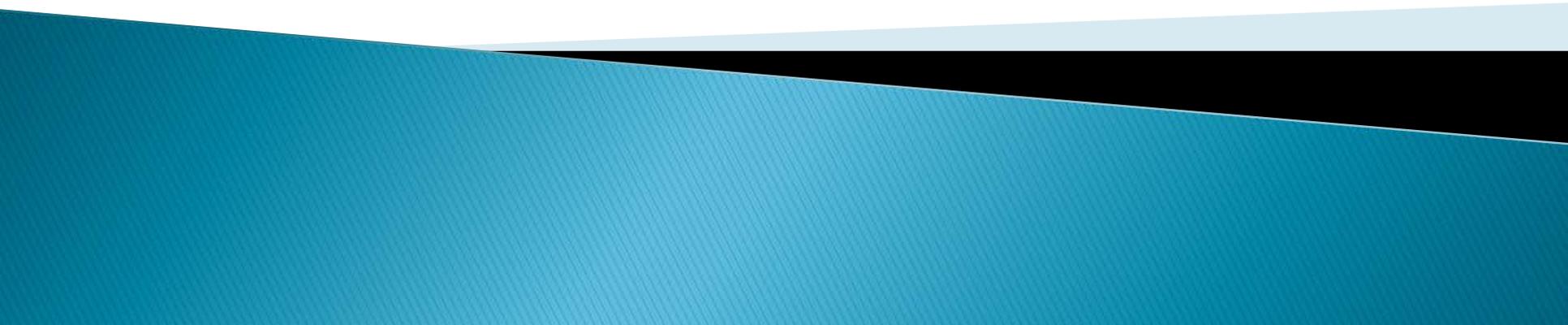


SUNFLOWER DIVERSIFIED SERVICES

HEALTH PROMOTION



A LITTLE ABOUT US

SERVING CHILDREN & ADULTS WITH DISABILITIES



THE CHOICE FOR GROWTH

www.sunflowerdiv.com

CHALLENGES

- ▶ DIFFERENCES OF WORKING IN THE COMMUNITY
- ▶ FINDING LOW LITERACY MATERIALS THAT WERE SUITABLE
- ▶ KEEPING PEOPLE ENGAGED IN THEIR HEALTH GOALS



WHAT WE'RE DOING

- ▶ USING THE EDUCATIONAL MATERIALS PROVIDED BY THE MCOS
 - ▶ CREATING OUR OWN MATERIALS
 - ▶ BORROWING FROM OTHER SOURCES AND TAILORING THEM TO THE PERSON
 - ▶ SMALL MANAGEABLE GOALS AND CONTINUING THEM OR INCREASING THEM AS THE SMALLER GOALS ARE ACCOMPLISHED
 - ▶ THINKING “OUT OF THE BOX” OF WHAT HEALTH MEANS
- 

HEALTH MATTERS



*HEALTHY
EATING*

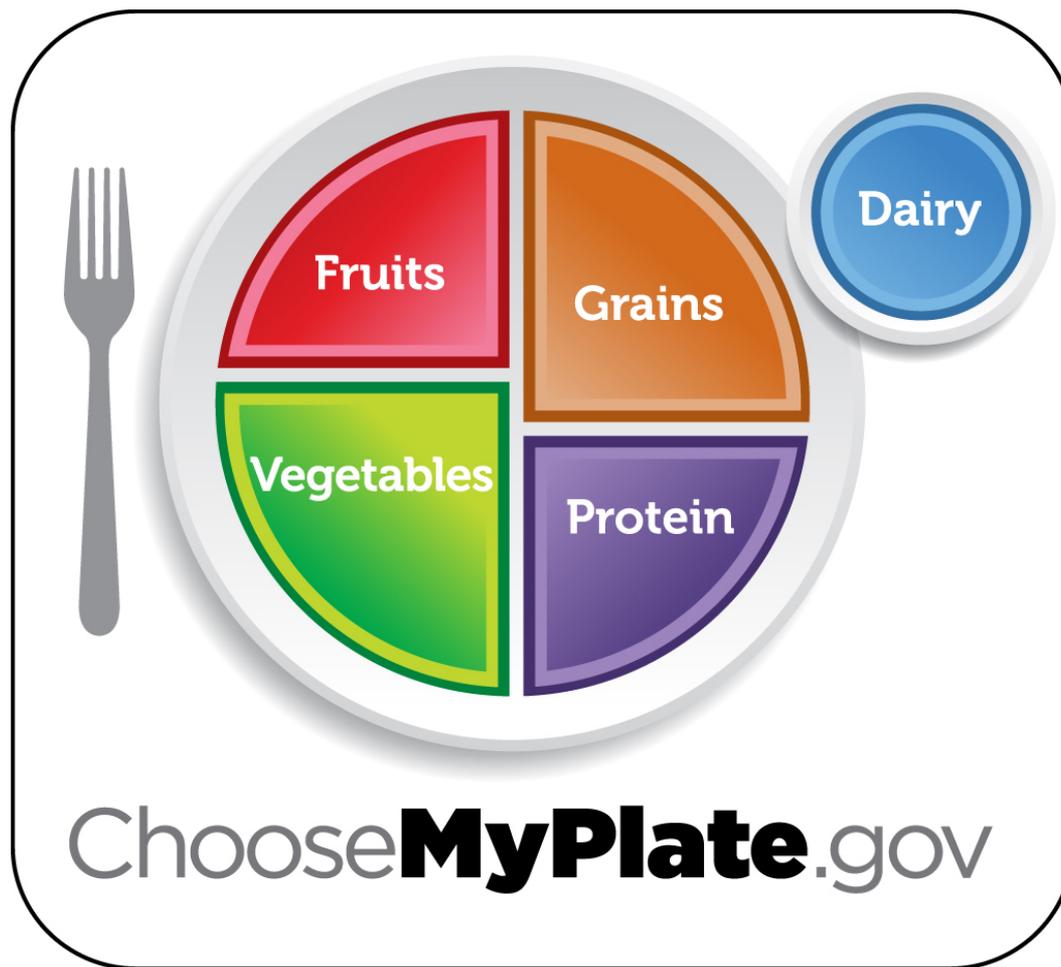
EXERCISE

SELF ESTEEM

HEALTHY LIFESTYLE



CHOOSE MY PLATE



SUNFLOWER DIET BOOK

- ▶ **CREATED BY SDS STAFF**
 - **INDIVIDUALIZED TO THE PERSON**
 - **DIET -FOOD LISTS/PORZION SIZES/CALORIE COUNTS**
 - **EXERCISE**
 - **WATER**
 - **WEIGHT TRACKING**



PICTURE GROCERY LISTS

- | | | |
|--|--|---|
| <input type="checkbox"/>  Eggs | <input type="checkbox"/>  Apples | <input type="checkbox"/>  Potatoes |
| <input type="checkbox"/>  Milk | <input type="checkbox"/>  Carrots | <input type="checkbox"/>  Tortillas |
| <input type="checkbox"/>  Yogurt | <input type="checkbox"/>  Bananas | <input type="checkbox"/>  Bread |
| <input type="checkbox"/>  String Cheese | <input type="checkbox"/>  Lettuce | <input type="checkbox"/>  Tortilla Chips |
| <input type="checkbox"/>  Shredded Cheese | <input type="checkbox"/>  Tomatoes | <input type="checkbox"/>  Ice Cream |
| <input type="checkbox"/>  Hot dogs | <input type="checkbox"/>  Grapefruit | <input type="checkbox"/>  Salsa |
| <input type="checkbox"/>  Ground Beef | <input type="checkbox"/>  Grapes | <input type="checkbox"/> _____ |
| <input type="checkbox"/>  Chicken | <input type="checkbox"/>  Zucchini | <input type="checkbox"/> _____ |
| | | <input type="checkbox"/> _____ |

MEDICATIONS

- ▶ PILL MINDERS
- ▶ CHECKS AT HOUSES
- ▶ CHECK PHARMACY FOR REFILLS
- ▶ REDUCE THE NEED OR DOSE



A1C “GRADING”

A+	6.5 OR LESS	C+	7.8–7.9
A	6.5–6.7	C	8.0–8.1
A–	6.8–7.0	C–	8.2–8.4
B+	7.1–7.3	D	8.5–8.9
B	7.4–7.5	F	9.0 OR MORE
B–	7.6–7.7		

EMOTIONAL HEALTH

NOT ONLY JUST PSYCHOLOGICAL SUPPORT
INCLUSION OF ALL ASPECTS OF LIFE.....



SOMETIMES IT'S AS SIMPLE AS GOING TO WORK.

HEALTHY RELATIONSHIPS

- ▶ AT HOME
- ▶ AT WORK
- ▶ SPECIAL BRIDGE
- ▶ SEXUALITY
 - SAFE SEX



RESOURCES

- ▶ HEALTH MATTERS

- <http://www.healthmattersprogram.org/products/>

- ▶ CHOOSE MY PLATE

- <http://www.choosemyplate.gov/>

- ▶ SPECIAL BRIDGE

- <http://www.specialbridge.com/>

THANK YOU!!

BRANDI DEMEL RN, BSN

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