

Breaking the Cultural Code: How to Counsel the Hispanic Population

Live Webinar: Thursday March 10, 2022 (2:00-3:00pm EDT)
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How to Participate in the Live Webinar:
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Description and Speaker:

This session will provide an overview of the Hispanic subgroups that live in the United States: Mexicans, Puerto Ricans, Dominicans, Cubans, Salvadorans, and Guatemalans. The speaker will lay the foundation of cultural competency and effective cross-cultural communication strategies when counseling individuals with diabetes, pre-diabetes and other cardiometabolic conditions. The session promotes services that are sensitive to cultural differences and assists participants in applying knowledge of cultural foods, religious traditions, eating patterns and food and nutrition trends.

Join **Lorena Drago MS, RD, CDN, CDCES** to learn how to break the cultural code and counsel the Hispanic population, translating nutrition into action!

Objectives:

After completing this continuing education course, the learner should be able to:

1. Broaden dietetic professionals' and diabetes educators' familiarity with foods and dishes that are common in the diets of their Hispanic clients.
2. Make culturally relevant recommendations when working with members of the Hispanic community.
3. Provide services that are sensitive to cultural differences.

Disclosure:

Lorena discloses that she has received financial support from Siggis, Dairy Max and Forager Project for her Breaking the Cultural Code program, however, she certifies that there is no conflict of interest for this program.

Professional Approvals:

Becky Dorner & Associates has been a Continuing Professional Education Accredited Provider (NU004) with the Commission on Dietetic Registration since 2002.

This course is intended for: RDNs and CDCESs	CDR Activity Type and Number: Activity Type: 171 Live webinar/175 Recorded Webinar Activity number: 167586 Recorded Webinar: 167587
Course CPE Hours: 1	CDR Level: 2
Suggested CDR Performance Indicators: 1.7.5, 8.2.1, 9.3.3	



Note: Numerous Other Performance Indicators May Apply.

Expiration Date for Recorded Webinar: May 31, 2024.

How to Complete a CPE Course:

<https://www.beckydorner.com/continuing-education/how-to-complete-cpe/>

Questions? Please contact us at info@beckydorner.com



Breaking the Cultural Code: How to Counsel the Hispanic Population

Today's Webinar

Audio and Webinar

- Please refer to handout for instructions.

Handouts

- Emailed to the person who registered for the program.

Questions

- Use GoToMeeting to ask questions.

The program will last about 60 minutes.

Credit Hours/Certificate:

- Please refer to your handouts for detailed information.



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Lorena Drago, MS, RD, CDN, CDCES



Disclosures

Received financial support from Sigg's, Dairy Max and Forager Project for her Breaking the Cultural Code program, however, certifies there are no conflicts of interest for this webinar.

- Registered dietitian
- Certified diabetes care and education specialist
- Owner of Hispanic Foodways, LLC (winner of the 2006 NYC Small Business Award)
- Specializes in multicultural nutrition education
- Author of bi-lingual book:
 - *Beyond Rice and Beans: The Caribbean Latino Guide to Eating Healthy with Diabetes*
- *Cultural Food Practices and the 15-Minute Consultation: Tips, Tools and Activities to Make your Nutrition Counseling More Effective*

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OBJECTIVES

- 1 Broaden dietetic professionals and diabetes educators' familiarity with foods and dishes that are common in the diets of their Hispanic clients
- 2 Make culturally relevant recommendations when working with members of the Hispanic community
- 3 Provide services that are sensitive to cultural differences

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TRIVIA

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My Name is
Bandeja Paisa.
Where am I From?

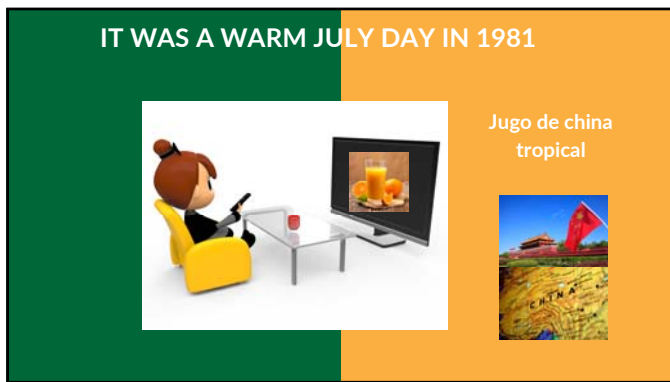
- a. Ecuador
- b. Colombia
- c. Puerto Rico
- d. Perú

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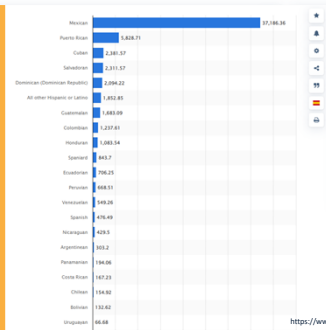
What are key culturally relevant recommendations?

Who is your Hispanic patient?
Hispanic, Latino, Latinx, Spanish
Assimilation vs. Acculturation
Family
Faith
Language
Foods and diet
Nutrition counseling
Complementary/alternative medicine



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Hispanic population groups in the United States, by country of origin 2019
(in 1,000s)



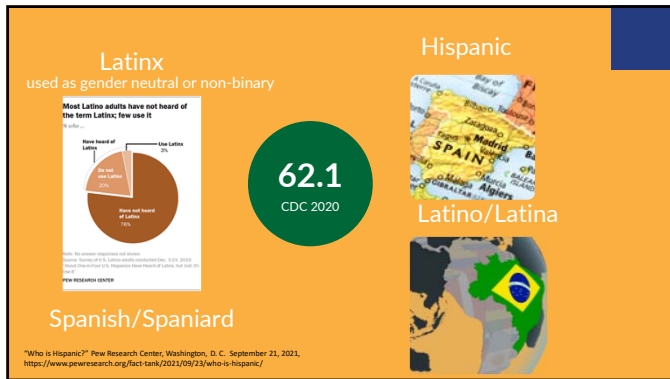
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Mexican
Puerto Rican
Cuban
Salvadoran
Dominican
Guatemalan



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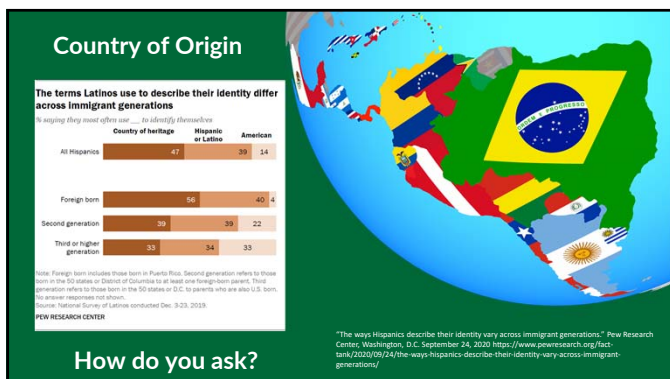
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What is the difference between acculturation and assimilation?

- a) Acculturation and assimilation are interchangeable
- b) Acculturation is the process by which immigrants adopt the attitudes, values, and behaviors of a new culture
- c) Assimilation is the process by which immigrants adopt the attitudes, values, and behaviors of a new culture
- d) Assimilation is the process that occurs 4-5 years after arrival in the new culture



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What is the difference between acculturation and assimilation?

Assimilation is the process by which members of an ethnic minority group lose cultural characteristics that distinguish them from the dominant cultural group or take on the cultural characteristics of another group.

Acculturation is the process by which immigrants adopt the attitudes, values, and behaviors of a new culture.

Correct answer is B



Abraido-Lanza et al.
2006

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Acculturation Spectrum



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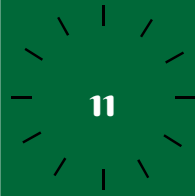
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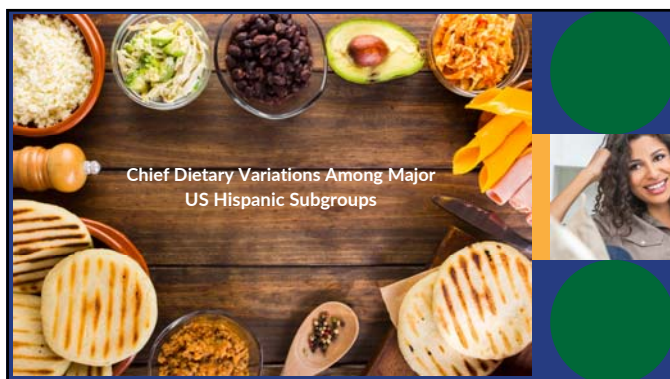
Name	Country
Absorbente	Cuba
Bombilla	Chile and Bolivia
Caliente	Dominican Republic
Cañita	Perú
Carrizo	Panama
Pajilla	Costa Rica, El Salvador, Honduras, Nicaragua, Guatemala
Pajita	Argentina, Chile, Uruguay, Spain
Pitillo	Colombia, Venezuela
Popote	Mexico
Sorbete	Argentina, Ecuador
Sorbeto	Puerto Rico



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Translating Educational Handouts: Beyond Language
The woman vs hummus

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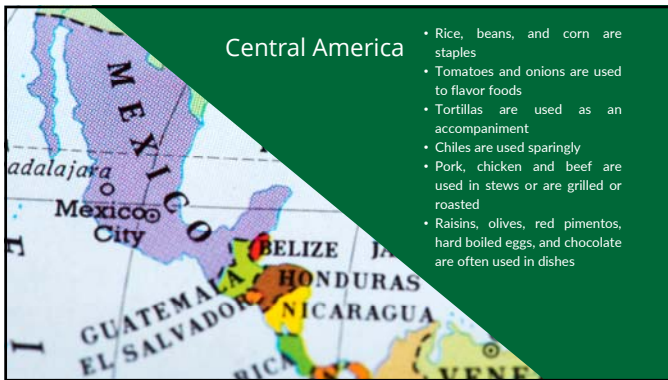
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- Corn & beans are staples
- Seafood, poultry & pork
- Thin cuts of meats preferred
- Dishes flavored with tomato sauces and rich chili pastes
- Stews, moles, and braised meat & poultry are common
- Zucchini, tomatillo, nopal, papaya, mango.
- Cinnamon, clove, cilantro, thyme, marjoram, epazote, mint are regularly used spices.

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Central America

- Rice, beans, and corn are staples
- Tomatoes and onions are used to flavor foods
- Tortillas are used as an accompaniment
- Chiles are used sparingly
- Pork, chicken and beef are used in stews or are grilled or roasted
- Raisins, olives, red pimientos, hard boiled eggs, and chocolate are often used in dishes

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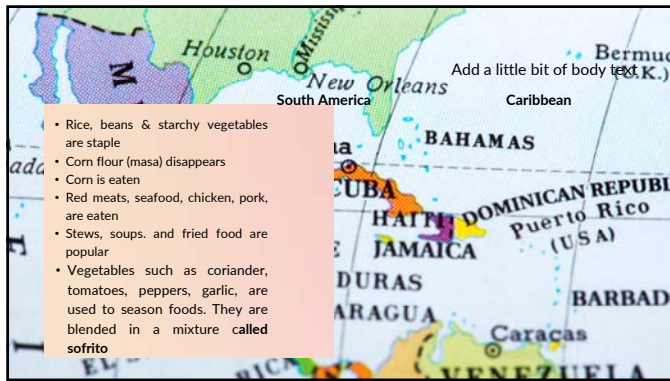


South America 9 Spanish-speaking countries

- Corn, rice, and potatoes are staple
- Red meats are preferred in Argentina and Brazil
- Poultry, seafood, and pork are consumed in different countries
- Annatto, coriander, onion, tomatoes, and green peppers provide flavoring to most dishes.

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What is your Cultural Food IQ?

- Chile guajillo =3
- Tayota =1
- Cassava =7
- Plantain =4
- Yautía/Taro/Malanga= 2
- Chile poblano = 5
- Nopal =6
- Pigeon peas =8

Let's Go Grocery Shopping!



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6



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8

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**CHAYOTE
TAYOTA
HUISQUIL**

Boiled
Stewed
Broiled
Stuffed




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Carimañola (Yuca)




CASSAVA/YUCA



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Nutrition Counseling Key Questions

- Tell me about yourself
- What type of foods/drinks do you like to eat/snack
- What is it called?
- I have heard about plantain - sometimes it is called differently in other places.
- How do you prepare it?
- What other foods/beverage do you eat with it?
- Do you eat it on special occasions?
- Is it a dish you eat for breakfast, lunch, dinner, snacks?
- Therapeutic uses of foods/beverages
- Complementary/alternative medicine

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Key Considerations

- What is your patient's cultural background?
- Does your patient eat cultural foods?
- Does your patient eat mixed cultural foods? (mixed families)?
- Cultural foods have different nutrition profiles

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Racial/Ethnic, Language/Gender Concordance



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Report on the Academy/Commission on Dietetic Registration 2020 Needs Satisfaction Survey

Characteristic	Students	Professionals
Population, n	15,769	119,249
Race and ethnicity, %		
White	72	80
Hispanic or Latino	10	6
Black or African American	7	3
Asian	6	5
Other	3	2
No answer	2	3

<https://randonline.org/action/showPDF?pl=S212-2672%200%2031389-7>

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How Important is Patient-Provider Concordance?



Inconclusive evidence to support that patient-provider race-concordance is associated with positive health outcomes for racial/ethnic minority groups.

Communication rated as **more collaborative** in race-discordant relationships is associated with better adherence, while communication rated as **less collaborative** is associated with poor adherence.

There is no significant association between adherence and communication in race-concordant relationships ($p=0.24$)

Experimental studies suggest that race/sex discordant providers practicing empathy, collaborative communication and self-disclosure can build similar levels of trust as concordant providers.

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How Confident do you Feel Counseling a Hispanic Patient?

- Mexico (Oaxaca)?
- Dominican Republic?
- Can you help modify a meal plan?
- If your patient tells you he's trying to manage his blood glucose and started drinking a mamey shake, will you know what to do?
- Do you even know how to spell mamey? How many carbs?



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Breaking the Cultural Code
How to Counsel the Hispanic Population.
Featuring the Cultures and Cuisines of Mexico, Puerto Rico, Dominican Republic, Cuba, El Salvador, and Guatemala.
This program is approved for 12 CEUs.


lorenadrago.com/cultural-code/
Lorena@diabetesontheweb.com

Un Millón de Gracias
Thank you



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Thank you!



Credit Hours:

- Please refer to your handouts for detailed information on how to obtain your certificate.
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Presenter: Lorena Drago, MS, RD, CDN, CDCES



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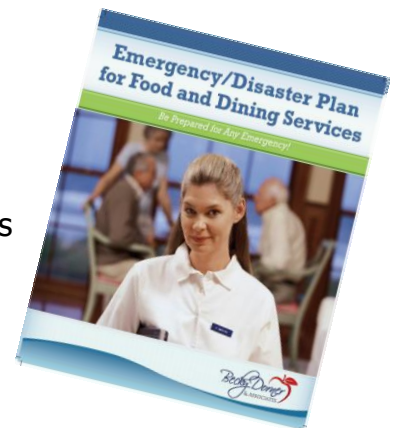
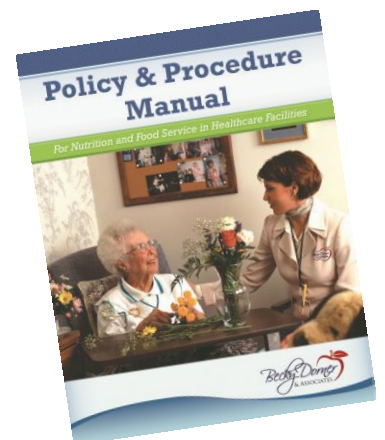
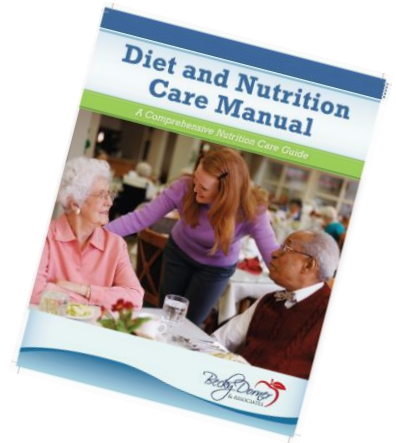
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- Kathy Warwick, RD, CDE, Owner, Professional Nutrition Consultants, LLC, Madison, Mississippi