

A Creative Hands Approach to Teaching Nutrition Chronic Diseases

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Problem

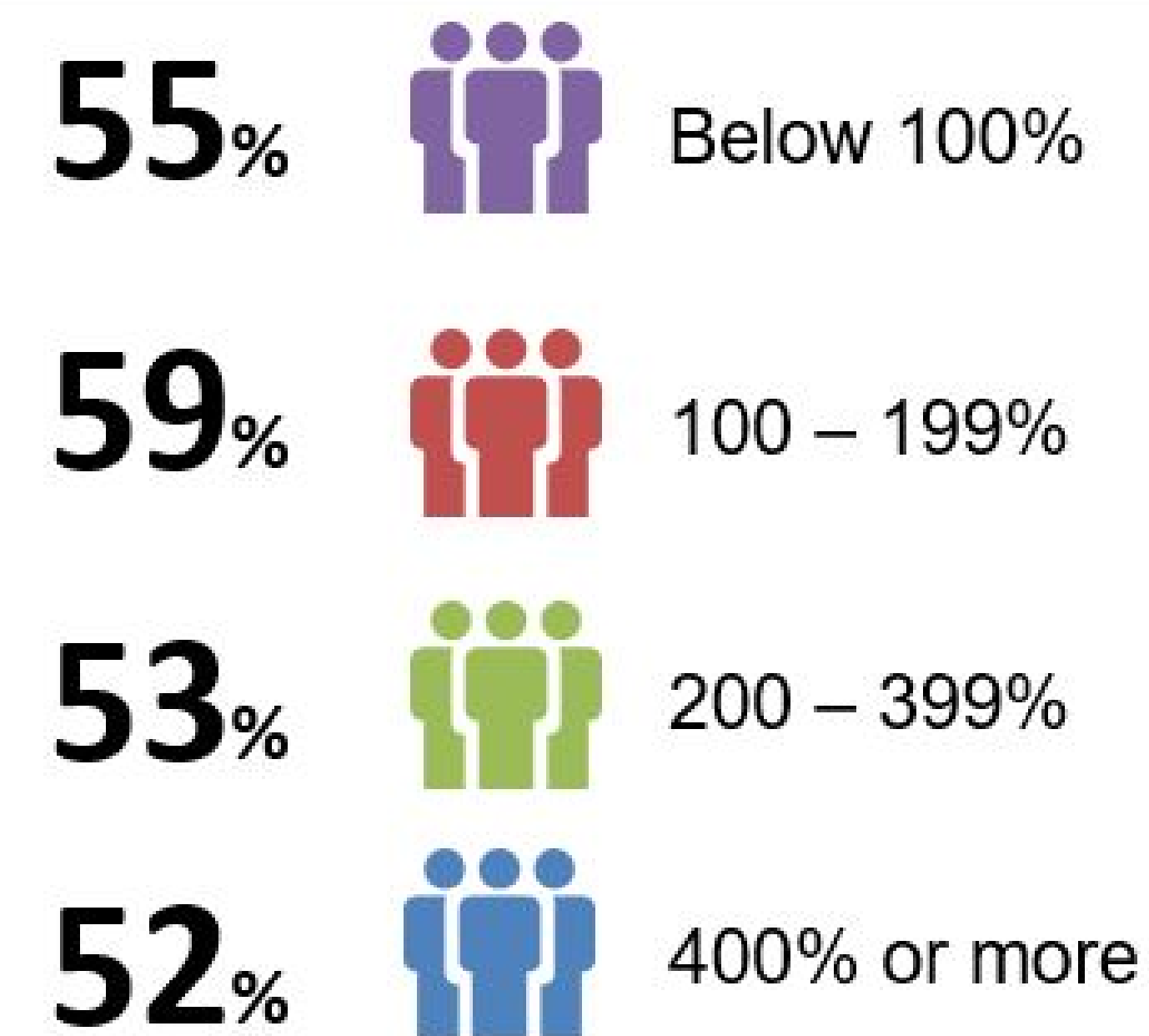
A **health disparity** population, typically the poor and minority subgroups → experience a significantly higher incidence and prevalence of nutrition chronic diseases

- Asian or Pacific Islander***
 - Disease of Heart: 100 (2010) → 85 (2016)
 - Cerebrovascular Diseases: 33 (2010) → 30 (2106)
 - Malignant Neoplasms: 108 (2010) → 97 (2016)
 - Diabetes Mellitus : 15 (2010) → 15 (2016)
- Hispanic or Latino ***
 - Disease of Heart: 132 (2010) → 115 (2016)
 - Cerebrovascular Diseases: 32 (2010) → 32 (2106)
 - Malignant Neoplasms: 119 (2010) → 110 (2016)
 - Diabetes Mellitus : 27 (2010) → 24 (2016)
- Non-Hispanic Black***
 - Disease of Heart: 224 (2010) → 205 (2016)
 - Cerebrovascular Diseases: 53 (2010) → 50 (2106)
 - Malignant Neoplasms: 203 (2010) → 177 (2016)
 - Diabetes Mellitus : 38 (2010) → 36 (2016)

*Age-adjusted death rates for selected causes of death, by sex, race, and Hispanic origin: United States, selected years 1950-2016

Percent of Poverty Level*

(Uncontrolled high blood pressure (systolic pressure of at least 140 mm Hg or diastolic pressure at least 90 mm Hg) among person w/hypertension)



*Hypertension among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2013–2016

Elimination of **health disparities** → could save over \$200 billion spent on direct health care expenditures¹

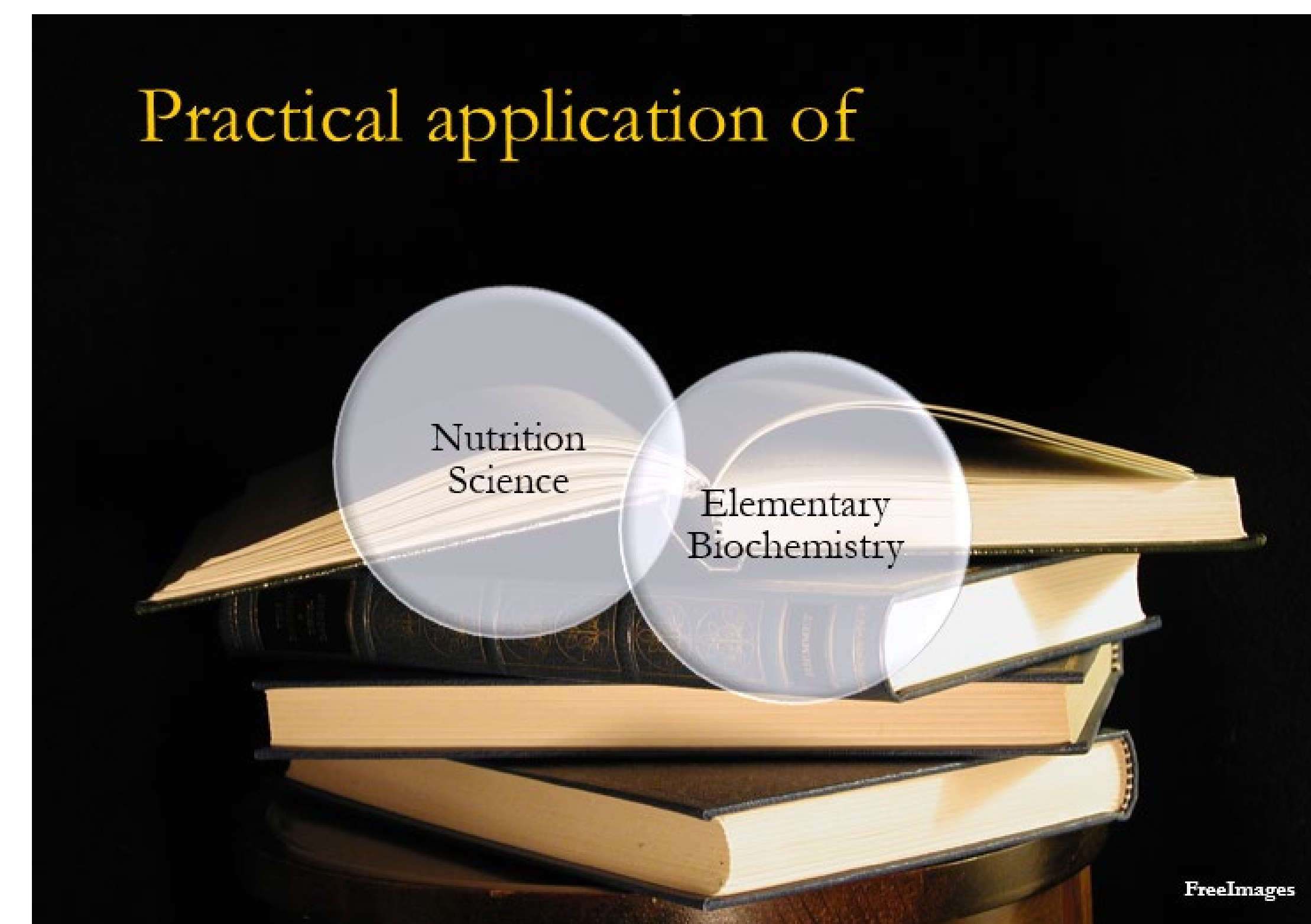
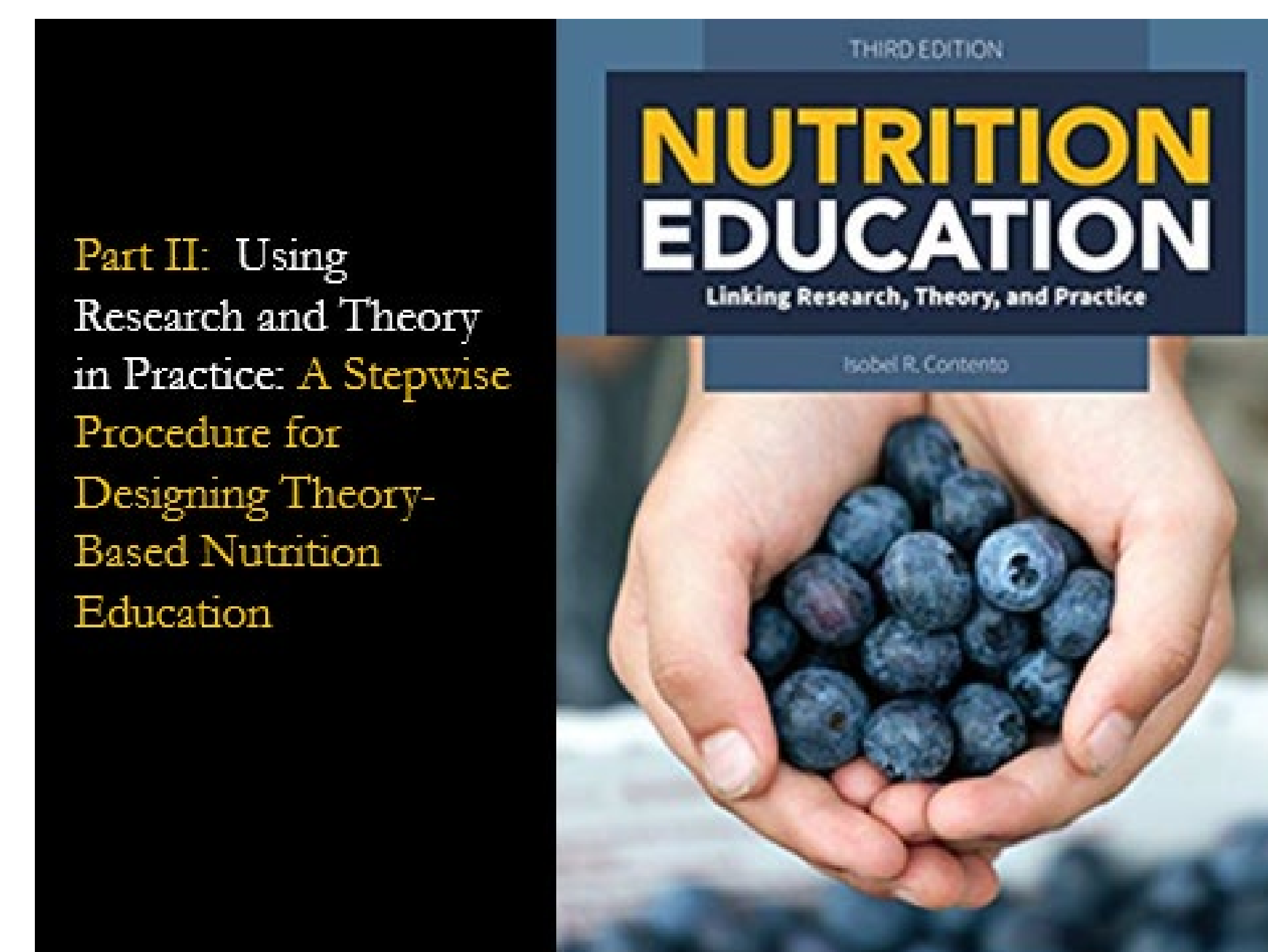
Source: National Institutes of Health¹

Project Purpose & Hypothesis

The purpose of this project is to engage adults to take assume control of their health for the prevention of nutrition chronic diseases.

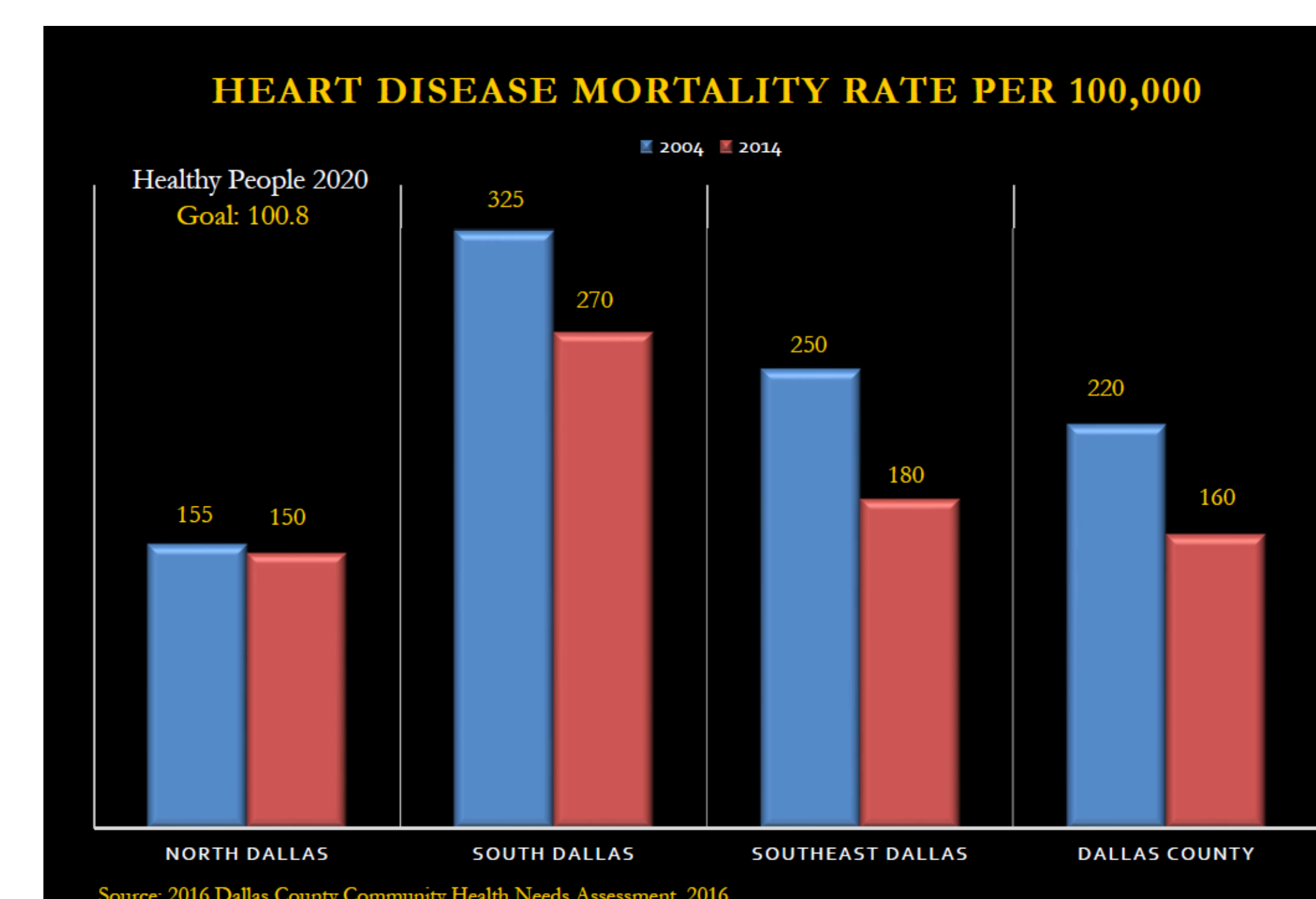
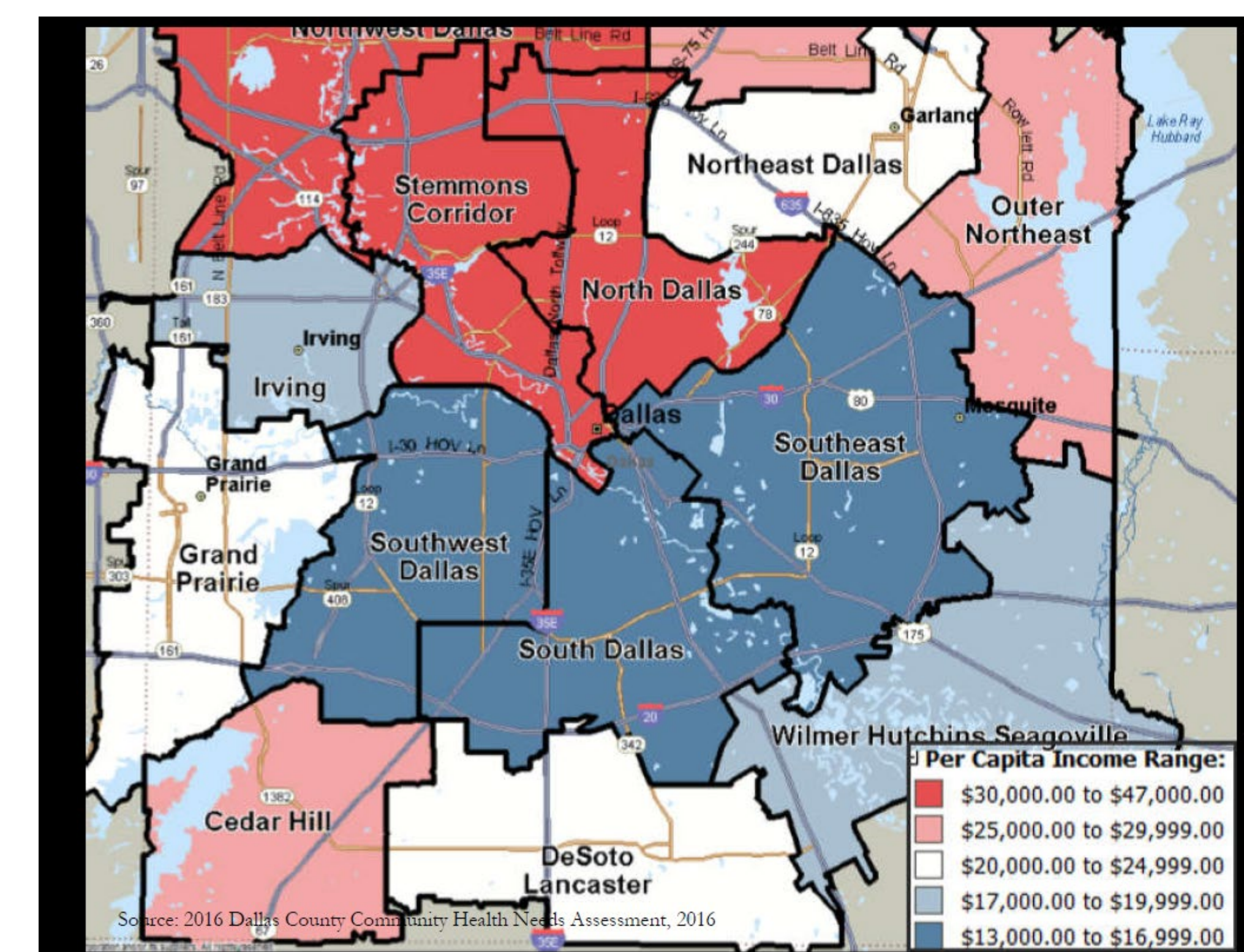
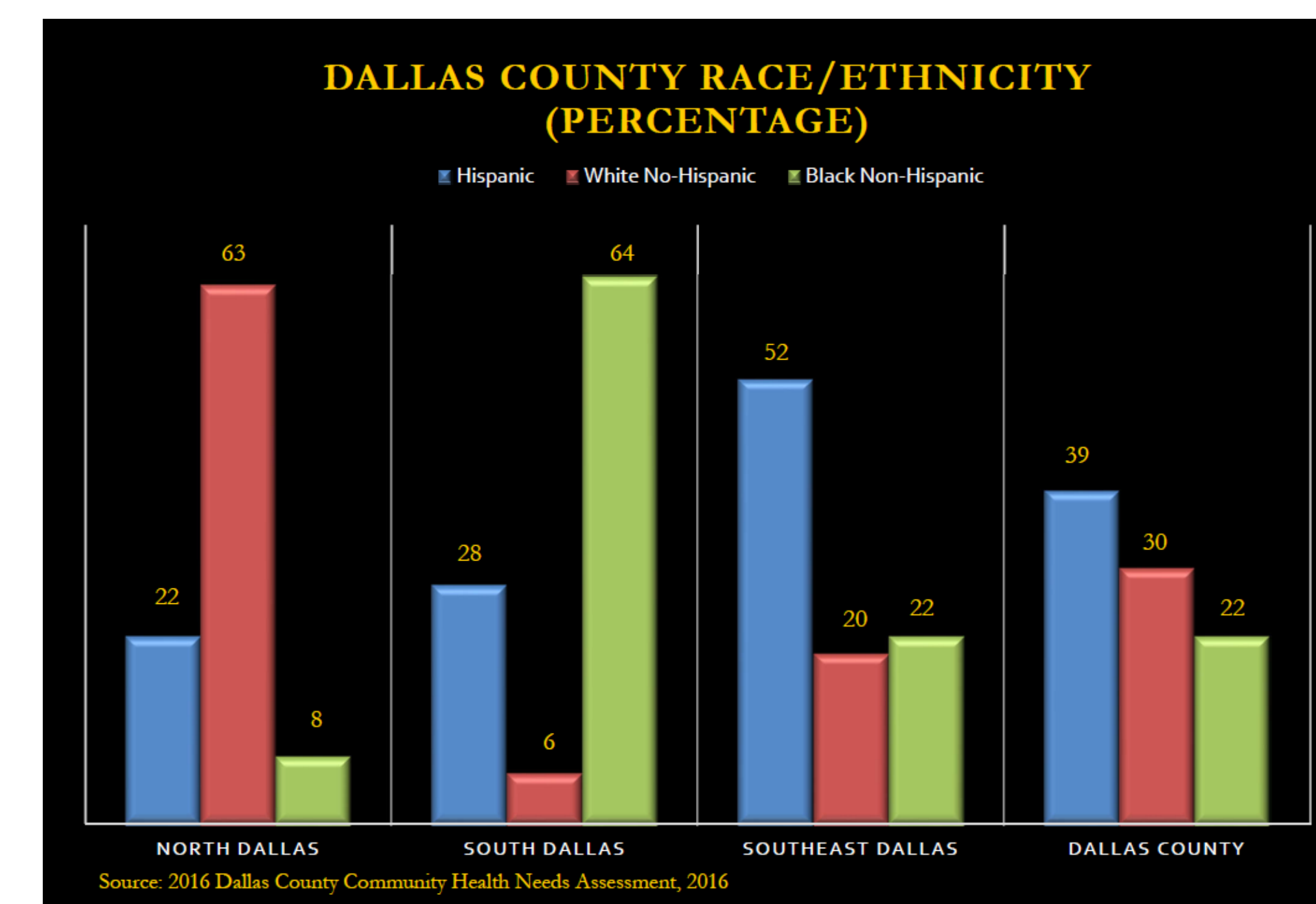
Our hypothesis is that a hands-on curriculum can teach low-literate, low-income adults the underlying mechanism(s) contributing to nutrition chronic diseases.

This project utilizes nutrition education classroom theories → prevent nutrition related chronic diseases – experienced primarily by the poor & minority subgroups



Student Learning

This project is most appropriate for student learning – provides the student with an opportunity to promote health equity within a community setting – South and Southeast Dallas



Curriculum

This project is deliverable by way of → a 9-week curriculum (e.g., Atoms, Carbohydrate, and Obesity) at any physical location

BIOCHEMISTRY LITERACY FOR KIDS
College learning at the elementary level

Data from a short-ended questionnaire on the curriculum → to be collected at baseline and following the completion of the curriculum

This project will qualitatively assessed, using an Influence Matrix, the impact and/or success the project has had on participants' lives.

This project is unique and has the potential to develop future solutions to alleviate health disparities.