

Salud America!

Abriendo
Caminos
Fall 2011

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Robert Wood Johnson Foundation



THANK YOU

- Dr. Ramirez and the Salud Team
- The Robert Wood Johnson Foundation



Collaborators

- Dr. Margarita Teran-Garcia, Co-PI
- Dr. Barbara Fiese, Co-PI
- Dr. Amber Hammons, Post-Doc
- Milagros Jerrell
- A huge # of grad and undergraduate students at the U of I



Project Summary

Abriendo Caminos: A Family-Centered Approach to Wellness and Resilience for Latino Children

- A whole family approach to reducing childhood obesity building on traditions of shared family mealtimes and shared physical activity
- Part of a network of related efforts at the Family Resiliency Center (UIUC)



Childhood obesity: A complicated beast

- Multi-causal
- Host of outcomes
- Private rights versus public good
- Ethical issues
- Developmental issues



A quick metaphor

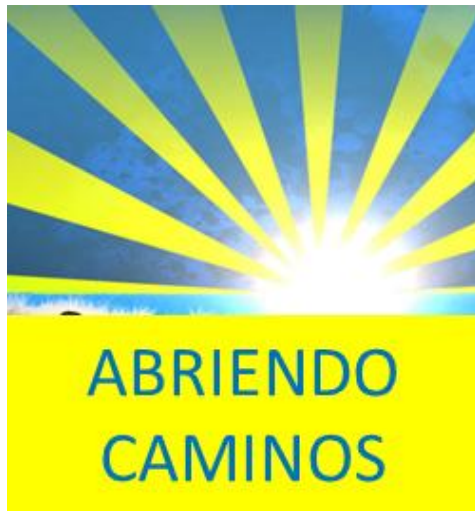


Family is one leg of the elephant

- Families are central across cultures and time
- Family interaction is a mechanism for developing patterns of healthy behaviors and practices to help reduce childhood obesity



Program Principles



- Focus on “family” as the site of prevention
- Emphasis on cultural context
- Optimize existing family strengths, building on everyday practices and rituals
- Convey realistic goals for change: *Mas y menos*



Abriendo Caminos

- Non-metro, dispersed communities.
- Whole families participate once a week for two hours for six weeks.
- The two hours are split up into three categories of activity.
 - Nutrition
 - Physical Activity
 - Family Meals and Togetherness

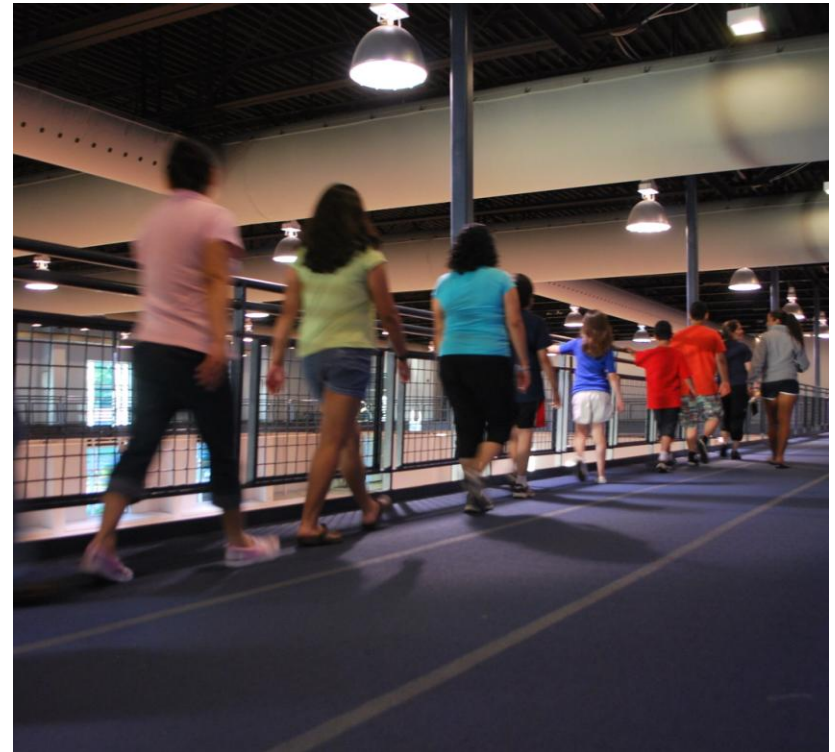


Abriendo Caminos in action

Nutrition: Hands On



Getting active together



Abriendo Caminos in action

Families Together



Fiesta



Project Results to Date

- More than 90 Latinos have participated
- 32 families have completed pre- and post-testing
- More than 54 children, birth to 18
- Extended kin (>36 adults)
- Various ages/stages



Baseline characteristics for children



- 48% drink soda between one and three times per day
- 19% of the sample do not eat fruit daily
- 62% do not eat vegetables daily



Data to Date

	Pre Mean	SD	Post Mean	SD
Soda*	2.29	1.86	1.55	1.46

Soda from around once per day fell to 2 times per week



Data to Date

	Pre Mean	SD	Post Mean	SD
Fresh Fruit*	3.18	1.60	3.85	1.23

Fresh fruit rose from around once per day to 2 times per day



Data to Date

	Pre Mean	SD	Post Mean	SD
Vegetables**	1.97	1.70	2.94	1.17

Fresh vegetables rose from around 4-6 times per week to once per day



Project Products/Publications

Abriendo Caminos Curriculum* includes

- ▣ Instructional slides and community facilitator manual
- ▣ Colorful, tailored handouts
- ▣ Mealtime conversation cards
- ▣ Family Scrapbook template
- ▣ More!

*All products will be available in January, 2011



Challenges for Researchers



- Yes, elephants are complicated beasts...
- But the Salud America initiative has clearly shown that we can make a lot of progress if we work together