

The Evolution of a Handout

NUTR 712: Nutrition
Communication, Counseling
and Culture

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THE FOOD AND HEALTH OF NORTH CAROLINA'S MIGRANT FARMWORKERS

North Carolina hosts approximately 150,000 migrant farmworkers each growing season. 94% of workers are native Spanish speakers, with most identifying Mexico as their home country¹. Migrant farmworkers provide an essential service to the state, with each individual contributing \$12,000 dollars to the economy each year. Agriculture represents 22% of North Carolina's income².

Despite their importance, migrant farmworkers are underappreciated and suffer the consequences of marginalization. Nearly five out of every ten farmworkers in NC cannot afford enough food for themselves and their families. They face high rates of work-related illness, and limited access to care³. For these reasons and more, it is essential that we, as nutrition professionals, address the needs of this important group.



BARRIERS TO HEALTH

TRANSPORTATION

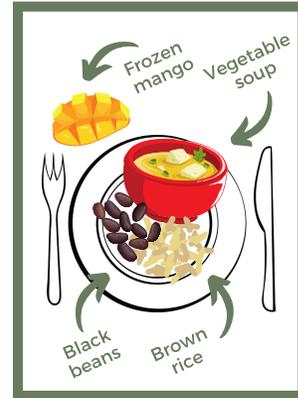
- Most workers are able to go grocery shopping only once a week due to inadequate transportation.
- 85.6% rely on a friend or neighbor for a ride to the store³.

COOKING AND EATING FACILITIES

- Farmworkers are guaranteed only 0.75 cubic feet of fridge space, making it hard to store fresh foods.
- Housing regulation violations are rampant, with improper fridge temperature, cockroach & rodent infestations, and contaminated water all common³.

MONEY

- Food insecurity is common, and many workers run out of food before they have the money to buy any more³.



A POSSIBLE PLATE

VEGETABLE SOUP

Soups utilize low-cost vegetables and can help to preserve produce with a lower shelf-life.

BROWN RICE

Brown rice is shelf-stable and provides complex carbs to keep workers full.

BLACK BEANS

Dried black beans are cheap, shelf-stable, and are a good source of protein when eaten with grains.

FROZEN MANGO

Many culturally relevant fruits are not available in NC year-round, and might be expensive when purchased fresh. Frozen mango is cheaper than fresh, has a long shelf-life, and makes a delicious dessert.

SIMPLE VEGETABLE SOUP⁴

Ingredients:

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 2 cp carrots, peeled, chopped
- 1 cp celery, chopped
- 4 cloves garlic, minced
- 60 oz. chicken or vegetable broth
- 30 oz. diced tomatoes, canned
- 3 cp potatoes, chopped
- 1/2 cp cilantro, chopped
- 2 bay leaves
- Salt and black pepper
- 1 1/2 cp corn, fresh or frozen

Method:

- Heat olive oil over high heat in large pot.
- Add onions, carrots, and celery and cook for 4 minutes. Add garlic and cook for 30 seconds more.
- Add broth, tomatoes, potatoes, cilantro, bay leaves, and add salt and pepper to taste.
- Bring to a boil, then reduce heat, cover, and simmer until potatoes are tender.
- Add corn and cook for 5 more minutes.
- Serve warm.

WHERE TO CONNECT

Migrant farmworkers face limited access to care. Offer your services at these access points to help meet the needs of this population⁵.

FIXED-SITE HEALTH CENTERS

Most often community-based organizations with satellite clinics offering services in targeted locations.

MOBILE CLINICS

Mobilized units which travel throughout a service area.

VOUCHER PROGRAMS

Comprehensive outreach followed by needs and access assessment. Health services delivered by contracted providers.



References:

1. National Agricultural Workers Survey. (n.d.). US Department of Labor.
2. Facts About North Carolina Farmworkers | Student Action with Farmworkers. (n.d.). Retrieved October 6, 2020, from <https://saf-unite.org/content/facts-about-north-carolina-farmworkers>
3. Arcury, T. A., & Quandt, S. A. (2007). Delivery of Health Services to Migrant and Seasonal Farmworkers. Annual Review of Public Health, 28(1), 345-363. <https://doi.org/10.1146/annurev.publhealth.27.021405.102106>
4. Vegetable Soup. (2019, March 11). Cooking Classy. <https://www.cookingclassy.com/vegetable-soup/>
5. Service Delivery Models. (2018). National Center for Farmworker Health, Inc. http://www.ncfh.org/uploads/3/8/6/8/38685499/service_delivery_models_for_agricultural_workers.pdf

Goals

There are many cultural groups in North Carolina, native born as well as immigrants and refugees. Through this assignment you will:

- explore key features of one cultural group with a focus on food and health
- reflect on the cultural considerations for health care providers
- use clear and concise writing
- apply basic principles of graphic design, both for a print document and for a web-based resource

Competencies

- Applies knowledge of foods, cultural foods, eating patterns, and food trends.
- Identifies and implements strategies to address cultural biases and differences.
- Develops or modifies nutrition education materials or delivery methods to meet the needs of the audience.
- Translates basic to advanced food and nutrition science knowledge into understandable language tailored to the audience.



Instructions: Content

- **Purpose of the Handout:** Use creative methods to get this part of your message conveyed
- **History of the Group:** If native, then consider major influences of history (colonialism, structural and systemic racism, Anti-Blackness) on the culture. If immigrant or refugee, consider the history of migration to NC.
- **Social Support:** personal relationships, supportive institutions, family structures
- **Health beliefs/attitudes** and traditional healing practices (if any)
- **Cultural food practices:** consider the MyPlate graphic and create a depiction of a plate, bowl, etc. that includes common foods for your chosen group. Include a recipe for a traditional dish.
- **Tips for Practitioners:** Highlight the practice relevant information from your research and provide tips for health care practitioners who counsel persons from one of these cultures. Consider the role of cultural humility for practitioners.
- **References:** include superscript citations throughout.

Instructions: Design and Readability

- Graphic Design and Organization/Flow: Balance of text and graphics, visual hierarchy, consistent design elements.
- Clarity of writing and readability: Clear and succinct text, reading level not to exceed 9th grade.



Hmong in North Carolina

Considerations for health care providers.

HISTORY

- The Hmong are from Laos. They migrated there to escape Chinese oppression in the 1800s (8).
- After the Vietnam war, many fled to other countries (8).
- The first Hmong refugees began arriving in the US in 1975 (4).
- Their oral language is Hmong. It is divided into Green and White dialects. Not all American-born Hmong are fluent (4).
- More than 10,000 Hmong live in NC (7).



HEALTH



- Many Hmong are animists. They believe spirits inhabit objects and believe spirits affect health (8).
- Shamans are used for healing. Western medicine is also used (8).
- Deciding to use western care or traditional care depends on the illness (3).
- Hmong may use both traditional and western care for the same illness (3).
- Herbs, rituals, and other home remedies are often used (3).

SOCIAL

- Family is the center of Hmong life (8).
- They have a patriarchal society. The oldest male is the head of the house (8).
- There are 18 different Hmong clans. Hmong households seek support from clan leaders (1).

TIPS

- Accept their culture (8).
- When possible, ask to speak to the head of the family first (4).
- Direct eye contact is considered rude (4).
- Impatience is also considered rude (4).
- Do not speak out loud about a child's positive qualities. Hmong believe this can cause a spirit to steal their soul (4).
- Interpreters should have cultural training as well (8).



- Rice is the staple of Hmong cuisine. It is eaten every day (6).
- Vegetables often include leafy greens, squash, mushrooms, and tubers (6).
- Popular proteins include fish, chicken, and pork (6).
- Meals are seasoned with lemongrass, chili, garlic, vinegar, and limes (5).

FOOD

- The four staples of Hmong cuisine are rice, protein, vegetables, and spices (5).
- Hmong often grow their own vegetables to be connected to the land (6).
- Hmong families eat together around the table for most meals (4).
- Food is religious and is used to stay in balance with spirits for traditional Hmong (6).

TIP!

The Hmong community is diverse. They have different religions, beliefs, and practices. Don't make assumptions.

Traditional recipe! ROASTED HERB FISH⁽²⁾

Ingredients	Directions
<ul style="list-style-type: none"> • 4 whole fish of your choosing • 1/2 cups kaffir lime leaf chopped • 1 1/2 cups chopped lemongrass • 5-6 whole Thai chili • 1/2 cups whole garlic • 3 cups chopped dill • 3 cups chopped cilantro • 3 cups chopped green onions • 1 tsp salt • 1/4 cups fish sauce • 8 banana leaves 	<ul style="list-style-type: none"> • Season the fish with salt and set aside. • Crush the peppers, garlic, chopped lemongrass, and salt. Add in the chopped herbs. Pound until the herbs are wilted. Then add in the fish sauce until mixed. • Lay foil down on a baking sheet and place a banana leaf on top. Then lay your fish on top. Stuff the herb filling inside and on top of the fish. • Place another banana leaf and foil on top of the fish. Cook in the oven at 400 degrees for one hour. Take the top foil and banana leaf off and cook for 25 more minutes. • Let it rest for 20 minutes. Serve with rice.

Instructions: Online Format

- Effectively uses elements in Adobe Spark, content formatted for the web, hyperlinks used appropriately.



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Takeaways



Adapt



Use your resources



Ask for feedback