

# *Developing Physical Activity Programs for the Latino Community:*

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## *A Case Study of the “Pasos Adelante” Program*

Martha Barrera, Promotora

Blanca Robles, Promotora

Rosie Stewart, Research Specialist

The University of Arizona

Mel and Enid Zuckerman College of Public Health

Southwest Center for Community Health Promotion

# *Curriculum Development*

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- ❖ Border Health Strategic Initiative (Border Health ¡SI!)
  - Cochise County
  - Santa Cruz County
  - Yuma County

Existing Partnerships

New Partnerships

# Special Action Group (SAG)

Target Populations

Promotores

Patient

Provider

Patient Families

Community

School

Skill Building  
for Family &  
Community  
Intervention

-Diabetes Self-  
Management  
-Physical Activity  
& Nutrition

Address Gaps in  
Diabetes Care

-Physical Activity  
& Nutrition  
-Family & Social  
Support Systems

Walking &  
Nutrition  
Clubs

School  
Health  
Index

Projects

# *Curriculum Development*

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- ❖ A need was identified to develop & implement a program facilitated by *promotores* to educate community members about diabetes and what can be done to prevent or delay its onset.
- ❖ The key partners in the development & implementation:
  - Mariposa Community Health Center (MCHC) in Nogales, AZ
  - Regional Center for Border Health, Inc./Western Arizona Area Health Education Center, Inc. (RCBH/WAHEC) in Somerton, AZ
  - Technical assistance from the University of Arizona (UA)

# *Curriculum Development*

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- ❖ Diabetes prevention programs implemented by the 2 community agencies were documented & reviewed.
- ❖ Comprehensive search for culturally appropriate prevention programs was performed to take advantage of existing curricula.
- ❖ *Promotores* & staff members from the 2 agencies suggested using *Su Corazón, Su Vida*.

# *Curriculum Design*

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- ❖ The *Su Corazón, Su Vida* manual was modified to broaden the focus to include an emphasis on diabetes prevention.
  - Two sessions addressing diabetes and a single session on community health advocacy were created and inserted.
  - The revised curriculum is called *Pasos Adelante*.

# *Curriculum Design*

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- ❖ The *Pasos Adelante* curriculum consists of the following:
  - A manual
  - Free-standing flip charts created for *Pasos Adelante*
  - A flip chart, photonovela magazine, and video available from *Su Corazón, Su Vida*\*\*
- ❖ The *Pasos Adelante* curriculum is available in both English & Spanish

\*\*The flipcharts can be downloaded from the National Institutes of Health's National Heart, Lung, and Blood Institute's website  
([http://www.nhlbi.nih.gov/health/prof/heart/latino/pict\\_crd.htm](http://www.nhlbi.nih.gov/health/prof/heart/latino/pict_crd.htm))

# *Educational Sessions*

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1. Are you at risk for heart disease?



2. Be more physically active



3. Are you at risk for diabetes?



4. What you need to know about high blood pressure, salt and sodium



5. Eat less fat, saturated fat, and cholesterol



6. Maintain a healthy weight

# *Educational Sessions*

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7. Is your community healthy?



8. Glucose and sugar



9. Make eating healthy a family affair



10. Eat healthy even when time or money is tight



11. Enjoy living smoke free



12. Review and graduation

# *Curriculum Design*

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- ❖ The manual consists of 12 two-hour sessions.
- ❖ The following sessions were designed for the Pasos Adelante curriculum:
  - ❖ “Are you at risk for diabetes?”
  - ❖ “Glucose and sugar.”
  - ❖ “Is your community healthy?”

# *Curriculum Design*

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- ❖ Each session consists of 5 main components:
  - ❖ An introduction
  - ❖ The session in action
  - ❖ A weekly promise
  - ❖ A review of the day's most important points
  - ❖ The close of the session
- ❖ Participants also engage in a physical activity as part of the session in action, such as dancing or aerobics, to reinforce the importance of physical activity

# *Curriculum Design*

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- ❖ In addition to weekly classroom sessions, walking clubs/groups were incorporated into the *Pasos Adelante* program.
  - The walking clubs/groups were designed to engage participants in recreational walking in a coordinated, socially supportive effort to increase physical activity.

# *Intended Recipients*

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❖ This curriculum targets:

- Latinos
- Adults (18-64)
- Elderly persons (65+)
- Low income
- Low literate

# *Recruitment*

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- ❖ Program participants represent a convenience sample recruited by *promotores* through presentations and word-of-mouth as well as by displaying flyers in doctors' offices and other well-trafficked areas.
- ❖ Classes are offered year round, except for holidays.

# *Evaluation*

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- ❖ The evaluation consists of:
  - Questionnaire (pre/post)
  - Anthropometric measures (height & weight)
- ❖ Questionnaires are administered before beginning the program and after the 12-week program ends.

# *Evaluation Results*

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- ❖ Evaluation measures used during Border Health ¡SI! were limited to process evaluation, self-report related to dietary & physical activity behaviors, & qualitative data gathered by the community organizations implementing the program.
- ❖ Program was successful in both Santa Cruz & Yuma Counties\*\*
  - Specifically, participants reported walking more & this change was sustained at follow-up.
  - There were also improvements in nutrition.

\*\* Refer to the following for additional results: Staten LK, Scheu LL, Bronson D, Peña V, Elenes J. Pasos Adelante: the effectiveness of a community-based chronic disease prevention program. Preventing Chronic Disease 2005 Jan. Available in January 2005 at the URL: [http://www.cdc.gov/pcd/issues/2005/jan/04\\_0075.htm](http://www.cdc.gov/pcd/issues/2005/jan/04_0075.htm)

# *Evaluation Results*

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- ❖ The aim of the Pasos Adelante validation study, which was funded through EXPORT and ADHS/USMBHC, and took place from October 2003—October 2004 in Douglas ,AZ was to gather more objective physiological measures, such as glucose level, lipids, blood pressure, and anthropometric measures (height, weight, hips and waist measures), to validate whether the Pasos Adelante program indeed reduces chronic disease risk in underserved Hispanic populations.

# *Evaluation Results*

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- ❖ This validation study found that at the post intervention measurement, participants had significant drops in the following:
  - Cholesterol
  - Waist Circumference
  - Body Mass Index (BMI)
  - Diastolic & Systolic Blood Pressure
- ❖ There was also a significant increase in the minutes of total activity reported.

# *Evaluation Results*

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- ❖ This validation study also found that at 3-months post intervention measurement, participants had significant drops in the following:
  - Waist Circumference
  - Body Mass Index (BMI)
  - Diastolic & Systolic Blood Pressure

# *Evaluation Results*

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- ❖ The validation study ended in October 2004.
- ❖ Since then, the *Pasos Adelante* program has been funded by the Centers for Disease Control & Prevention's (CDC) funded Prevention Research Center (PRC), which is also referred to as the Southwest Center for Community Health Promotion (SWCCHP).

# *Barriers & Challenges*

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- ❖ Lack of male participation
  - Participants are predominantly female
- ❖ Walking clubs/groups
  - Weather issues
- ❖ No enclosed place to walk

# *Success Stories*



# *Acknowledgements*

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# *Contact Information*

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Rosie E. Stewart, MPH, CHES

Research Specialist

(520) 626-0652

[rosies@u.arizona.edu](mailto:rosies@u.arizona.edu)

<http://swcchp.publichealth.arizona.edu/>