



**LORNA**

## BIO

Female, 38  
Married, husband not in United States  
Mother of 6  
Pregnant  
Migrant from Sudan  
Borderline gestational diabetes  
MET 5: 180/100 blood pressure; 150mm/hg glucose tolerance test; N/A waist circumference; 100 triglycerides; 50 HDL

## HEALTH GOALS

- Limit excess sugar and fat intake
- Start becoming more physically active

## HOW TO BEST SERVE

- Provide education on adequate nutrition
- Find classes to help her make birth plans and prepare for child birth

## INSURANCE

Medicaid

## EQUITY SUPPORTS

- Access to a park, good sidewalks, or an area for her to be physically active
- Access to affordable childcare

## PRESCRIPTIONS

- Blood pressure medication
- Insulin