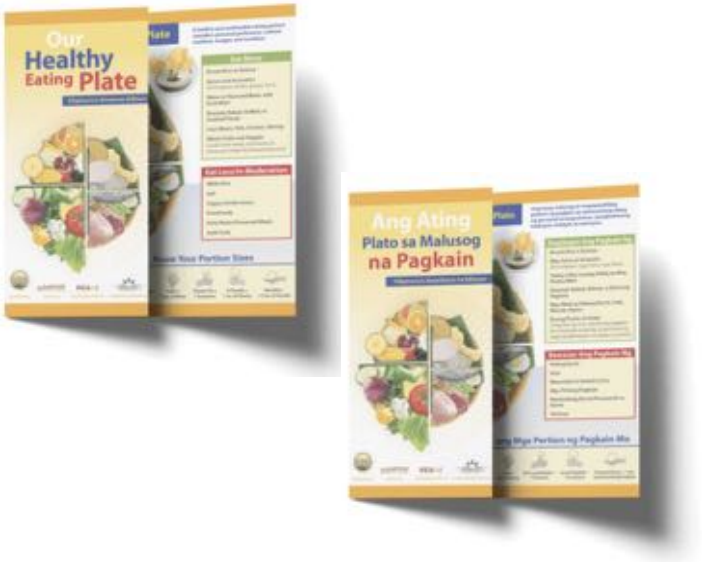
Our Healthy Eating Plate: Filipino/a/x and Hmong Editions

- Available in English, Tagalog, and Hmong



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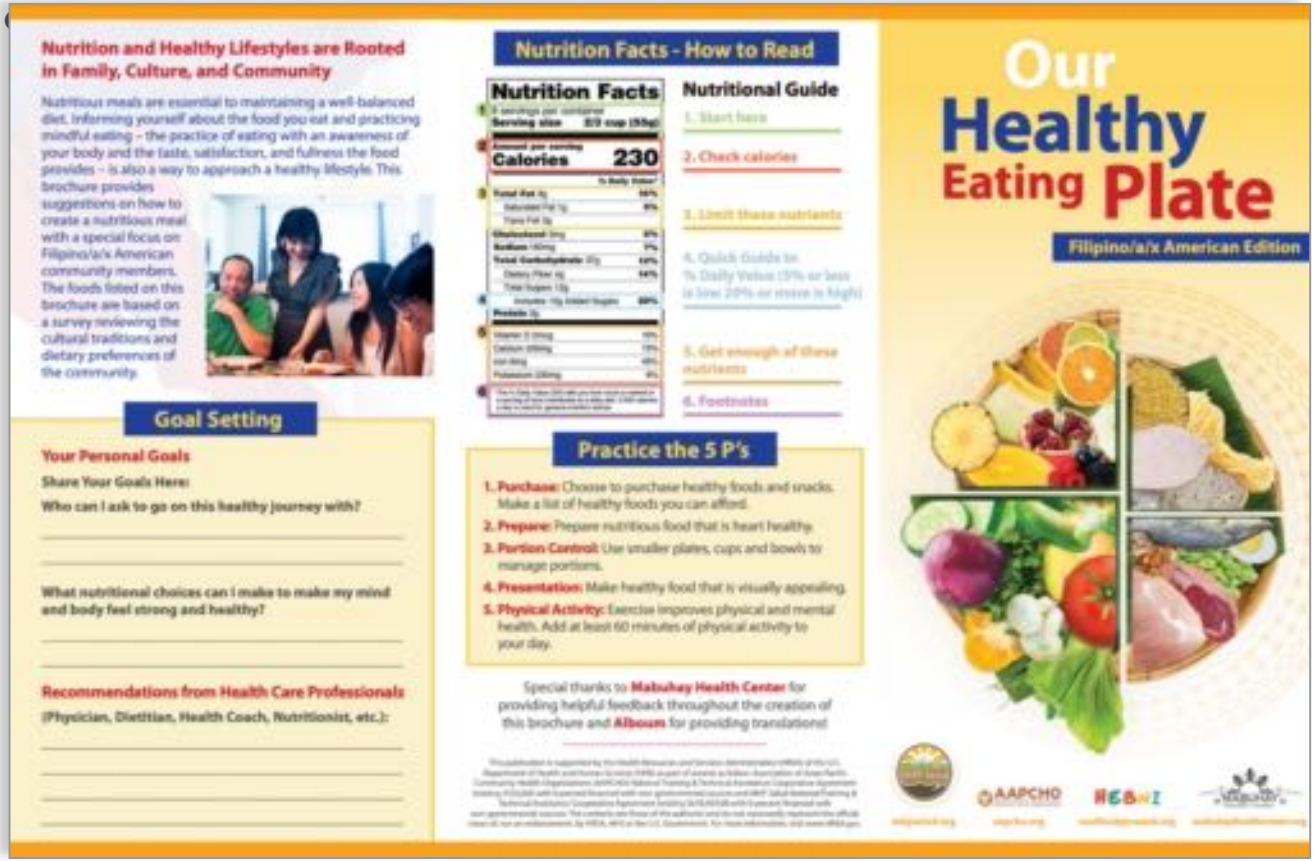
Filipino/a/x Healthy Plate Brochure (English)



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?

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 2/3 cup (55g)

Calories 230

% Daily Value*

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.

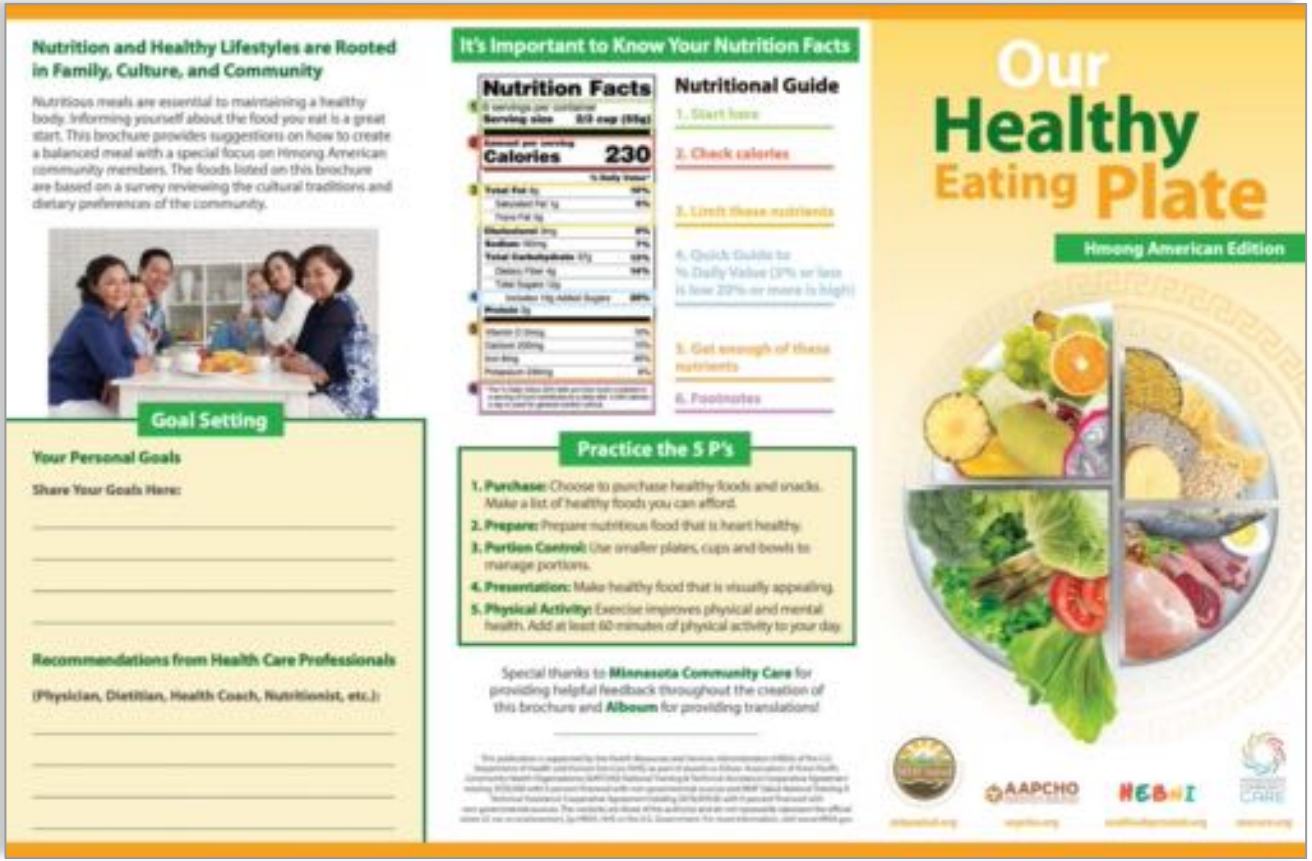
Special thanks to **Mabuhay Health Center** for providing helpful feedback throughout the creation of this brochure and **Alboum** for providing translations!

Our Healthy Eating Plate

Filipino/a/x American Edition

Filipino/a/x Healthy Plate Brochure (English)

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:

Recommendations from Health Care Professionals

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

It's Important to Know Your Nutrition Facts

Nutrition Facts

Calories 230

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

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Special thanks to **Minnesota Community Care** for providing helpful feedback throughout the creation of this brochure and **Alboum** for providing translations!

Our Healthy Eating Plate

Hmong American Edition

Hmong Healthy Plate Brochure (English)

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