

QUICK REFERENCE SHEET

INSTITUTE FOR HISPANIC HEALTH (IHH)

MISSION:

To promote the health and well-being of Hispanic Americans by reducing the incidence, burden, and impact of health problems in the Hispanic community

VISION:

For every Hispanic American to have the opportunity and ability to achieve good health and a high quality of life

NUTRITION AND PHYSICAL ACTIVITY

The ***Cuidemos Nuestra Salud: Con Una Vida Balanceada*** (Let's Take Care of Our Health: With a Balanced Life) national project seeks to reduce the incidence of obesity among Hispanics through nutrition and physical activity education. IHH is implementing a *promotores de salud* (lay health educators) model, which includes a toolkit for educating Latinos on the concepts of energy balance, calorie reduction, and physical activity. The project is being carried out in Arizona, California, the District of Columbia, Massachusetts, Texas, and Wisconsin.

De Compras con Salud y Sabor (Healthy and Flavorful Grocery Shopping) was designed to develop an expanded version of Lesson One from the *Mente Sana en Cuerpo Sano* curriculum for becoming a better grocery shopper. This project aims to improve the knowledge of and behaviors toward health-conscious shopping and food choices among Latinos in Arizona, California, and Texas using a *promotores de salud* model.

The **Nutrition Education** project was designed to better equip low-income, Spanish-speaking Latinos with the resources necessary to improve their food choices and engage in physical activity, as well as conduct policy and advocacy work to address hunger among Hispanics. The project is being conducted in Maryland, New York, and Ohio.

Come Bien, Vive Más (Eat Well, Live More) tests the cultural competence and linguistic appropriateness of a self-management tool—a Spanish-language cookbook containing healthy recipes for typical Puerto Rican foods—that will be used among Puerto Ricans living in the U.S. This project is part of an initiative funded by the Office of Minority Health to supplement *Cuidemos Nuestra Salud* with tools to promote healthy eating among individuals who consume Caribbean diets. The cookbook will be available on the IHH website and distributed to the community-based organizations participating in *Cuidemos Nuestra Salud*.

CHRONIC DISEASE PREVENTION AND MANAGEMENT

Salud para su Corazón (Heart Health) was designed to raise awareness of cardiovascular disease prevention among Latinos through the use of media and *promotores de salud*. This intervention is taking place in California, Illinois, Maryland, North Carolina, Rhode Island, Texas, and Washington.

The ***Viviendo Saludable*** (Living Healthy) project aims to increase knowledge and improve self-management behaviors among mature adult Latinos diagnosed with type 2 diabetes using the *promotores de salud* model. The project will be implemented in Rhode Island and Texas through the generous support of two corporate funders.

Mantenga su Mente Activa (Keep Your Mind Active) was designed to increase awareness, knowledge, and actions with regard to Alzheimer's disease among Latinos in Oklahoma by implementing a *promotores de salud* program.

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SEXUAL AND REPRODUCTIVE HEALTH

Mujer Sana, Familia Fuerte (Healthy Woman, Strong Family), commissioned by the Centers for Disease Control and Prevention in late 2009, was designed to address the need for effective cervical cancer education among Latinas. This community-based project aims to improve knowledge of, change attitudes toward, and increase screenings for cervical cancer among Latinas in the District of Columbia and Illinois.

The **Situational Analysis on Cervical Cancer and HPV Prevention and Education Initiatives** was designed to identify factors hindering or facilitating cervical cancer prevention in the Latino community. This is one of the first comprehensive examinations of Latina cervical cancer prevention needs and is taking place in Georgia, Maryland, Ohio, and Texas.

The **National Consensus on Latino Teen Pregnancy Prevention** project, commissioned in 2009 by The National Campaign to Prevent Teen and Unplanned Pregnancy, seeks to establish a national consensus statement that will serve as a catalyst for organizations to become actively involved in promoting and supporting Latino teen pregnancy prevention efforts. The project consists of a series of activities, including in-depth interviews with key informants, and a consensus-building meeting with representatives of organizations serving or interested in serving Latino communities nationwide.

EMERGENCY PREPAREDNESS

The **H1N1 Project**, commissioned by the Office of Minority Health, was designed to increase Latinos' awareness of and ability to respond effectively to the 2009–2010 H1N1 flu pandemic, as well as to reduce H1N1-related stigmas and misconceptions within and associated with Latino communities.

The **Project to Enhance the Capacity of Emergency Managers to Respond to Latino Communities**, commissioned by the Office of Minority Health, answers the systemic disconnect between emergency management systems and some of the most distressed Latino populations through the production and dissemination of a tool kit with resources to help emergency managers better reach these communities.

GENOMICS AND GENETICS

The **Community-Centered Family Health History Project**, a joint effort between NCLR and the Genetic Alliance, was designed to create a tailored family health history tool for the Latino community with the goal of promoting conversations about health within the family and translating knowledge of family health history into healthy choices. The project is being implemented in the District of Columbia and California.

The **Access to Credible Genetic Resources Network**, a cooperative agreement with the Centers for Disease Control and Prevention, was designed to increase access to scientifically accurate genetic information about single-gene disorders.