

## *La Vida Sana, La Vida Feliz*

August 1, 2006-July 31, 2009

### Overview:

As a result of a collaborative effort by the Greater Humboldt Park Community of Wellness, funding was received by the Health Resources and Services Administration's Office of Maternal and Child Health in 2006 to provide an innovative health education program for women of the Humboldt Park community that focuses on reducing obesity, increasing physical activity and improving overall wellness. Group sessions meet twice a month for four months and provide women with information and resources for eating healthy, managing stress and engaging in physical activity.

13 Spanish and two English groups were offered during the grant period. HRSA funding concluded on July 31, 2009.

### Centro San Bonifacio and Wright College Partnership:

17 health educators were trained through Wright College in the summer of 2007. 119 workshops and classes about physical activity, chronic disease, stress management and nutrition have since been offered throughout the Humboldt Park community, reaching 1248 individuals. 38 aerobics classes were held, reaching 406 women.

### Results:

\*947 patients were referred by their providers, 539 women attended an orientation session and 229 women graduated from the program.

\*99% of graduates reported that their clothes fit better and 97% stated that they had more energy and felt better about themselves.

\*La Vida Sana, La Vida Feliz graduates lost 701 pounds and 350" from their waists.

\*95% of graduates report eating more fruits and vegetables on a daily basis.

### Responses from Graduates:

*"The program is wonderful because it helped me prepare new recipes, do more exercise, deal with problems and eat healthy. Personally, I loved it!"*

*"La Vida Sana, La Vida Feliz helped me a lot in different ways, in taking care of myself and what I eat. I now eat more fruits and vegetables. Those little steps that I took not only helped me to lose weight and inches but also helped me to have the strength to believe in myself and do whatever is good for me."*

*"When I entered the program, I felt poor, physically and morally, and depressed and I ate food that didn't help me feel better. In the program, I lost inches and pounds. Also, I have learned to manage my stress and now I can sleep better and I am also exercising. All of this has helped me eat healthy. I feel more relaxed and more beautiful."*

### Next Steps:

Funding has been received from several foundations allowing the program to continue for another year. Three groups, reaching 149 women, are currently underway with two additional groups scheduled to begin in January, 2010. Participant recruitment is ongoing. Curriculum additions include pre-diabetes and heart health.

*Erie Family Health Center, 1701 W. Superior, Chicago, Illinois 60622*

Amy Valukas, MPH, Director of School Health and Health Promotion  
312.432.7350    avalukas@eriefamilyhealth.org

Erica Plaisier, MS, Coordinator, Healthy Women Program  
312.432.7499    eplaisier@eriefamilyhealth.org

Margarita Sanchez, Project Promotora  
312.432.7446    masanchez@eriefamilyhealth.org