

Abriendo Caminos

Clearing the Path to Hispanic Health

Cambio de Colores

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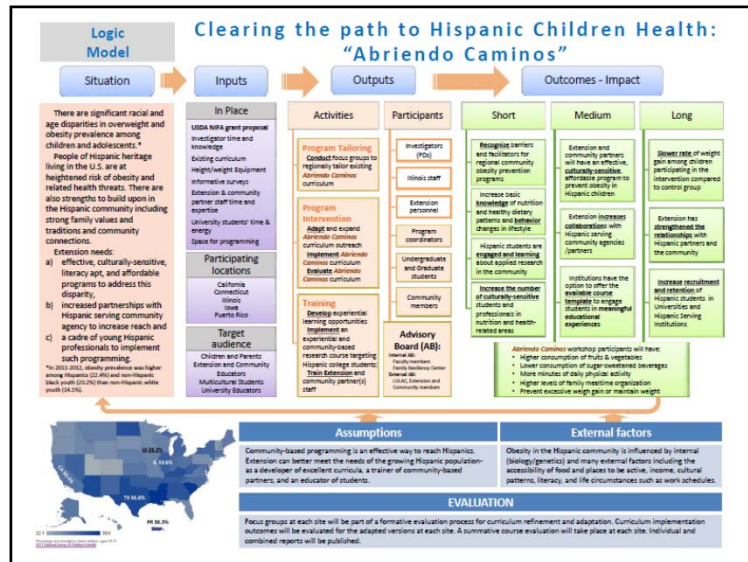
Family Resiliency Center

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Prevalence of High BMI*

AGE group:	2-19 y (all)			6-11 y			12-19 y		
	ALL	NHW	Hispanic	ALL	NHW	Hispanic	ALL	NHW	Hispanic
Overweight or Obese (BMI for Age ≥85th Percentile of the CDC Growth Charts)									
All	31.8	28.5	38.9	34.2	29.4	46.2	34.5	31.2	38.1
Boys	32.0	27.8	40.7	33.2	26.5	48.7	35.1	31.5	39.6
Girls	31.6	29.2	37.0	35.2	32.7	43.6	33.8	31.0	36.5
Obese (BMI for Age ≥95th Percentile of the CDC Growth Charts)									
All	16.9	14.1	22.4	17.7	13.1	26.1	20.5	19.6	22.6
Boys	16.7	12.6	24.1	16.4	8.8	28.6	20.3	18.3	23.9
Girls	17.2	15.6	20.6	19.1	17.9	23.4	20.7	20.9	21.3

*BMI > 85th centile from CDC growth charts in Children, 2 to 19 years, by sex and age. Contrast of all race/Hispanic origin groups (ALL) with Non-Hispanic Whites (NHW) and Hispanic origin (Hispanic) groups, US (2011-2012). Modified from: (Ogden, Carroll et al. 2014).



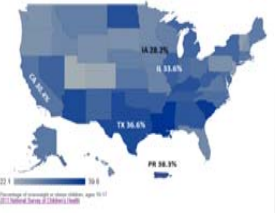
Overview and Objectives of the Abriendo Caminos Program (6-Week Program)

Week	Nutrition Topic	Family Mealtime Topic	Physical Activity
1	Portions Plus To understand why we need to change our eating habits and to learn proper portion sizes	Valuing Shared Mealtimes Recognize the importance of shared mealtimes and rituals and develop realistic time expectations; start scrapbook	Water Demonstration and Walking To emphasize water intake and the value and ease of walking
2	Fruits and Vegetables Understand the benefits of consuming fruits and vegetables and learn strategies for integrating them into the diet	Balancing Time During Meals Reduce use of technology at the table and increase positive communication at meals; scrapbook	Introduction to Resistance Training Learn the value of resistance training and simple ways to get it
3	Grains and Legumes Understand the benefits of consuming whole grains and legumes; learn strategies for integrating them into the diet	Reducing Screen Time During Meals Reduce screen time and learn about TV marketing; scrapbook	Cardiovascular Activity: Jogging Understand the importance of CV activity and try jogging as an inexpensive example
4	Salt and Sugars Develop a realistic understanding of the necessity of controlling salt and sugar intake and learn strategies for doing so	Reducing Sibling Conflict During Meals Learn that sibling conflict is "normal"; learn strategies to reduce sibling conflicts; increase positive affect and show genuine concern; scrapbook	Other Forms of Cardiovascular Activity Experience other simple and fun types of CV activity such as Zumba or salsa dancing
5	Fats and Protein Understand the value of lean protein and healthy fat and the necessity of monitoring fat intake	Emphasizing Family Traditions Understand that traditions in families of origin have meaning and value for today; scrapbook	Resistance Training Experience other simple methods of resistance training
6	Wrap Up, Review and Fiesta Share healthy recipes, food, and fellowship	Building New Family Traditions Work to create new traditions that have meaning and strengthen family; share scrapbooks	Combining Resistance and Cardiovascular Activity in an Everyday Workout Learn ways to optimize time and effort to get some resistance and cardio at home

Multi-State Partners

Who	Location/School
Project Directors and Management	
Dr. Teran- Garcia	University of Illinois at Urbana- Champaign
Dr. Wiley	University of Illinois at Urbana- Champaign
Co-Project Directors	
Dr. Crixell	Texas State University
Dr. Greder	Iowa State University
Dr. Hammons	California State University Fresno
Dr. Plaza	University of Puerto Rico

Local Partners
Dr. McCaffrey
Dr. Correa



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Partners

Who	Location/School	Department
Advisory Board—Internal		
Dr. DeMejia	University of Illinois at Urbana-Champaign	Food Science and Human Nutrition
Dr. Donovan	University of Illinois at Urbana-Champaign	Food Science and Human Nutrition
Dr. Fiese	University of Illinois at Urbana-Champaign	Family Resiliency Center
Dr. Nickols-Richardson	University of Illinois at Urbana-Champaign	Food Science and Human Nutrition
Advisory Board—External		
Mr. Declan Kingland	LULAC	
Ms. Sofia Segura	Hispanic Health Council	
Dr. Rafael Perez-Escamilla	Yale School of Public Health	

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Project Aims

Research

- ✓ **Aim 1:**
 - a. Regional adaptation of existing Abriendo Caminos (AC) curriculum as needed
 - b. Develop *out of the box* additional AC material
- ✓ **Aim 2:**
 - a. Implement the AC2 curricula with intervention group (and 6 month follow-up)
 - b. Recruit and collection data with control group (and 6 month follow-up)
- ✓ **Aim 3:** Evaluate the impact of the AC2 curriculum across the sites

Education

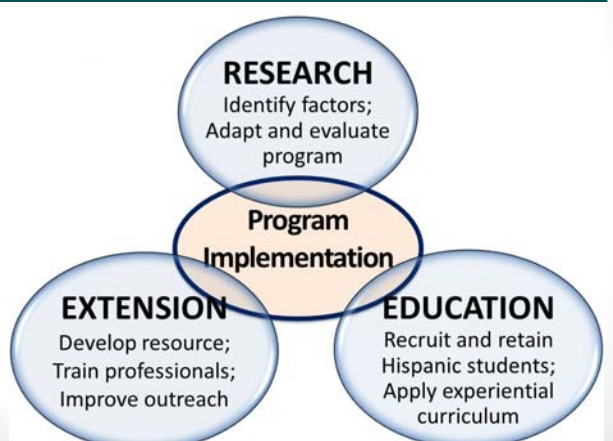
- ✓ **Aim 4:** Recruit and train professionals and future professionals to work and meet the specific needs of this population

Outreach

- ✓ **Aim 5:** Outreach and dissemination

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Integrated approach



RESEARCH
Identify factors;
Adapt and evaluate program

Program Implementation

EXTENSION
Develop resource;
Train professionals;
Improve outreach

EDUCATION
Recruit and retain Hispanic students;
Apply experiential curriculum

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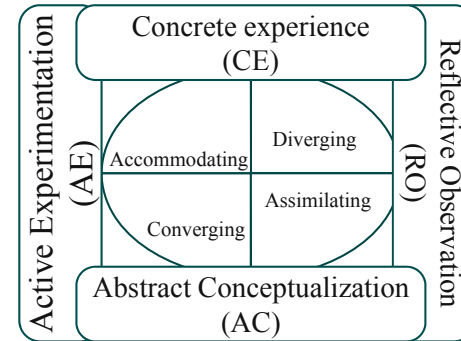
Aim 4: Recruit and Train Professionals and Future Professionals to Work and Meet the Specific Needs

- **Education/Training:** Training undergraduate students in a year long experiential learning course
- **Training:** Train Extension educators and community agency staff as facilitators to deliver intervention

State	Cohort	Date	
		Undergraduate Course	Training Professionals
Illinois	1	Fall 2015 – Spring 2016	September 2015 – July 2016
	2	Fall 2016 – Spring 2017	
	3	Fall 2017 – Spring 2018	
California	4	Fall 2015 – Spring 2016	September 2015 – July 2016
	5	Fall 2016 – Spring 2017	
Iowa	6	Fall 2016 – Spring 2017	September 2017 – July 2018
Puerto Rico	7	Fall 2016 – Spring 2017	
Texas	8	January – December 2017	

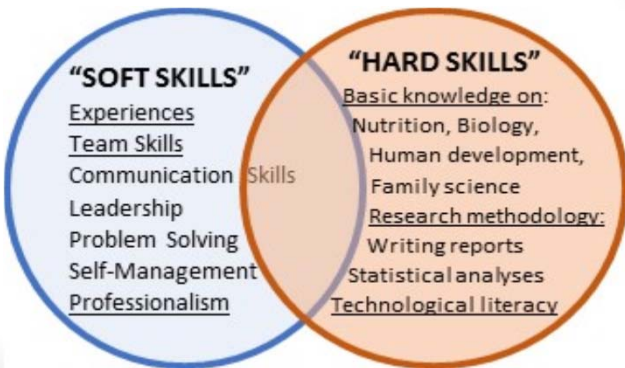
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Experiential Learning Theory



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Undergraduate curricula



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“Hard Skills”

Examples of modular lectures:

1. The scientific method	11. Consequences of childhood obesity
2. Responsible conduct on research	12. Obesity prevention/health promotion programs
3. Conducting community research	13. Communicate culturally-appropriate messages:
4. Ethical considerations (IRB)	• for translation of Dietary Guidelines
5. Research methods (Social Sciences)	• to follow Physical Activity Guidelines
6. Research methods (STEM areas)	16. Basic statistical analyses (I)
7. Epidemiology of Obesity: Global to local	17. Basic statistical analyses (II)
8. Obesity: cultural and economic risk factors	18. How to measure impact of prevention programs
9. Behaviors contributing to excessive weight gain	19. How to report research results
10. Dietary patterns promoting unhealthy weight	20. Research implications on public health policy

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Aim 5: Outreach Efforts

- Involve Extension and other partners at each site to expand outreach of community program
 - Selected sites: June 2015 – July 2019
- Present site results at local workshops/annual meetings
 - All sites: annually
- Disseminate combined results
 - All sites: January 2017 – December 2019

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Questions?

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Thank You!

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This research was supported by the Agriculture and Food Research Initiative of the USDA National Institute of Food and Agriculture as part of the AFRI Childhood Obesity Prevention Challenge (2015-68001-23248) to the University of Illinois.



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ILLINOIS

Abriendo Caminos Clearing the Path to Hispanic Health

A whole-family approach to prevent childhood obesity and promote healthy nutrition and life-style behaviors by building on traditions of Hispanic-heritage families



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