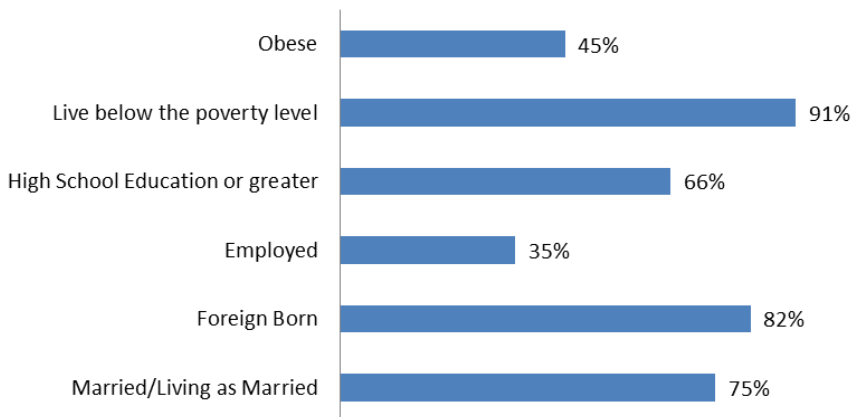


Familias Sanas y Activas 2

To determine if the program improved the health of program participants, 442 Latina women completed an interview, body measures, and a fitness evaluation before the start of the program and 6 and 12 months later. The program included exercise and healthy lifestyle classes.



Study Participants



Participants experienced:

- Improved blood pressure
- Reduced waist size
- Weight loss
- Improved flexibility

Participants reported:

- Drinking fewer sugary drinks
- Eating less fat

No changes in:

- Soda drinking
- Water drinking
- Depressive symptoms
- Cardiovascular fitness

Reach

At the peak of the program, 47 free exercise classes were given every week. In order to make this happen, partnerships were created with 14 elementary schools, 2 middle schools, and 2 high schools (4 school districts), 4 recreation & 2 community centers. On average, classes were about 22 people, with the largest class at 105 people. From 2009—2014 more than 2500 people enrolled in the program.

Community Health Instructors (CHIs)

32 CHIs were trained. CHIs completed, on average, 58 hours of exercise-related trainings, and 32 hours of capacity building activities (such as conferences, lectures, non-exercise trainings) and participated in volunteered for 3.4 years.

Currently

After completion of the study, 27 exercise classes (free and paid) continued and are supported by community partners. The program expanded to a new area of San Diego County. One promotora opened a dance studio and now offers 17 classes per week.