

# The Plate Method of Diabetes Meal Planning for Migrant Farm Workers in the Bighorn Basin of Wyoming



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## Purpose

- To provide migrant farm workers who are affected by diabetes with an easy tool to use for meal planning.

## Background

- Many migrant farm workers come to the Bighorn Basin each summer.
- The nurse at the migrant health office in Powell, WY is starting a diabetic education class with a Spanish translator.
- The nurse at migrant health expressed a need for help with gathering and organizing nutrition information for diabetes meal planning.

## Methods

- Attending the first class showed that newly diagnosed diabetes patients can feel overwhelmed and confused with trying to manage their meals and blood glucose levels.
- A literature review showed that the Plate Method of meal planning has been effectively used in Sweden, Saudi Arabia, Canada, and Idaho.
- Patients who are taught meal planning using the Plate Method are more confident and better able to effectively plan healthy meals.



## Results

- The plethora of information on the Plate Method was stripped down to the basics and organized into a 15 minute presentation.
- Two copies of the presentation, one in Spanish and one in English, were presented to the nurse at migrant health.

## Discussion

- The nurse at migrant health said she would be able to integrate the presentation of the Plate Method into her diabetes education class.
- Since this intervention is helping a preexisting program, the impact is more likely to be long lasting.
- There are many Spanish speaking people in the Bighorn Basin who could benefit from this class, but who may not know it is available to them.
- The next step would be to advertise the class more widely.