

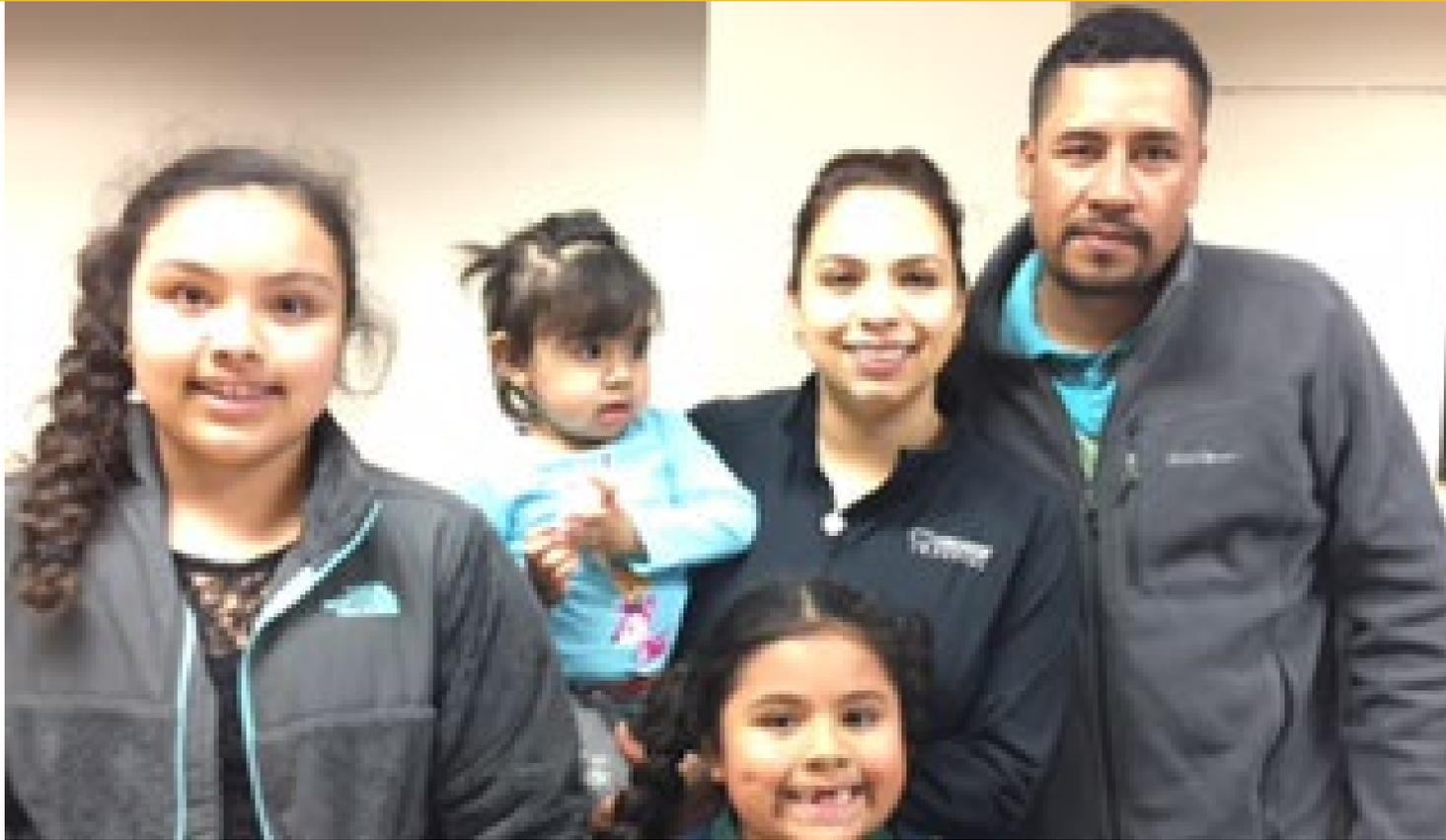
# Testing and Refining a Nutrition and Lifestyles Intervention for Hispanic Families: Lessons learned from *Abriendo Caminos* in rural Iowa

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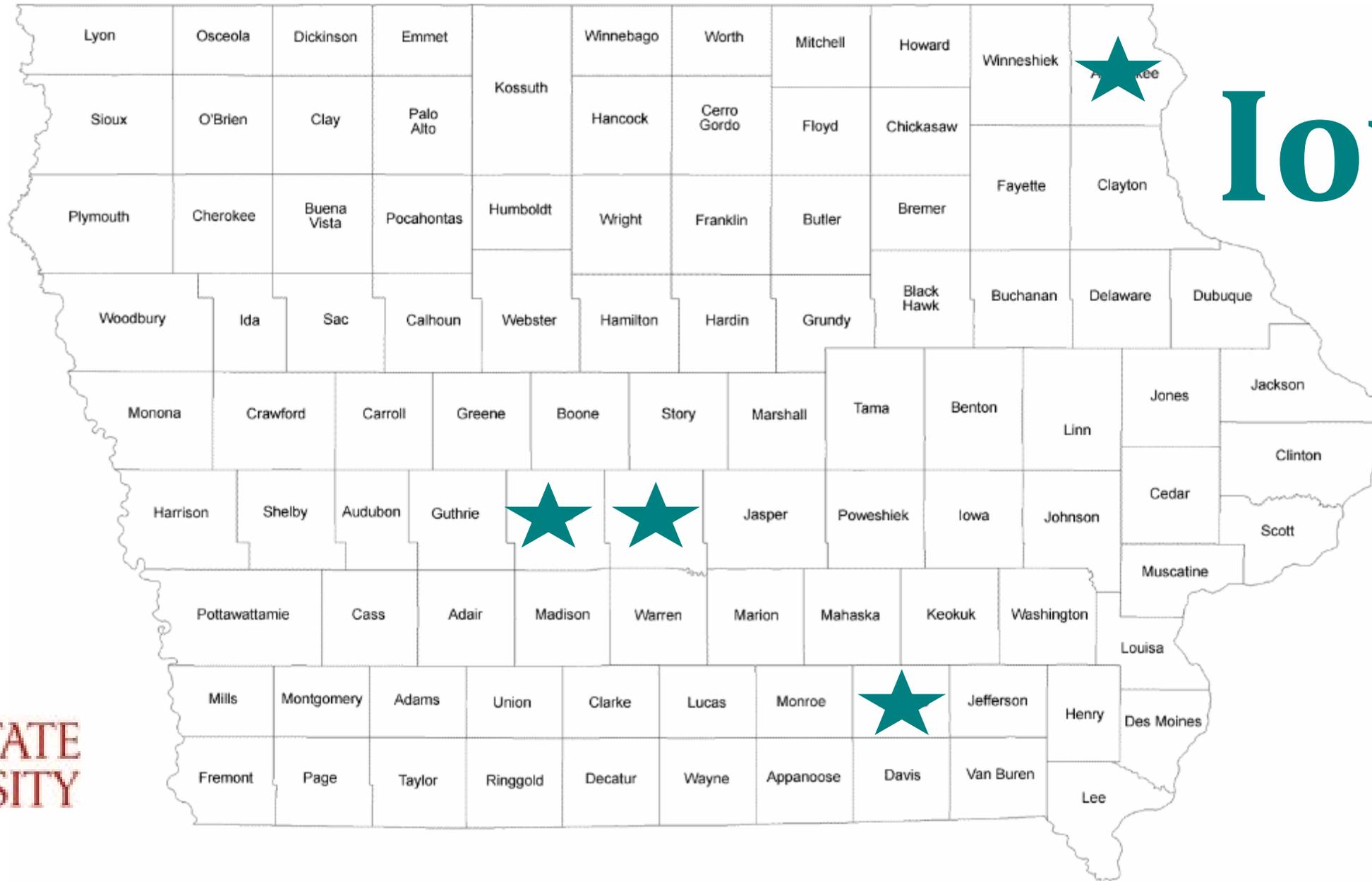


- ❖ **GOAL:** a whole-family approach to prevent childhood obesity and promote healthy nutrition and lifestyle behaviors by building on traditions of Hispanic-heritage
- ❖ Based on a study conducted at the University of Illinois\*
- ❖ Includes 5 U.S. states and territories: California, Illinois, Iowa, Puerto Rico, and Texas
- ❖ Integrates extension, research, and teaching components

# Abriendo Caminos

Clearing the Path to Hispanic Health

\* *J Nutr Educ Behav.* 2013;45:745-750



# Iowa

IOWA STATE UNIVERSITY



# Methods

## Feedback from families

8 focus group interviews

n= 21 mothers, n= 9 fathers, n=27 children

## Feedback from facilitators

Gathered via zoom meetings

Written lesson reflections after each workshop

N=10 facilitators



## Families expressed

### DESIRE TO:

- Improve health outcome as a family
- Build stronger connections with one another
- Understand their local food environment
- Keep traditional food practices
- Learn about their health via body measurements
- Learn about basic nutrition knowledge

### BARRIERS:

- Time limitations

# One mother comparing her childhood food experience to what her children have today.

*For example, I lived in Mexico with my aunt and she would give us whatever she had just a tortilla with ground pepper or with cheese or when they were warm she would put salt and water that they would use to make the tortillas and roll them up and that is how she made us food because we were three, me and two more brothers and that is how she raised us and sometimes when beans appears well she would cook beans and now I think that what I give my children with my husband`s help is much more than what they gave me.*

One mother described what influences the foods her family eats at home.

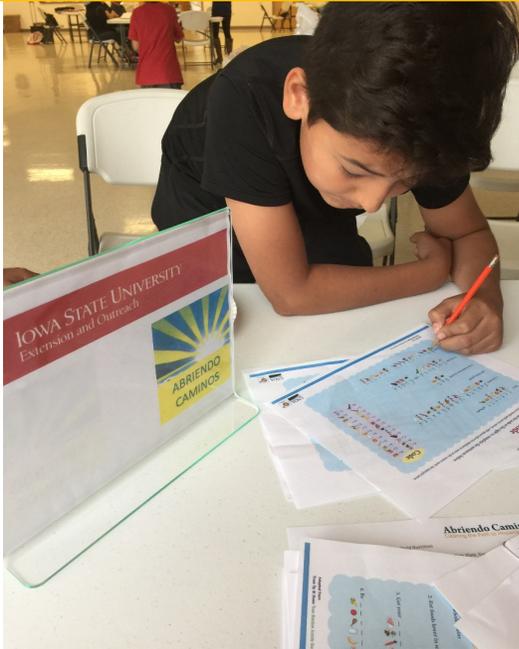
*We always have the tradition in my home, well, in my case we are always ready to eat the same foods. So, something fast. Beans as was mentioned, rice or a chicken soup if it is fresh, but it is almost always the same.*

Another mother described her desire to make healthier dinners.

*Oh, I would like to make it a little healthier sometimes, really. But at times, geez, we arrive from work, once we take the kids to practices and all that, wait for them and when we leave it's already 7:00 P.M. So sometimes we grab a burger on the way or if not, rice is the healthiest or we make a sandwich or something. Sometimes, I'd like to have a little more time to prepare them something healthier...*

One father described his desire for his kids to eat vegetables and homemade meals.

*The family... like my kids... I want them to eat what we eat, like soup, things that we make with our hands. We are making something very delicious, for example, a beef soup or something here and with a lot of vegetables, with natural things that are healthy. No... they push the dish aside. "I want my burrito," or a burrito and bread.*



# Facilitators expressed:

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- Need to adapt sessions for timing, interest, and engagement from all participants
- Opportunities for future programming with families and community partners



# Modifications and Implications



Learner driven discussion



Focus on key objectives



Addition of activities



Flexibility

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