

CARE COORDINATION: WHAT'S THE DEAL

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Role of CHW

- ▣ Outreach
- ▣ Advocacy
- ▣ Navigation
- ▣ Education
- ▣ *Skills building*

Skills building

We believe that **skill building** is the most important part of care coordination and the CHW has to understand the health information in order to act as an **extension of the healthcare provider**

Training

- ▣ 3-6 month **clinical skills** training program
 - Diabetes
 - Mental Health
 - STI/HIV awareness/testing

Counting Carbohydrates / carbohydrate choices Skills

- ▣ Determine the amount of carbohydrate choices a certain food contains is determined using information off of the nutrition label.
- ▣ Two areas on the label are important when counting carbohydrates: the **serving size** and **the total carbohydrates (in grams)**.
- ▣ The red arrows indicate these two areas below.

Carbohydrates

- ▣ To understand serving sizes and portion sizes of carbohydrates, it is important to understand the concept of carb-counting. Serving sizes for carbohydrates are based off of the conversion
- ▣ 15 grams of total carbohydrates is equal to one carbohydrate choice.

SKILLS BUILDING EXAMPLE

Nutritional information for banana (1 banana)

Nutrition Facts	Amount Per Serving	% DV*	Amount Per Serving	% DV*
	Serv. Size 1 banana (118 g)	Total Fat 389 mg	1%	Total Carb. 27 g
Calories 105	Sat. Fat 132 mg	1%	Fiber 3 g	12%
Calories From Fat 3	<i>Trans</i> Fat		Sugars 14 g	
	Cholesterol 0 g	0%	Protein 1 g	3%
	Sodium 1 mg	0%		
<small>*Percent Daily Values (DV) are based on a 2000 calorie diet</small>	Vit. A 2% • Vit. C 17%		• Calcium 1% • Iron 2%	

Source: Wolfram|Alpha

EXAMPLE (CONT)

- ▣ According to the label above, 1 serving size = 1 banana. The total carbohydrates in 1 banana are 27g.
- ▣ Remember that 1 carbohydrate choice = 15g total carbohydrates
- ▣ How many carbohydrate choices is 1 banana? Write your answer below.
- ▣ 1 banana = _____ carbohydrate choices

SKILLS BUILDING EXAMPLE #2

Nutritional information for spaghetti (1 cup)

Nutrition Facts	Amount Per Serving	% DV*	Amount Per Serving	% DV*
	Serv. Size 1 cup (257 g)	Total Fat 4 g	6%	Total Carb. 93 g
Calories 491	Sat. Fat 1 g	5%	Fiber 7 g	29%
Calories From Fat 24	<i>Trans</i> Fat 66 mg		Sugars 5 g	
	Cholesterol 5 mg	2%	Protein 21 g	41%
	Sodium 286 mg	12%		
*Percent Daily Values (DV) are based on a 2000 calorie diet	Vit. A 4% • Vit. C 2%		• Calcium 5% • Iron 22%	

Source: Wolfram|Alpha

How many carbohydrate choices are in 1 cup of cooked spaghetti? Write your answer on the line.

1 cup cooked spaghetti = _____ carbohydrate choices.

Answer

1 cup of cooked spaghetti is equal to six carbohydrate choices. **93** total grams of carbohydrates divided by **15** grams per carbohydrate choice equals about **six** carbohydrate choices.

QUESTIONS