

Free 1-Credit CE Webinar
 Wednesday, April 30 at 2-3 pm EDT
**Minority Health and
 the Dairy Connection**
 Presented by Constance Brown-Riggs, MSEd, RD, CDE, CDN



Suggested Learning Codes: 1000, 1040, 2000, 2020, 4040, 6000; Level 2

Learning Objectives:

1. Delineate the food choices, taste and predilections of people of African and Hispanic heritage.
2. Provide strategies to include dairy in the diets of African American and Hispanic Americans.
3. Identify culturally appropriate strategies useful in helping to motivate behavior change.

**Constance
 Brown-Riggs**
 MSEd, RD, CDE, CDN



Disclosure:
 Constance serves as a nutrition advisor for Dannon's One Yogurt Everyday initiative.

An award-winning RD, certified diabetes educator, and past national spokesperson for the Academy of Nutrition and Dietetics, Constance is the author of *The African American Guide to Living Well With Diabetes*, which received the Favorably Reviewed designation from the American Association of Diabetes Educators and *Eating Soulfully and Healthfully with Diabetes*.

Over the course of her career, Constance has established herself as an expert in nutrition, diabetes, and the cultural issues that impact the health and health care of people of color. Constance is past president of the New York State Dietetic Association and the Long Island Dietetic Association. Her professional honors include the 2012 Award for Excellence in Consultation and Business Practice from the Academy of Nutrition and Dietetics, the 2009 Distinguished Dietitian Award from the New York State Dietetic Association, and the 2007 Diabetes Educator of the Year from the American Dietetic Association Diabetes Care and Education Practice Group.

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**African Americans and Hispanics may
 have the most to gain from dairy.**



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Webinar Agenda

1. Minority Groups in the United States
2. Minority Health at a Glance
3. Diseases Threatening Minorities and the Dairy Connection
4. What Nutrition Professionals Can Do to Help Minorities Meet Dairy Needs
5. Minority Health Resources
6. Summary and Q&A

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Who are African Americans?



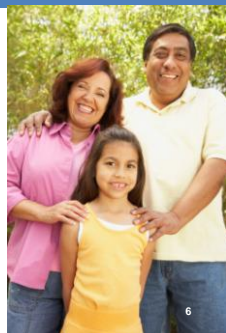
- Black racial groups of Africa
 - In US for generations
 - Recent immigrants
 - Africa, Caribbean, West Indies
 - Southeast and mid-Atlantic
 - Louisiana, Mississippi, Alabama, Georgia, South Carolina and Maryland
- (Rastogi et al, US Census Bureau, 2011)

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Who are Hispanic Americans?

- Cuban, Mexican, Puerto Rican, South or Central America, or other Spanish cultural origin regardless of race.
- Largest and fastest growing minority.
- Over half live in California, Texas and Florida.

(Rastogi et al, US Census Bureau, 2011)



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Minority Health at a Glance: Obesity

- 2011, African American women 80% more likely to be obese than Non-Hispanic White women.
(Obesity and African Americans, Office of Minority Health, 2013)
- 2009- 2010 Mexican American children, between the ages 6 and 17, 60% more likely to be overweight than non- Hispanic White Children.
- Children 2- 19 years with body mass index $\geq 95^{\text{th}}$
 - 24.3% non-Hispanic black
 - 21.2% Hispanic
 - 14% non-Hispanic white(Fryar et al, Centers for Disease Control and Prevention, 2012)

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Minority Health at a Glance: Diabetes

- 2009, CDC: 12.6% of non-Hispanic African Americans diagnosed with diabetes
- African Americans twice as likely to have diabetes as Whites
- Highest incidence between 65 – 75 years of age
- 2010, CDC: 13.2% Hispanic Americans diagnosed with diabetes
(Diabetes and African Americans, Office of Minority Health, 2014)

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Minority Health at a Glance: Diabetes

- Prevalent in older Hispanics 65 and older.
- 1.7 times as likely to have diabetes as Whites.
- Mexican Americans, the largest Hispanic subgroup, are almost twice as likely to have diagnosed diabetes than.
- 2008 - death rate 50% higher than the death rate of non-Hispanics.
(Diabetes and African Americans, Office of Minority Health, 2014)

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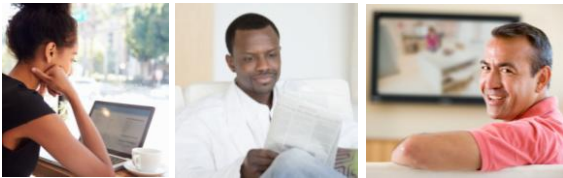
Minority Health at a Glance: Heart Disease

- African American men and women are 30% more likely to die from heart disease than non-Hispanic white males.
- 34% of African Americans have hypertension compared to 24% of whites, in 2009.
- Premature death was higher for Hispanics (23.5%) than non-Hispanics (16.5%).

(Heart Disease and African Americans, Office of Minority Health, 2012)

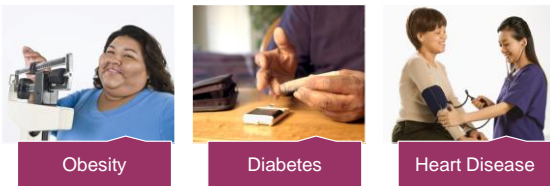
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Dairy In the News



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Disease Threatening Minorities and the Dairy Connection



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Obesity

“Effect of Dairy Proteins on Appetite, Energy Expenditure, Body Weight, and Composition.” (Bendtsen et al, *Adv Nutr*, 2013)

- Reviewed evidence from Controlled Clinical Trials
- Whey protein more filling 90 – 180 minutes after eating
- Casein more filling 330 minutes after eating
- Whey stimulate greater secretion of incretin hormones glucagon-like peptide-1 and glucose-dependent insulinotropic polypeptide
- Whey protein and casein are two major types of proteins in yogurt

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Type 2 Diabetes & Insulin Resistance

The CARDIA Study 2002 (Pereira et al, *JAMA*, 2002)

- Increased dairy consumption inversely associated with insulin resistance syndrome among overweight adults and may reduce risk of type 2 diabetes and cardiovascular disease.
- African Americans have higher rates of each component with the exception of dyslipidemia.
- 20% lower risk of IRS every time dairy was eaten

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Type 2 Diabetes & Insulin Resistance

“Consumption of Dairy and Metabolic Syndrome Risk in a Convenient Sample of Mexican College Applicants.”

(Mosley et al, *FNS*, 2013)

- 339 Mexican College Applicants, Cross – Sectional Design
- 76% did not meet dairy recommendation; they were at 2.9 times greater risk for MetS.
- Yogurt, cheese and ice cream helped achieve recommendation for total dairy.




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Hypertension & the DASH Difference

- Dietary approaches to stop hypertension (Appel et al, *N Engl J Med*, 1997)
 - Low fat dairy rich diet high in calcium, potassium and magnesium, and rich in fruits & vegetables significantly lowered blood pressure.
- DASH-Sodium Study (Stacks et al, *N Engl J Med*, 2001)
 - Reanalysis of DASH looked more closely at subgroups-revealed racial differences
 - DASH diet twice as effective among African Americans
 - ↓ Bp 13mm HG

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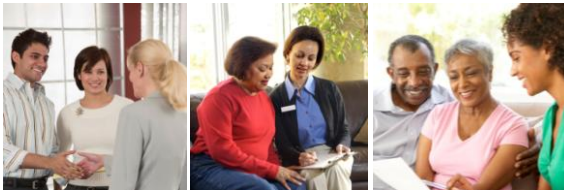
African Americans & Hispanics Have the Most to Gain From Dairy

		
US Adults consume 1.5 servings of dairy daily.	Hispanic Americans consume only 1.5-1.6 servings of dairy daily.	African Americans consume only 1.2 servings of dairy daily.

(Bailey et al, *J Natl Med Assoc.*, 2013)

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What Can You Do?



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Recognize Barriers

- Health Beliefs
 - Mistrust – Tuskegee
 - Low priority – Survival and security
 - Susceptibility – Low Income
 - Spirituality – Fatalistic view



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Recognize Barriers

- Lactose Intolerance
 - Intolerance vs maldigestion
 - 80% of African Americans and 50% of Mexican American have lactose maldigestion
(Bailey et al, *J Natl Med Assoc.*, 2013)
 - By 2060 African Americans and Hispanics will constitute approximately 14.7% and 31% of the population respectively
(Rastogi et al, US Census Bureau, 2011)

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Recognize Barriers

- Lactose in Common Dairy Foods

Food	Serving	Amount of Lactose
Whole, 2%, 1%, Skim Milk	1 cup	12g
Lactaid® Milk, low-fat, lactose-free	1 cup	0g (product label)
Cottage Cheese, low-fat, 2% milkfat	½ cup	3g
Cheddar Cheese, sharp	1 oz.	<0.1g
Swiss Cheese	1 oz.	<0.1g
Mozzarella	1 oz.	<0.1g
American Cheese, pasteurized, processed	1 oz.	1g

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Recognize Barriers



- Yogurt and Lactose Intolerance
 - Yogurt more easily digested
 - lactase-producing yogurt cultures
 - less lactose per serving than milk

(Lomer et al, *Aliment Pharmacol Ther.*, 2008)

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Be Culturally Competent

- The Academy of Nutrition and Dietetics member interest groups
- Office of Minority Health



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Develop Culturally Relevant Educational Materials



- Diabetes Soul Food Pyramid
- Latin American Diet Pyramid
- African Heritage Diet Pyramid

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Avoid Making Assumptions Based on Ethnic Identification

- Not all Hispanic or African American patients incorporate ethnic foods.
- Acculturation impacts food choices.



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Ask Questions About Cultural Beliefs & Practices



- It is important to assess these areas even when the educator and patient share a cultural or ethnic identity.
- What type of home remedies do you use when you're sick?
- Which foods do you eat to be healthy?

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Simple DAIRY Strategies to Manage Lactose Intolerance

- D** Drink milk with food
- A** Aged cheese like Cheddar and Swiss are low in lactose
- I** Introduce dairy slowly, smaller portions at first. Gradually increase
- R** Reduce it. Enjoy lactose-reduced milk and milk products
- Y** Yogurt with live and active cultures helps digest lactose

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Build on Tradition



- Traditional foods with milk, natural cheeses and yogurt
 - Tacos
 - Cornbread
- Soups made with milk

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Adapting Your Message Can Lead to Success

- Promote small sequential steps to change a lifestyle.
- Motivate parental change.
- Keep culture and taste preferences top of mind.
- Accentuate the positives.



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Minority Health Resources

Resource	URL
Office of Minority Health	www.cdc.gov/omh
National Medical Association	www.nmanet.org
National Hispanic Medical Association	www.nhmamd.org
Diversity RX/Cross Cultural Health Care Network	www.diversityrx.org
EthnoMed	www.ethnomed.org
• Ethnic medicine information	
Oldways Preservative Trust	www.oldwayspt.org

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Thank You



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Question & Answer

How Do I Ask A Question?

- Click "Ask a Question," type your question for the presenter, then click "Send."
- When your question has sent, you will receive this message: "question submitted successfully," and you can click "Close Message."

How Do I Read My Answers?

- Click on the "Answered Questions" drop down to see responses.

Unanswered Questions

- If the presenter isn't able to answer your question during the Q&A, you can e-mail questions to constance@eatingsoulfully.com.

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Credit Claiming

You must complete a brief evaluation of the program in order to claim your credits and download your certificate. The evaluation will be available on www.CE.TodaysDietitian.com for 3 months; you do not have to complete it today.

Credit Claiming Instructions:

1. Go to www.CE.TodaysDietitian.com/MinorityHealth OR Log in to www.CE.TodaysDietitian.com and go to My Account→ My Activities→ Courses (in Progress) and click on the webinar title.
2. Click "Continue" on the webinar description page. Note: You must be logged-in to see the "Continue" button.
3. Select the Evaluation icon to complete and submit the evaluation.
4. Download and print your certificate.

Please Note: If you access the Evaluation between 3-4 pm ET on 4-30, you may experience a slow connection due to a high volume of users.

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