

Be Fit with Friends Leader Manual: A Guide for Supporting a Physical Activity Intervention for Urban, Latina Adolescent Girls

Deborah Parra-Medina, MPH, PhD
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Presenter Disclosure

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No Relationships to Disclose

Obesity in Latino Youth

Youth – boys & girls, 2-19 years

Non-Hispanic White	Latino
30.7% overweight	38% overweight
14.6% obese	20.9% obese

Adolescent girls (12-19 years)

	Non-Hispanic White	Latino
Obesity	14.5%	19.9%
Extreme Obesity	9.1%	14.1%

Source: Ogden, 2008

What we know:

- Obesity increases risk for many serious health problems
- Physical activity is a critical part of the issue
- Girls (especially adolescents) do not meet physical activity guidelines



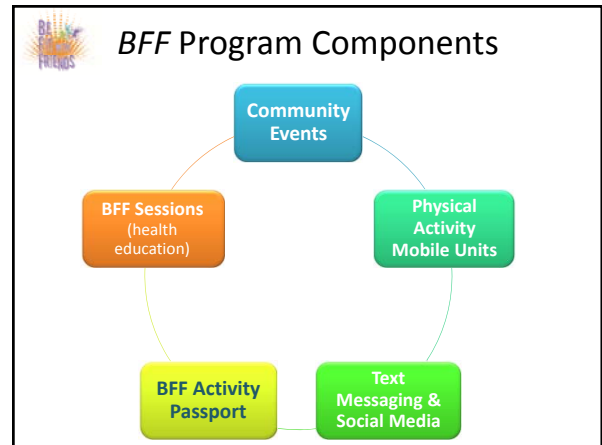
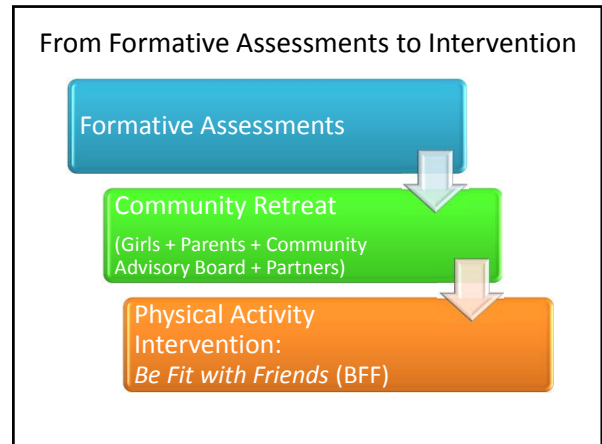
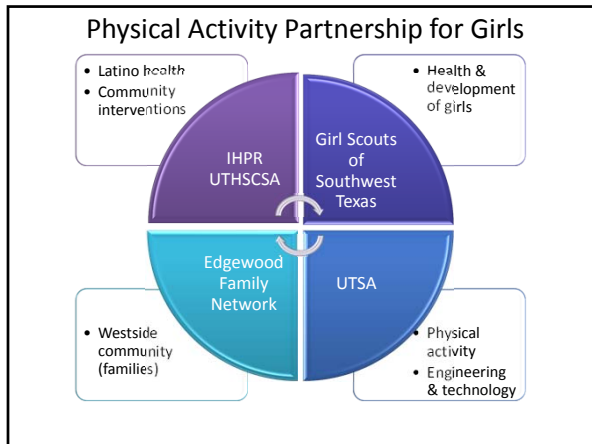
Factors Contributing to Physical Inactivity

- Media-dominated lifestyle
- Transportation
- Urban/suburban infrastructure
- Reduced participation in PE



- What would it take to help girls be more active?
- As a community, what can we do to support girls' desires to be physically active?






Information & Skills Training for Leaders

- Learn about the importance of physical activity
- Understand barriers to meeting physical activity guidelines
- Help girls and their families identify opportunities to be active
- Set a good example

Health Education


- 9 sessions
- Delivered in a group setting
- Draws on girls' knowledge
- Discussion-focused, highly interactive

girl scouts of southwest texas



Health Education Sessions

- Increase knowledge of physical activity and health
- Build behavioral skills
- Increase social support to achieve behavior change



Who's in Charge
 Get the Word Out
 What Makes You Move
 Know B4 U Go The PA Need to Know
 Handling the Hurdles
 Choose to Move Get SMART
 What's My Number




Physical Activity Mobile Units


- Introduce fun activities to do with friends
- Leaders model active behaviors
- Reinforce concepts learned in BFF Sessions
- Active gaming & videos




Video Fitness
Xbox 360 Kinect



BFF Activity Passport



Attend a BFF event in the community.

What date: _____

Event location: _____

Leader signature: _____

Date: _____

BFF: get moving with BFF!

BFF Bonus

1. Bring to me BFF Bonus points (50 points total)

2. Post a picture on the BFF Facebook site of you and your friends at a BFF event or video of you making a point in your meeting and earn a BFF Bonus point

3. Record to help take BFF action and earn BFF Bonus points

Check a box for each point earned (up to 5 each)


1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Photo and facts will be verified by BFF staff. All items must be received by BFF Bonus points for each point.

BFF: get moving with BFF!

Discover + Connect + Take Action

- Increase capacity about physical activity and health
- Utilize youth development model already used by Girl Scouts
- Integrate BFF into existing Girl Scout program structure



Physical Activity Partnership for Girls

Institute for Health Promotion Research,
 University of Texas Health Science Center
 Laura Esparza, MS
 Daisy Morales-Campos, PhD
 Cynthia Mojica, PhD
 Deborah Parra-Medina, PhD (PI)
 Laura Zepeda

Principal Investigator:
 Deborah Parra-Medina, PhD
 parramedina@uthscsa.edu

The University of Texas at San Antonio
 David Akopian, PhD
 Zenong Yin, PhD

Community Partners
 Girl Scouts of Southwest Texas
 Edgewood Family Network