



Our program consists of six interactive sessions taught in Spanish/English. All members of the families, ages 8-75, are encouraged to attend. Younger children can participate in the family games. A pre-test is given to assess knowledge of the causes of obesity and Type 2 diabetes. A pre-survey is done to assess obesity related behaviors. Height and weight are measured at the 1st, 5th and 6th class. BMI's are calculated.

The topics covered are:

- ◆ Sugar beverages
- ◆ Physical activity
- ◆ Portions, balanced meals, label reading
- ◆ "Street" food and fat
- ◆ Media literacy
- ◆ Screen time
- ◆ High risk situations and refusal skills

Games, hands on activities and demonstrations are interspersed with lessons to teach families to play together, as well as reinforce behavior change.

The games are non-competitive, and meant for all ages, require little skill, little space, and little cost. Homework in English/Spanish is given at each class. Activity related prizes are awarded for returning homework. Homework is also used to assess understanding and behavior change throughout the series of classes. Certificates are given to each person attending at least four sessions, and Target gift cards are given to each family attending at least four of the six classes.

These community classes are held at various locations including Hoag SOS in Newport Beach, Magnolia FRC Garden Grove, Westminster FRC, Orange County Health Care Agency in Santa Ana, and several school locations in Anaheim. We will take our program wherever a group can promise a good turnout of families at risk. Our program is completely free for participating families.

Phone: 714.509.7961 or 714.509.7323 ◆ Fax: 714.509.8513

