

ULNACS Medical Care PC (DC & MD Offices)
Reducing Health Disparities

Patient Name: _____

A. Hearing Questioner

- Do you find the people around you mumble or speak quietly?
 - Yes
 - No

- When watching TV do you need to turn the volume up to hear well?
 - No
 - Yes

- Do you often ask your friends to repeat what they have said?
 - Yes
 - No

- Do you need to look at people directly to understand what they are saying?
 - No
 - Yes

B. Health-Related Literacy and Numeracy Questioner

The information below is on the back of container of a pint of Ice Cream.
Please answer the following questions and circle the correct answer.

- If you eat the entire container, how many calories would you eat?
 - 250 kcal
 - 1000 kcal
 - 500 kcal

- If you are allowed to eat 60g of carbohydrate as a snack, how much Ice could you have? More than one answer is correct.
 - 1 cup
 - ½ the container
 - 2 cup

- Your doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42g of saturated fat each day, which includes 1 serving of ice cream. If you stop eating Ice cream, how many grams of saturated fat would you be consuming each day?
 - 42g

- 33g
- 9g
- If you usually eat 2500 calories in a day, what percentage of your daily values of calories will you eat if you eat 1 serving?
 - 10%
 - 15%
 - 25%
- Pretend you are allergic to the following substances; Penicillin, Peanut, Latex glove, and Bee Sting, Is it safe for you to eat Ice Cream?
 - Yes
 - No
- If you answer No to the above question, why?
 - Because it has Skim milk
 - Because it has Brown Sugar
 - Because it has peanut oil.

Nutrition Facts

Serving Size ½ cup
Servings per container 4

Amount per serving
Calories 250 Fat Cal 120

%DV

Total Fat 13g 20%

Sat Fat 9g 40%

Cholesterol 28mg 12%

Sodium 55mg 2%

Total Carbohydrate 30g 12%

Dietary Fiber 2g

Sugars 23g

Protein 4g 8%

*Percentage Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.