



# Steps to a Healthy Family: A Multidisciplinary approach to childhood overweight

A Steps To a Healthier Santa Cruz County Initiative

Ana Celia Hernández Martínez, MPH, CHES  
Health Education Specialist  
Mariposa Community Health Center





# Steps to a Healthy Santa Cruz

## School Health Coordinator Committee (SHCC)

### Multi-institutional collaborative

- Aim interventions on multiple levels within school and community settings

### Policy Priorities

- Provide capacity building opportunities to classified and non classified staff to address nutrition and physical activity.
- Provide nutrition education and physical activity opportunities to students.
- Provide opportunities to enable change in the school environment that positively impact student health.



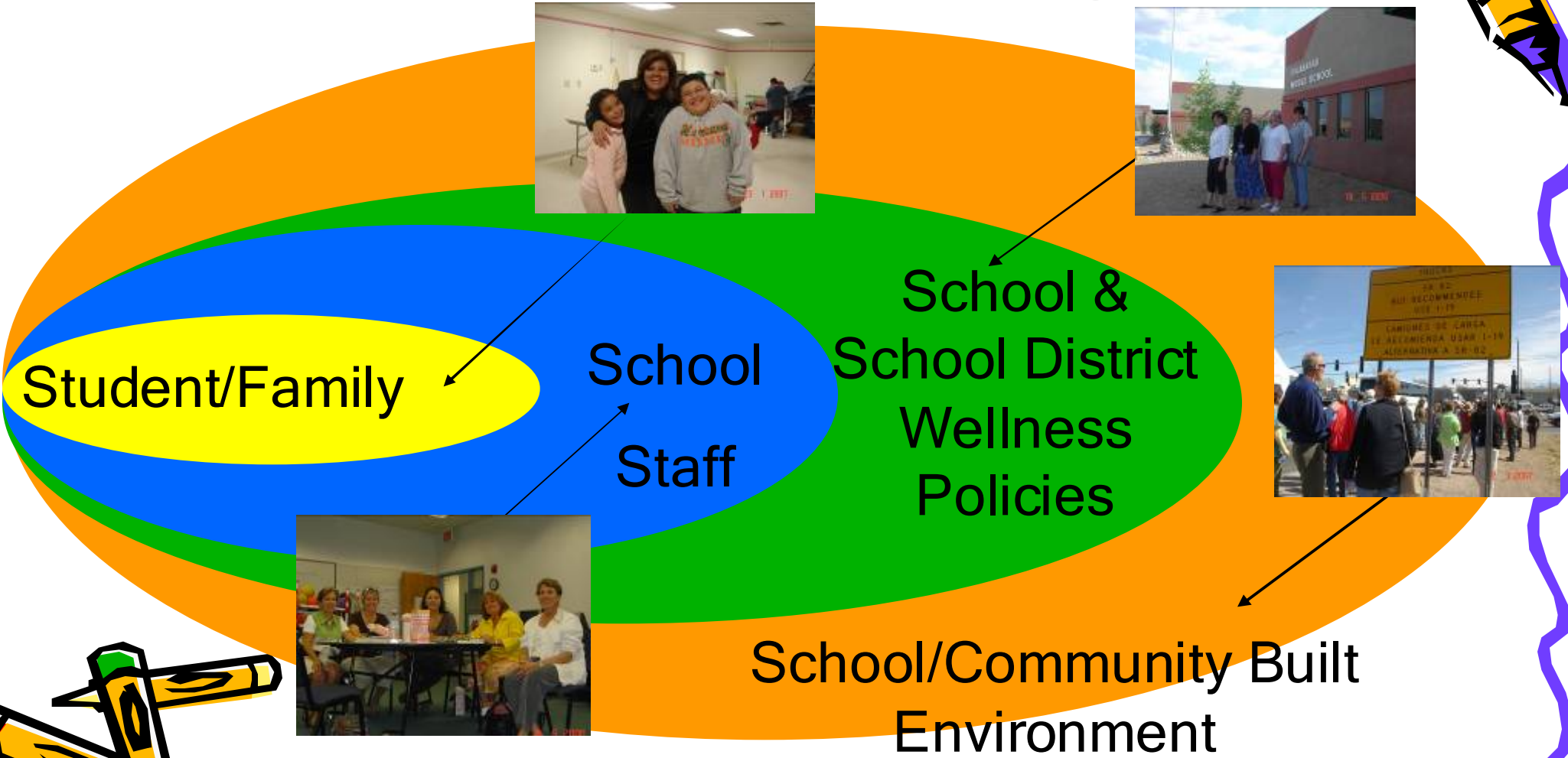
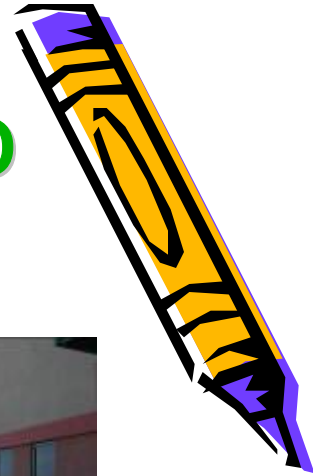
### SCHCC PARTNERS:



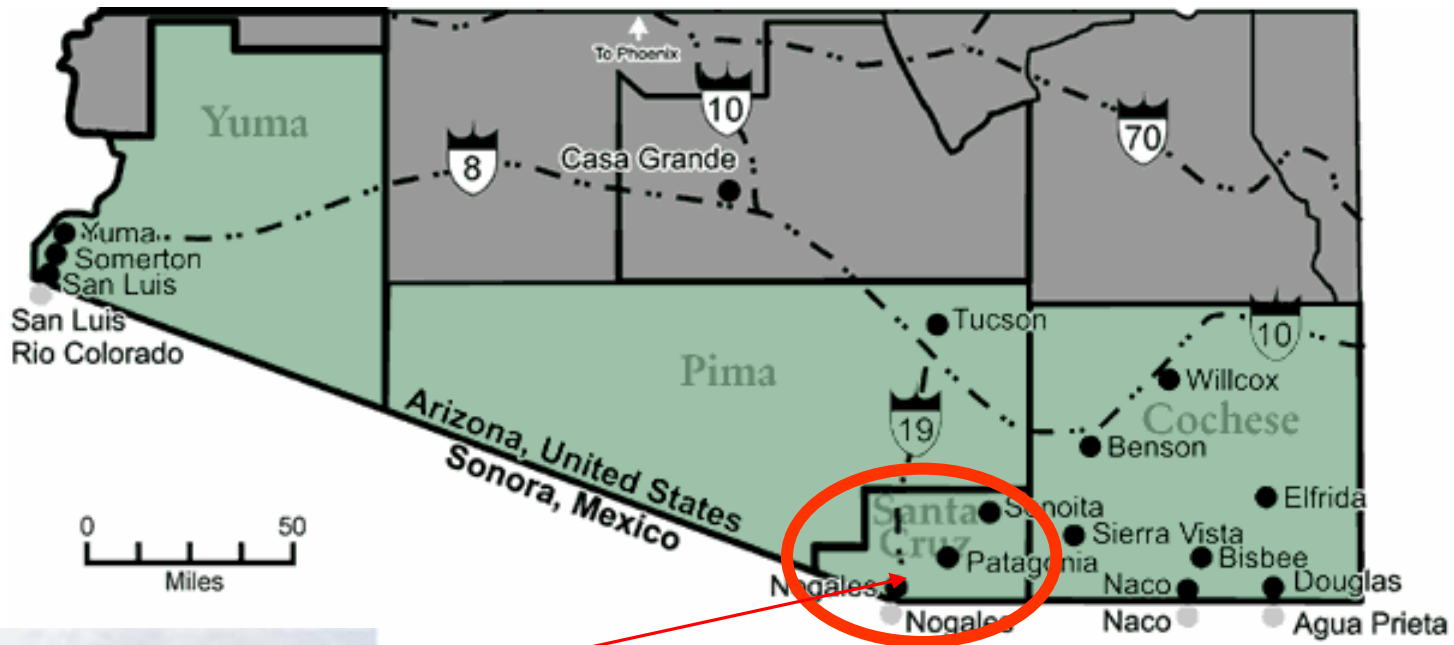
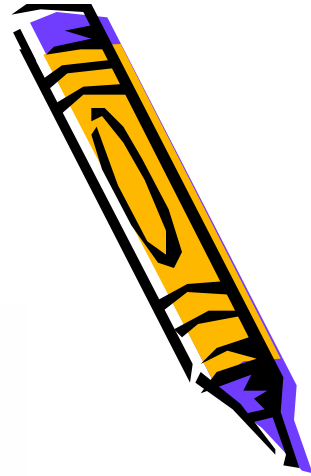
1. Mariposa Community Health Center
2. Santa Cruz County Unified School Districts #1 and #35
3. *Salud Por Vida* in conjunction with SCC School Superintendent's office
4. College of Public Health, UA



# A Socio-Ecological Approach to Childhood Overweight



# Community Overview: Santa Cruz County



Cities: Nogales, Rio Rico, Patagonia  
Population: 39,325  
Ethnicity: 84-95% Mexican descent





Provided by: Mark Fenton

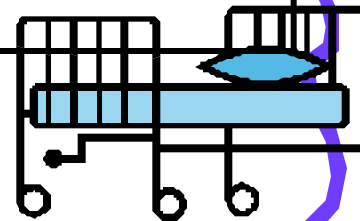




# General Health / Access to Care



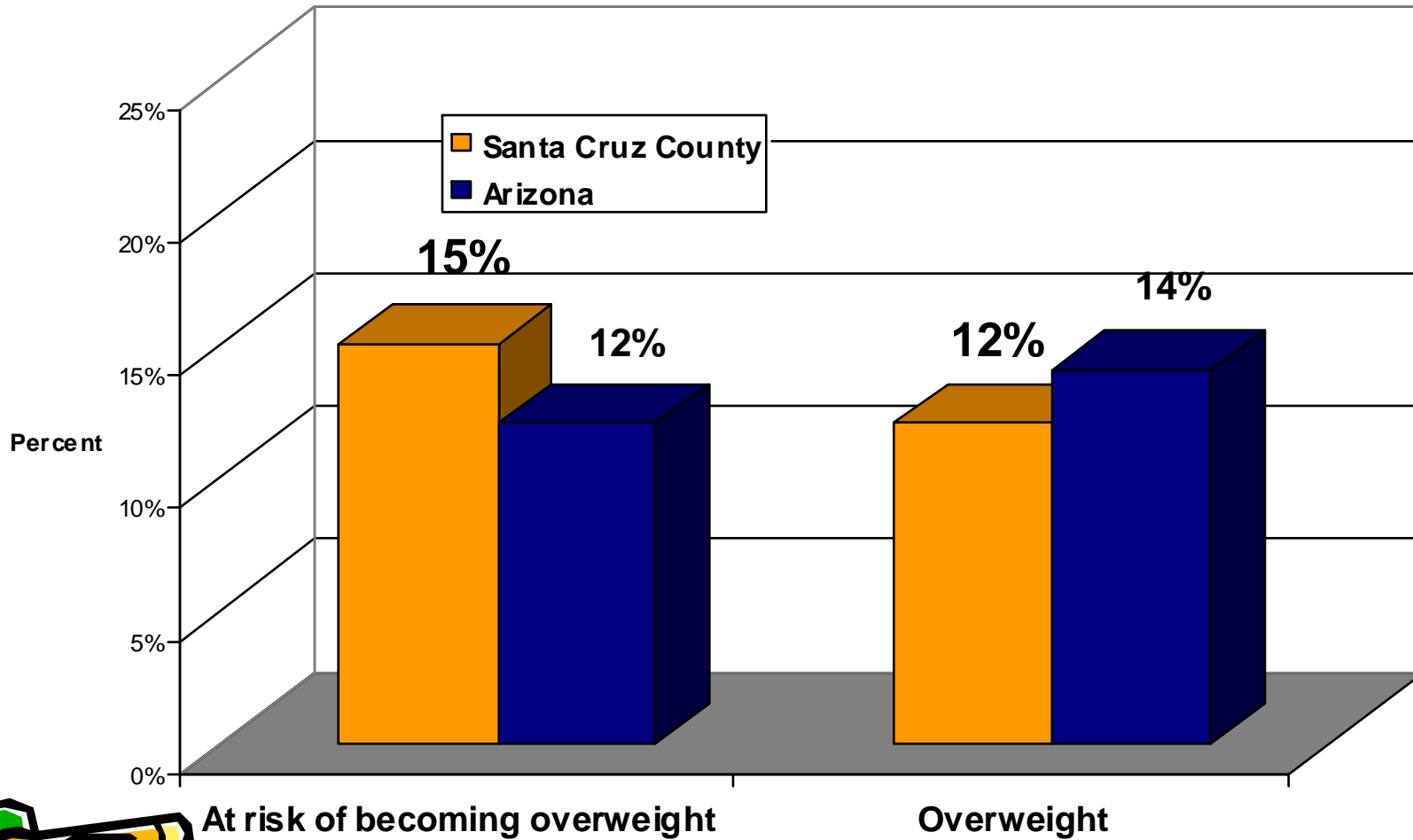
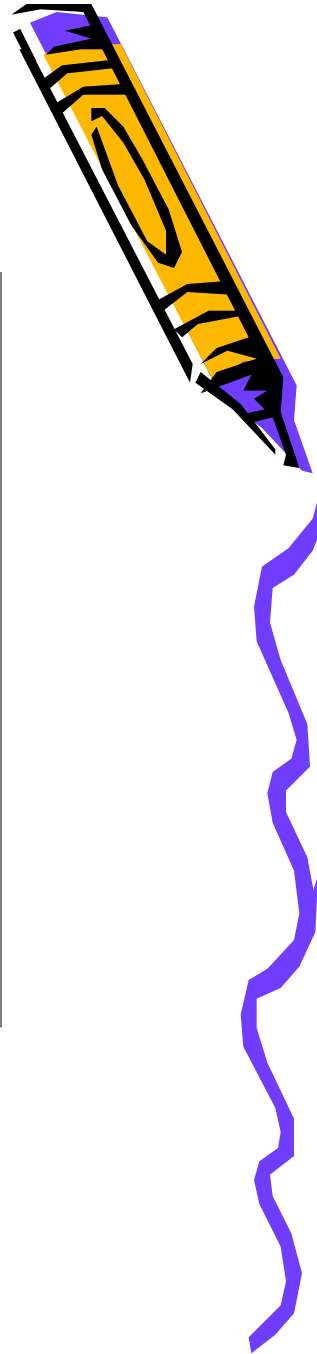
	Santa Cruz County	Arizona
Kids Care Enrollees	7%	4%
AHCCCS Enrollees	27%	14%
Do not have any kind of health care coverage*	28%	21%
Could not see a doctor when needed because of cost*	22%	14%







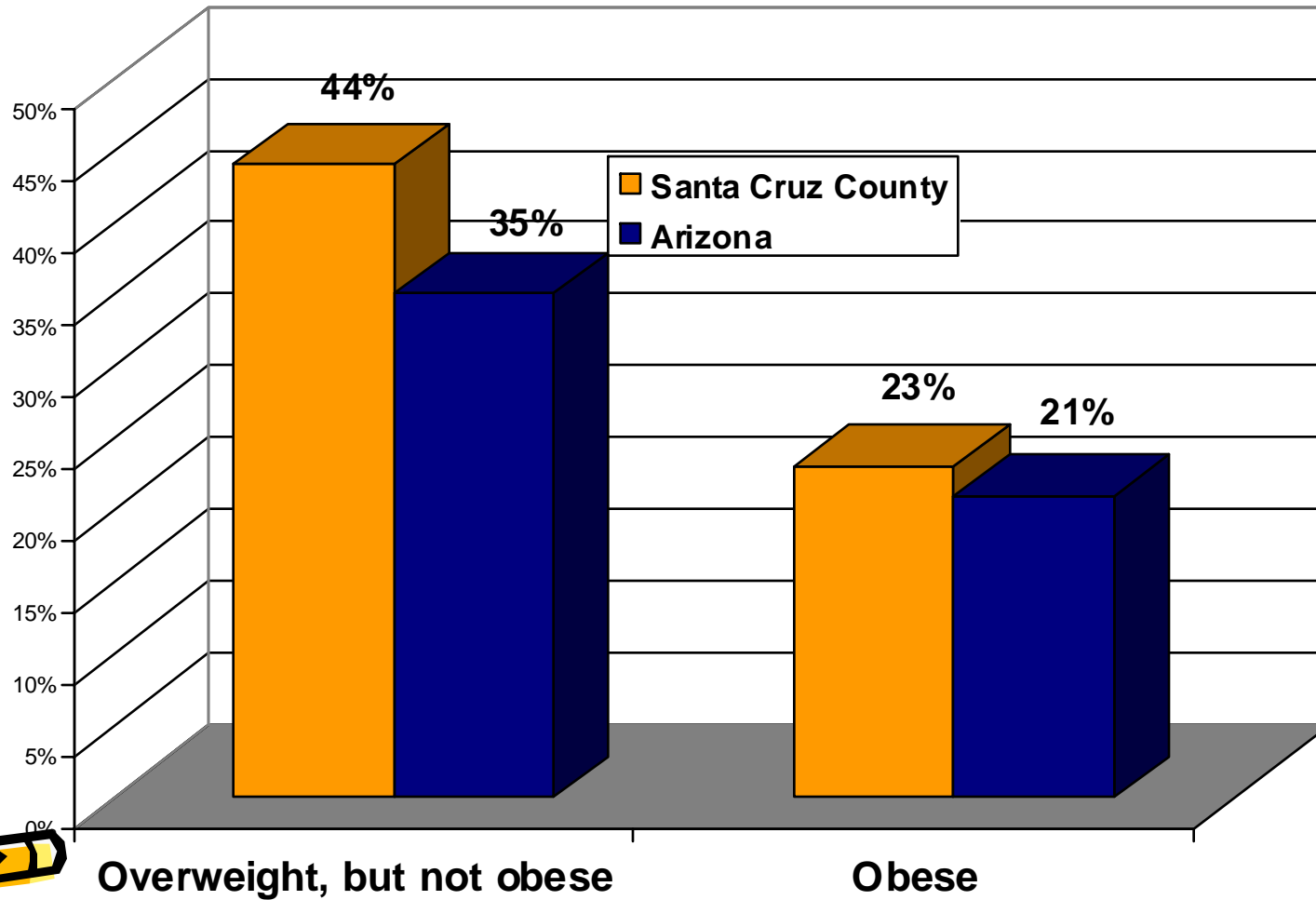
# Youth Aged 15-18 Overweight



*Source: 2005 Youth Risk Behavioral Survey (YRBS)*



# Adult Overweight



*\*Source: The 2005 Arizona Behavioral Risk Factor Survey (BRFSS)*

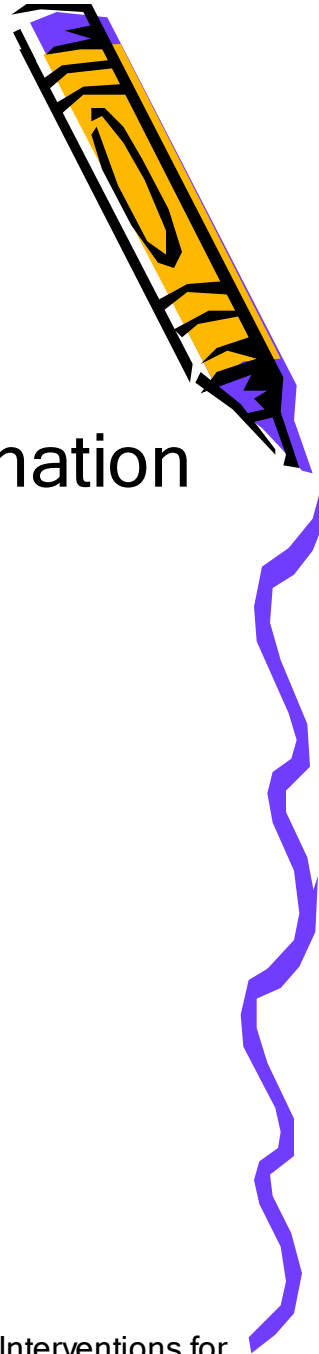
# Program Concept

Pediatric overweight intervention requires a combination of family and school based programs that include:

- Promotion of physical activity
- Parent training/modeling
- Behavioral counseling
- Nutrition education

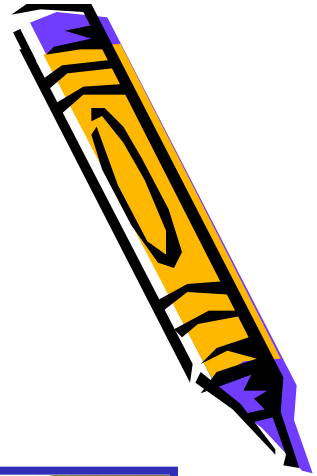


Position of the American Dietetic Association: Individual-,Family-,School-, and Community Based Interventions for Pediatric Overweight. Journal of the American Dietetic Association, 2006 June; 106 (6):925-945.



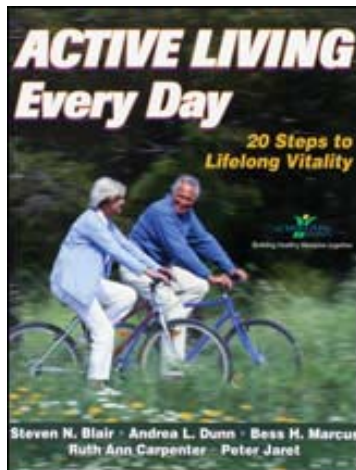
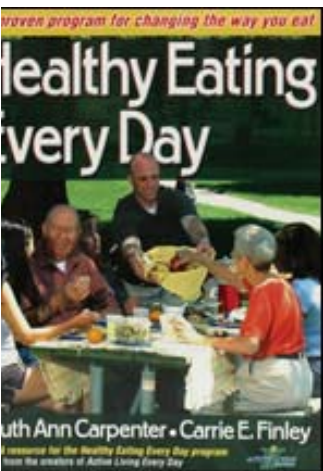
# Program Goal

Reduce pediatric overweight incidence among Children in grades 3<sup>rd</sup>-5<sup>th</sup> with a BMI above 95 percentile and their families through a Multidisciplinary approach






# Evidenced Based Strategies

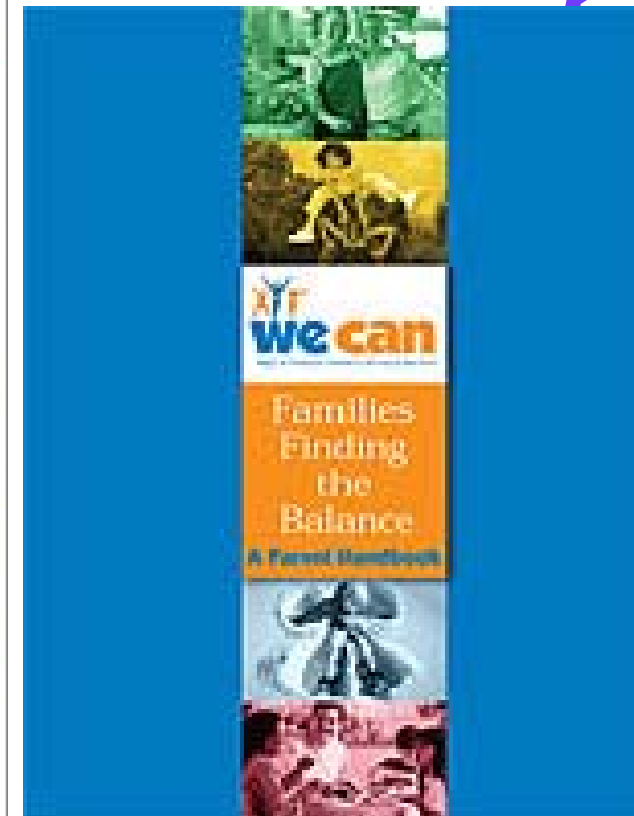


**TRIM KIDS™**



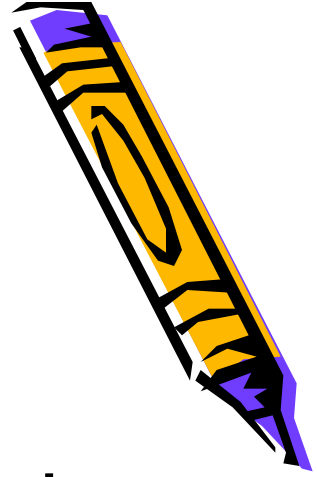
Proven **12-WEEK PLAN** That Has Helped  
sands of Children Achieve a Healthier Weight

by  
Dr. S. Sothorn, Ph.D., M.Ed., C.E.P., T. Kristian von Almen, Ph.D.,  
and Heidi Schumacher, R.D., L.D.N., C.D.E.



# Program Team

- Nutrition Education:
  - WIC Nutritionist, Community Health Worker
- Healthy Cooking :
  - Community Health Worker
- Behavioral Health:
  - Psychologist, Licensed counselor
- Physical Activity:
  - Physical activity specialist



# Participant Recruitment

- Participants are primarily identified by:



School Nurses



Providers in the community



Promotoras



**STEPS to a Healthy Family**

You recently received a letter from the school nurse or your doctor inviting you and your family to participate in STEPS to a Healthy Family. A program designed to provide you with:

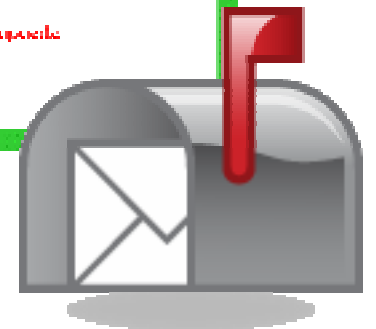
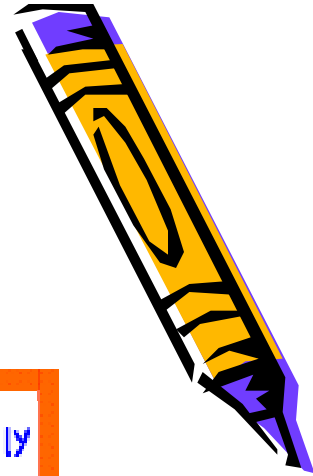
- New ways of eating through the 5-A-Day program
- A Supermarket Tour
- Budget friendly family cooking
- Games, dancing and prizes
- Family support

**NEW GROUP WILL START in MARCH**  
**PROXIMO GRUPO INICIA en Marzo**

**Join our waiting list by calling**  
**Inscríbese en nuestro lista de espera llamando al**  
**(520) 375-6029**

Recientemente recibiste una carta de la enfermera de la escuela o de tu médico invitando a ti y a tu familia a participar en el programa STEPS para una familia saludable. El programa te dará:

- Nuevas formas de comer a través de 5-a-día
- Un tour en el supermercado
- Cocina económica con recetas sencillas
- Juegos, baile y premios
- Apoyo familiar



# Participant Intake Process (Child and Participating Parent)

- Release Forms



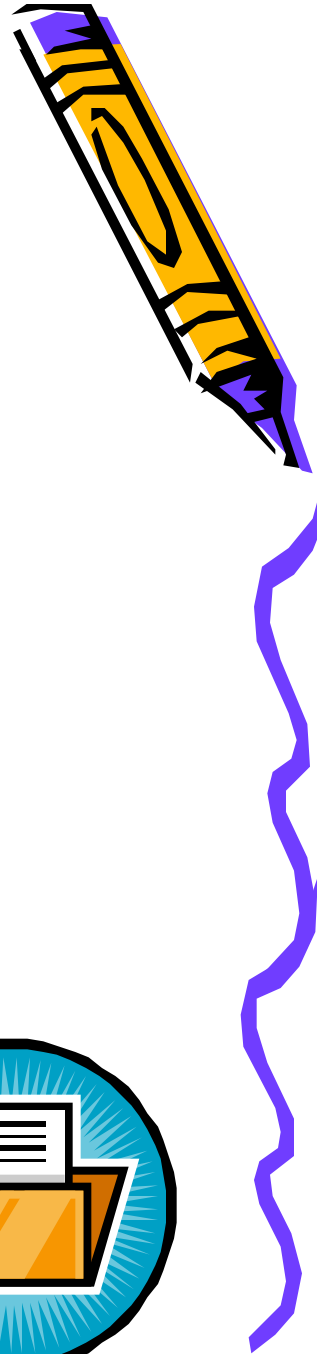
Medical Clearance form



Health Insurance access

- Evaluation

- Parent and Child Self Report Behavioral and Knowledge Questionnaire
- Administered by Promotora
- Intake and at 6 months

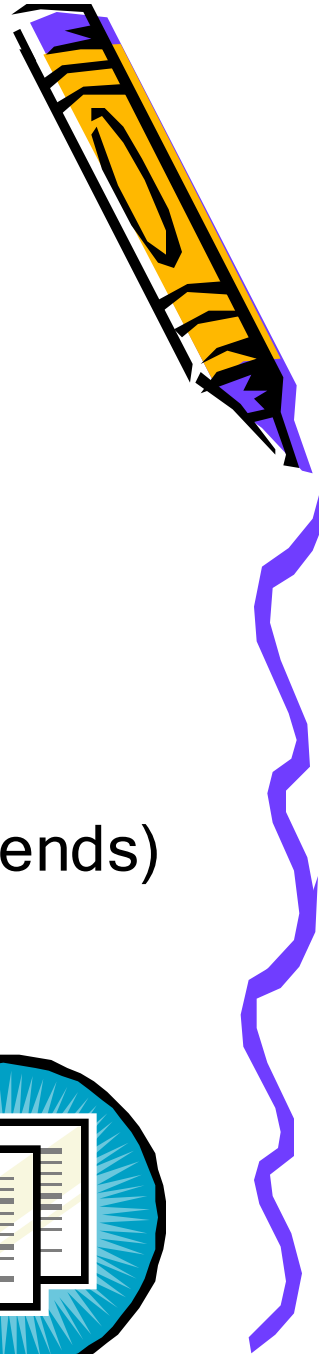






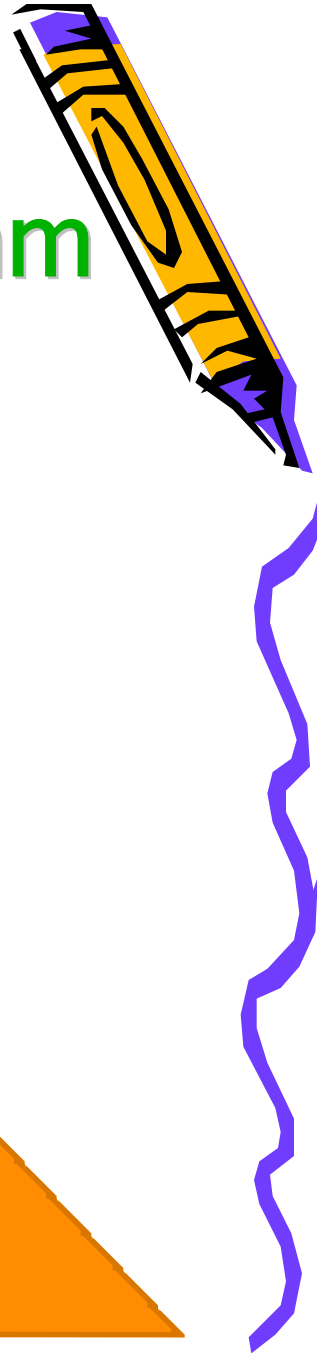
# Behavior and Knowledge Pre Post Questionnaire

- Frequency of eating outside the home
- Fruit and vegetables consumption per week
- Soda consumption per week
- Breakfast
- Family eating together
- Children involvement in food preparation
- Level of physical activity (including after school/weekends)
- TV watching, videogames, computer week average
- Families playing together
- Health access
- Parent advocacy and built environment





# Four Phases of Steps to a Healthy Family Program

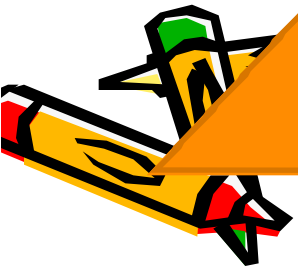


Phase 4 (monthly Support group)  
Behavioral Change

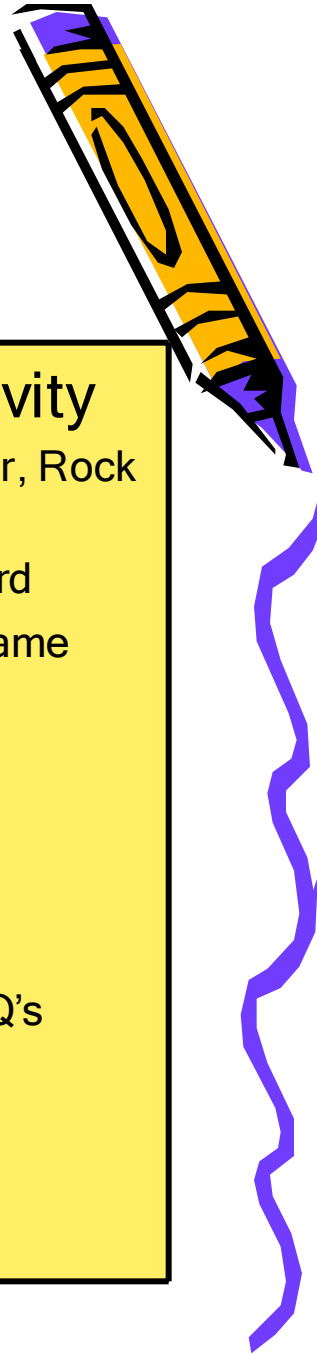
PHASE 3 (bi-monthly)  
Maintaining Healthy Behavior

PHASE 2 (12 weeks)  
Empowering/Facilitating Healthy Behavior

PHASE 1 (12 weeks)  
Introducing Healthy Behavior Concepts



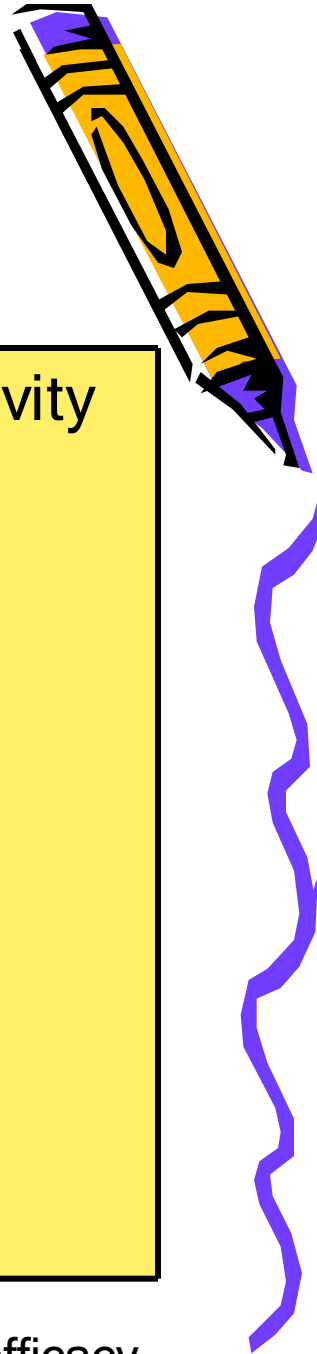
# Phase 1 : Months 1-3



Nutrition	Behavioral Health	Physical activity
<ol style="list-style-type: none"> <li>1. All foods fit</li> <li>2. Food portion/serving size</li> <li>3. 5 a day F &amp; V</li> <li>4. Food groups</li> <li>5. Supermarket tour/label R</li> <li>6. Food safety/Healthy snacks</li> <li>7. Breakfast</li> <li>8. Quench that thirst/beverages</li> <li>9. Portion Distortion</li> <li>10. Fast food survival</li> <li>11. Recipe modification</li> </ol>	<ol style="list-style-type: none"> <li>1. How to be a fit kid</li> <li>2. How we treat our bodies</li> <li>3. How can I feel better about my body?</li> <li>4. The story on self-esteem</li> <li>5. The brain is the boss</li> <li>6. Exploring our extraordinary senses</li> <li>7. Experimenting with the senses</li> <li>8. All about feelings</li> <li>9. Four familiar feelings</li> <li>10. Why worry?</li> </ol>	<ol style="list-style-type: none"> <li>1. Crazy Cones/Paper, Rock Scissor</li> <li>2. Clean your backyard</li> <li>3. Pyramid scooter game</li> <li>4. Dragon Tail</li> <li>5. Exercise Stations</li> <li>6. Parachute game</li> <li>7. Cat and Mouse</li> <li>8. Healthy Island</li> <li>9. Jog and Listen to Q's</li> <li>10. Free Choice</li> </ol>



## Phase 2: Months 4-6



Nutrition	Behavioral Health	Physical activity
<ol style="list-style-type: none"> <li>1. Increasing F &amp; V</li> <li>2. Lowering fat intake</li> <li>3. Increasing dairy to 2-3</li> <li>4. Increasing whole grains to 3 a day</li> <li>5. How to get your child to eat but not too much</li> <li>6. Relationship between calories in and out</li> <li>7. Social sabotage</li> <li>8. Brown bag lunch</li> <li>9. Fast food/eating out</li> <li>10.Environmental checklist</li> <li>11.Media Literacy/Turn off TV</li> </ol>	<ol style="list-style-type: none"> <li>1. More about fitness</li> <li>2. Still more about fitness</li> <li>3. How can I feel better about my body?</li> <li>4. Oh, the things we say to ourselves!</li> <li>5. Things that move us to eat</li> <li>6. The ABC's of behavior</li> <li>7. Dealing with anger</li> <li>8. More about feelings</li> <li>9. Being afraid</li> <li>10. Goals/commitment</li> </ol>	<ol style="list-style-type: none"> <li>1. Step-ups</li> <li>2. Queen B</li> <li>3. Salad Bar</li> <li>4. Mini B-Ball</li> <li>5. Football</li> <li>6. Walk in place</li> <li>7. Volleyball</li> <li>8. Exercise Stations</li> <li>9. Step-ups</li> <li>10.Hockey</li> <li>11.Scooters</li> <li>12.Free Choice</li> </ol>

•Parent self-efficacy



## FOOD DEMONSTRATION TIME



Children gain confidence



## CHILDREN PARTICIPATING IN NUTRITION AND PHYSICAL ACTIVITY

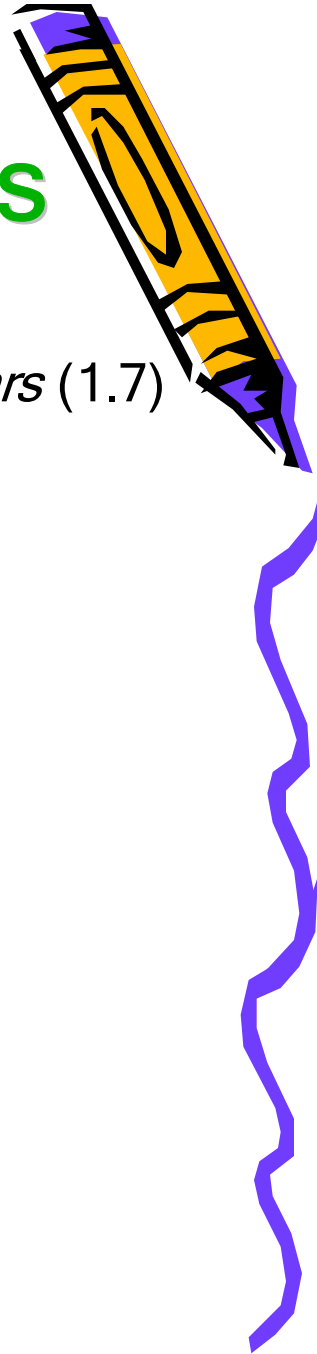
Parents and children play together



**PARENTS AND CHILDREN  
PLAY AND LEARN TOGETHER**



# Child and Parent Demographics



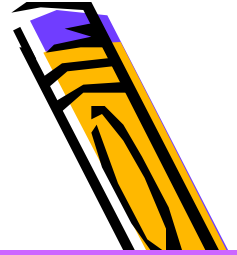
Parent	Age 40 years (5.4)	Child	Age 10 years (1.7)
Women 84% (26)		Girls 38% (9)	
Men 16% (9)		Boys 62% (15)	

Parent Education	N=26
None	4%
Less than High school	38%
High school Graduate	26%
Some College	8%
College Graduate	23%





# Parents Access to Health



Parent Access to Health Care	Healthy Family Parents N=30	Santa Cruz County* N=500	Arizona*
Did not have one person they think of as their personal doctor or health care provider.	50%	ND	ND
Could not see a doctor when needed because of cost	15%	32%	28%

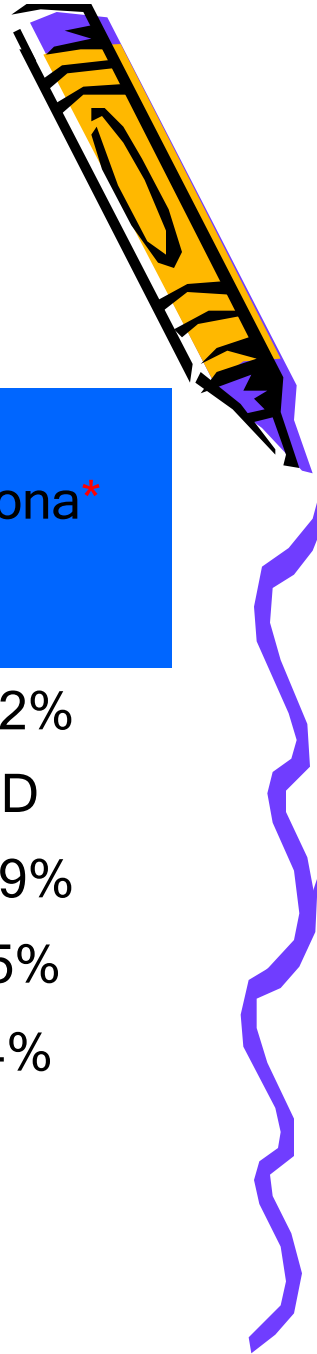
Parent Access to Health	N=26
None	15%
Public (ACCCHS, Kidscare, Medicare, Mariposa Plan)	50%
Private (US)	23%
Private (Mexico)	12%



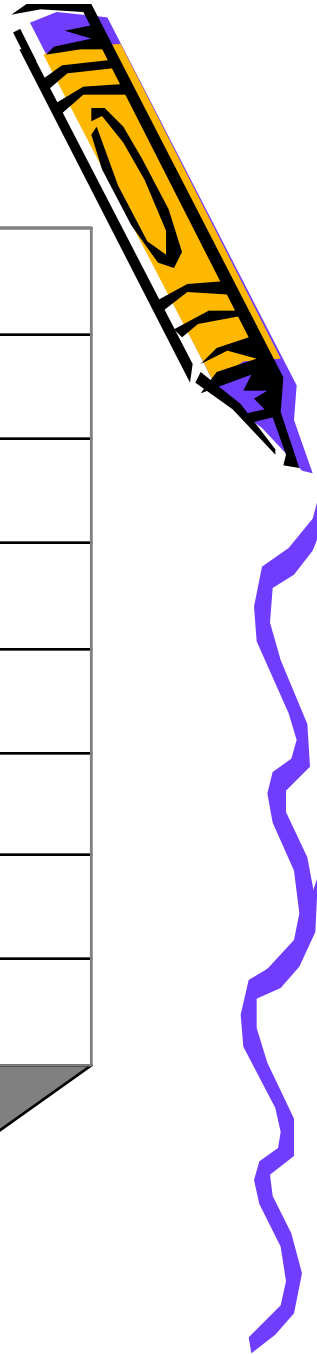
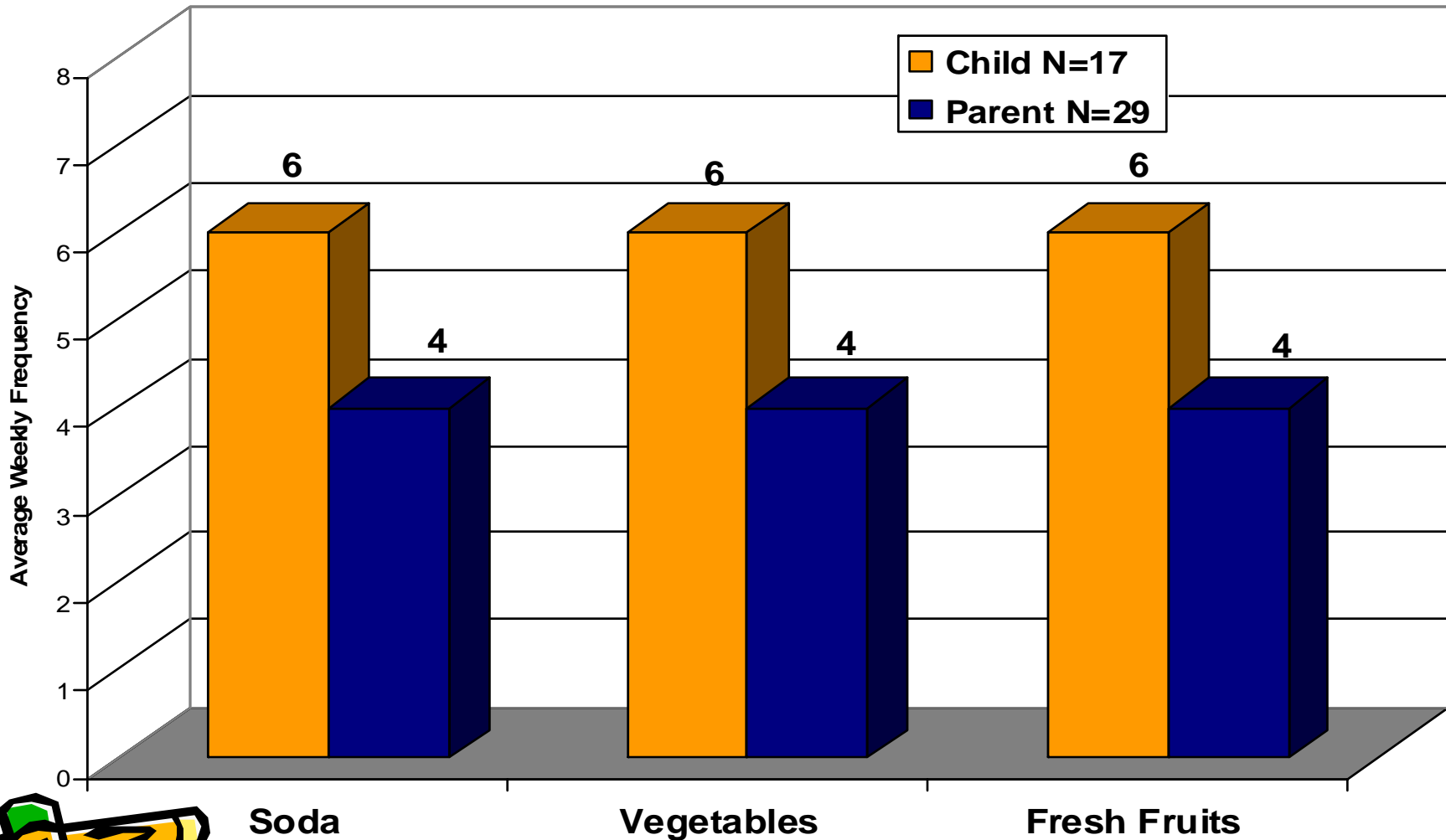
\*Source: The 2005 Arizona Behavioral Risk Factor Survey (BRFSS)

# Parent Health Status

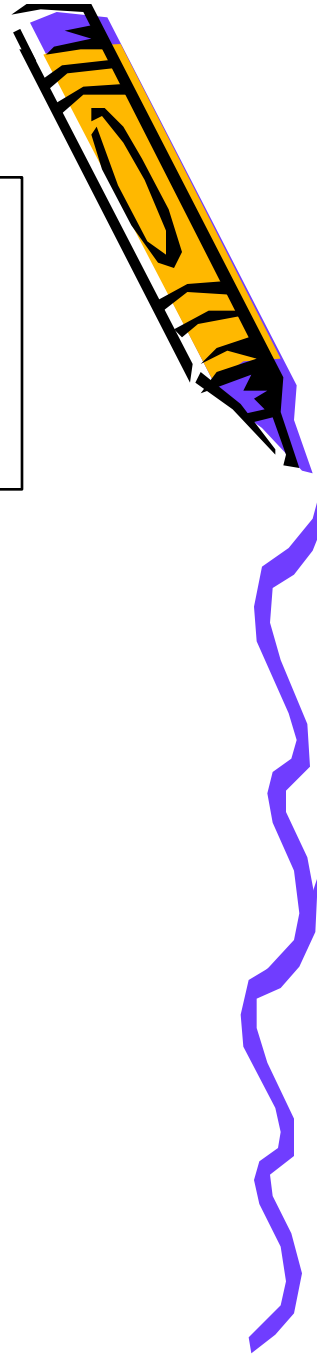
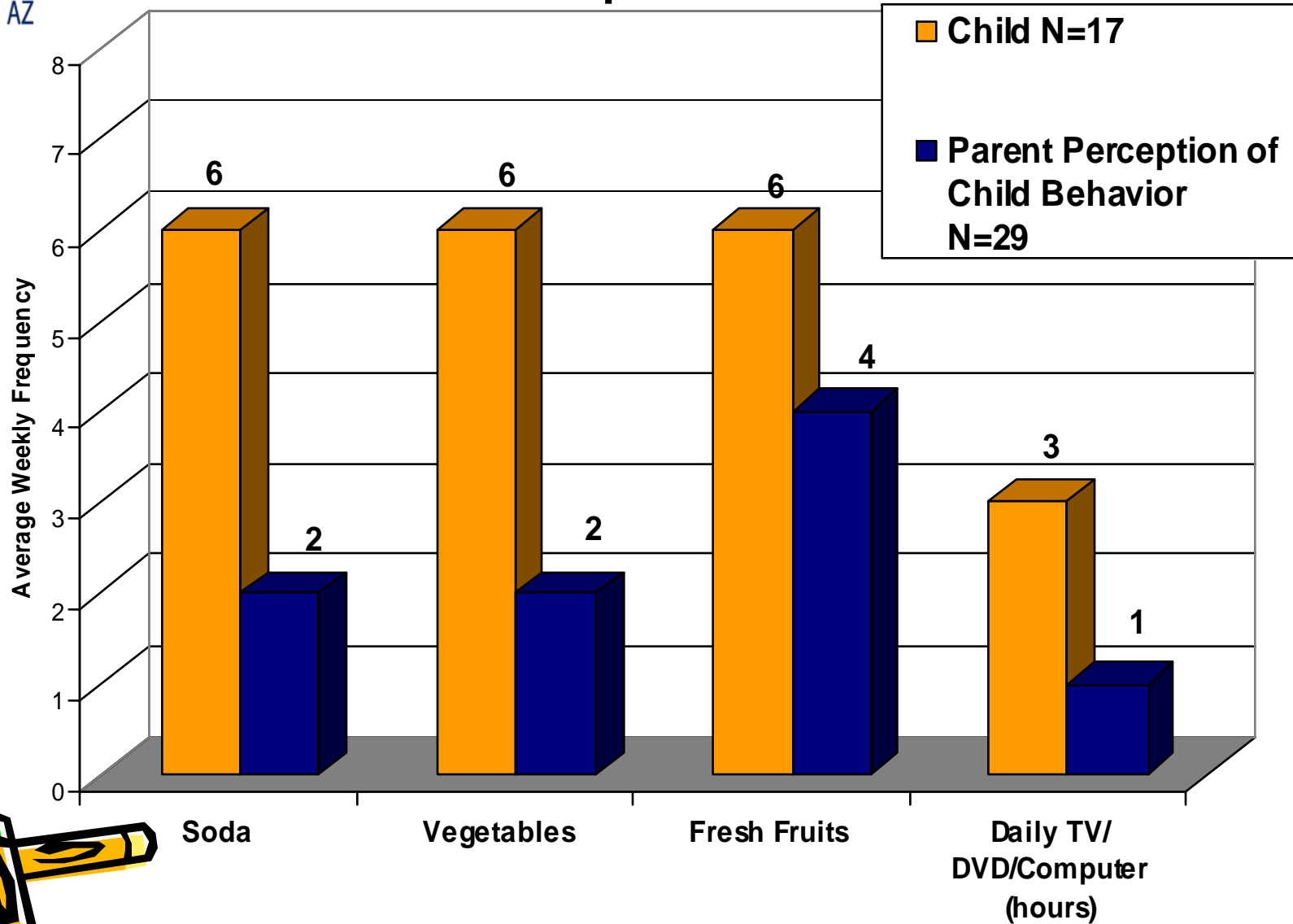
Parent Health Status	Healthy Family Parents N=30	Santa Cruz County* N=300-500	Arizona*
Asthma	4%	6.9%	12.2%
High Cholesterol	19%	44%	ND
High blood pressure	8%	25%	12.9%
Diabetes	12%	11%	7.5%
Family member diagnosed with diabetes	42%	22%	14%



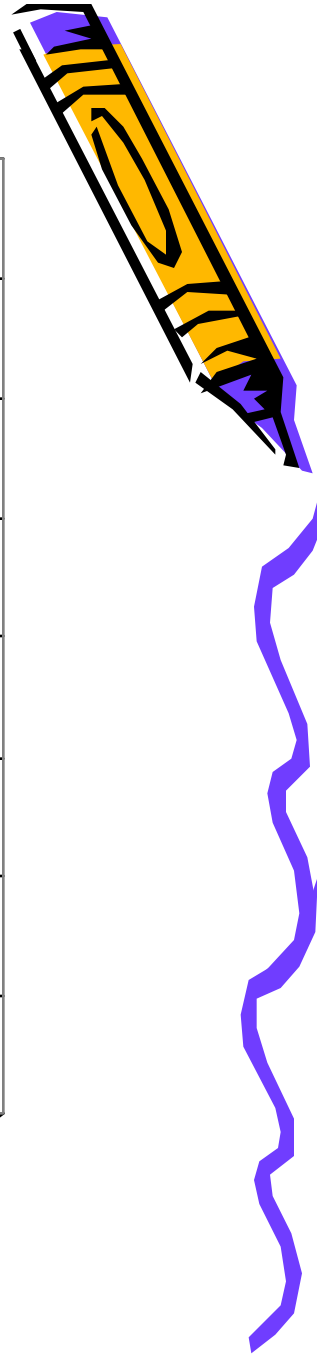
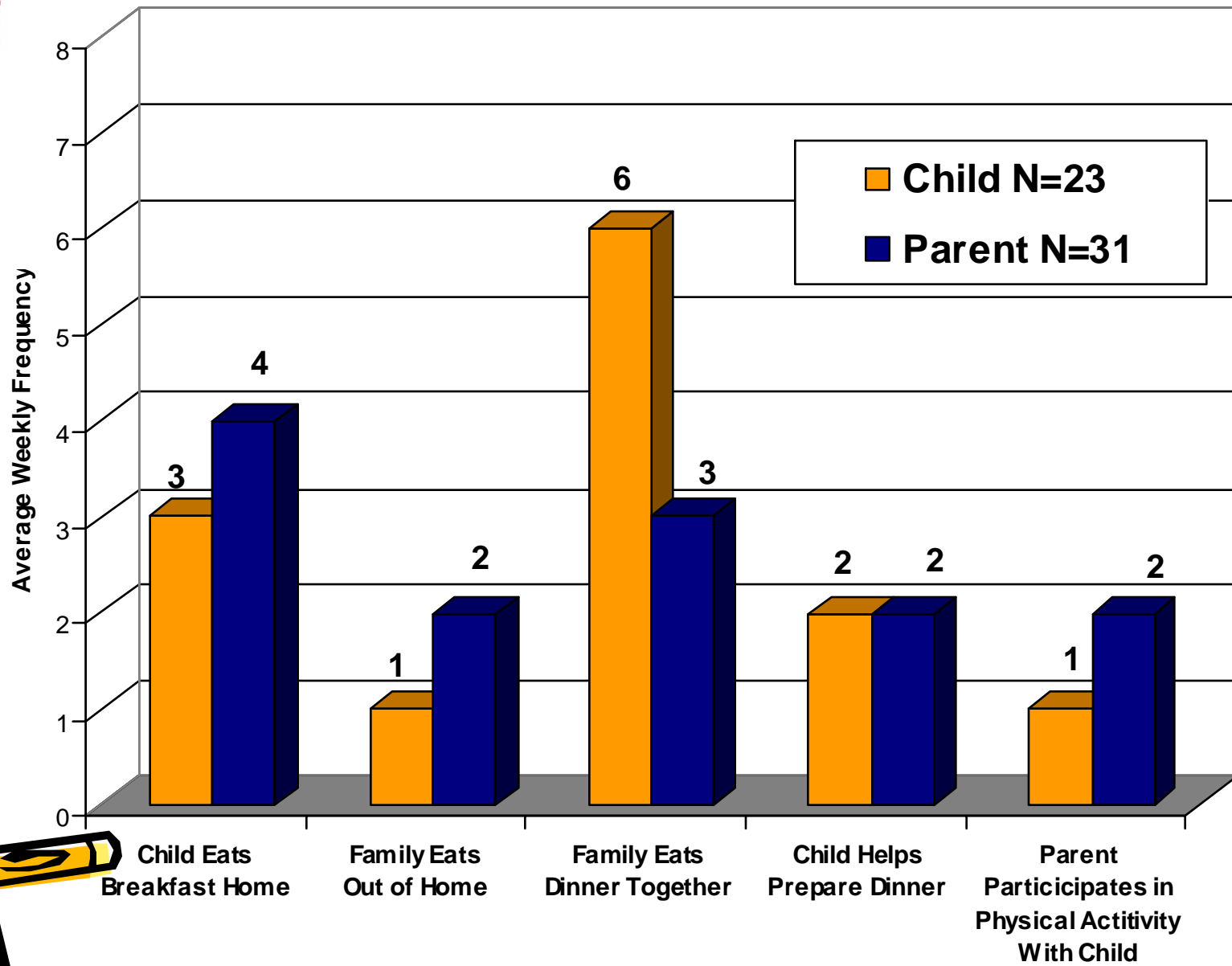
# Child and Parent Weekly Soda, Fruit and Vegetable Consumption at Baseline



# Parent Perception of Child's Behavior

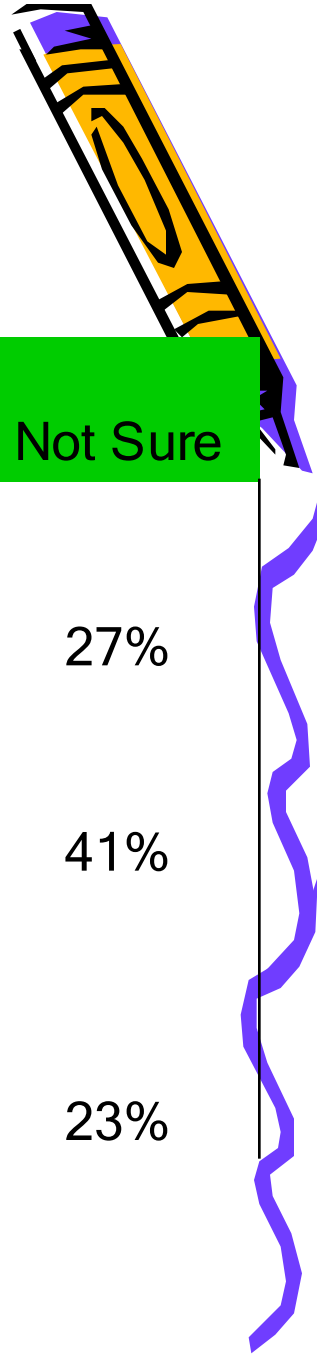


# Family Behaviors





# Parent Perceptions of the Built Environment



N=30

There is a park, playground or open space within walking distance of your home.

Feel like the park or playground closest to where you live are safe during the day.

There is a place (store, market, stand) where you can buy fruits and vegetable within walking distance of your home?

	Yes	No	Not Sure
There is a park, playground or open space within walking distance of your home.	29%	48%	27%
Feel like the park or playground closest to where you live are safe during the day.	45%	14%	41%
There is a place (store, market, stand) where you can buy fruits and vegetable within walking distance of your home?	36%	42%	23%



# Parent Advocacy in Schools

- 89% (24) of parents think there is no way to voice their concerns about inadequate services or resources at their child's school.
- Although parents express being comfortable voicing their concerns they do so less than half the time.
- Some of the persons parents voice concerns to include: principal, teachers, secretary, counselor and school district administration.



# Parent Testimonial

- “All family members have become more active and without using restrictive or dangerous eating plans, my daughter has dropped from a size twenty to a size fourteen”





# Parent Testimonial

- “I lost 40 pounds before my surgery and was able to recover much more quickly than expected due to the increase in physical activity over the past months ”



# Parent Testimonial

- “ I took my daughter to a nutritionist to help us achieve a healthy weight, we have been eating healthy and exercising regularly for the past 5 months, my daughter has lost 30 pounds. I am very proud of her!”





# Lessons to share

- 6 month program
- *Promotora* / Community Health Worker Model
- Partner with health care providers, schools, and families
- Target all family members
- Provide hands-on age, culturally and linguistically appropriate activities
- Enable health access
- Connect families with community resources
- Encourage participation in sports





# Contacts

Ana Celia Hernández Martínez  
Health Education Specialist  
Mariposa Community Health Center  
[achmartinez@mariposachc.net](mailto:achmartinez@mariposachc.net)

Samantha Sabo, MPH  
Program Director of Transborder Initiatives  
University of Arizona, College of  
Public Health  
[sabo@email.arizona.edu](mailto:sabo@email.arizona.edu)

