**Salud Para Usted y Su Familia [Health for You and Your Family]: Integration of Research, Education and Extension to Promote Healthier Mexican-Heritage Families**

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**Goal and Objectives**

Our long-term goal is to reduce the incidence of overweight and obesity among Mexican-heritage (MH) children through a family-centered program that integrates research, education, and extension to target diet, physical activity, and family function by changing individual and family behaviors and the home environment in a coordinated manner.

1. Research: Implement and evaluate a promotora-driven, Spanish-language family program to improve nutrition, increase physical activity, and strengthen family function among Mexican-heritage (MH) families.
2. Education: Use experiential learning and innovative teaching methods to increase cultural competency and cultural humility of faculty and students (undergraduate and graduate) through development, implementation, and evaluation of high-quality education activities.
3. Extension: Develop, deliver, and evaluate science-based knowledge and skills through promotora-led charlas [chats/talks]

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**Study Design**

Stepped Wedge Cluster Randomized Trial (SW-CRT)

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**Conceptual Model**

This model shows the importance of familial interactions to individual nutrition and physical activity behaviors and is based on the Social Cognitive Theory, Family Ecological Model, and the Circumplex Model of Family Functioning. The causal theory depicts relationships between key determinants and influences within the home environment and family system and individual outcomes related to nutrition and physical activity (variables shown in rectangles). The action theory depicts relationships between the program’s theoretical targets and outcomes (program components shown in circles).

PV: fruits and vegetables; MVPA: moderate to vigorous physical activity

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**Recruitment and Participants**

- Participant family tridos: father, mother, and child (9-11 y)
- Mexican-heritage and Spanish language
- 10-12 families per cluster
- Recruitment from prior descriptive studies; supplemented with door-to-door recruitment
- Must be available for Saturday sessions, to be held at area community center

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**Promotora Intervention Team**

- Trained using the train-the-trainer approach to gain knowledge and skills related to nutrition and food preparation, physical activity, family functioning, and motivational interviewing.

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**Promotora Measurement Team**

- Surveys: nutrition, physical activity, family function
- 7-day accelerometer (physical activity)
- Veggie Meter® (dietary intake of fruits and vegetables)
- Anthropometrics (height and weight)

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**Charlas program**

- Team promotoras conducted a series of six community-based programs and activities that delivered science-based knowledge and informal educational programs to empower Mexican-heritage children and families to make sustainable healthy decisions.
- More than 700 adults and 65 children attended 65 charlas, which took place in community centers, churches, community organizations, and colonias.
- Evaluations and ripple effects

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**Conclusions and Implications**

This integrated Family Program enhances the capacity of families, students, promotoras, and community members to incorporate education and skill-building into healthier behaviors.
- The SW-CRT is a game changer by engaging Mexican-heritage fathers, co-parenting couples, and children and addresses a lacuna in obesity prevention.