

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

Centro de Salud Familiar La Fe, Inc., Project #028

Title of OPMG Project:

Smart Actions for a Healthier You

Contact Person:

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Project Overview

List target audience and number of participants seen:

WIC Families, regardless of BMI. 52 total participants seen.

List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

The group classes had a cooking class along with fitness/exercise and nutrition education.

Overall goal for this project:

To promote healthy eating habits and increase physical activity among WIC families.

Objectives for this project:

- Participants will understand the benefits of physical activity and demonstrate various ways of incorporating 30 minutes of daily exercise.
- Participants will also demonstrate the ability to cook healthier meals at home.

Project description:

Each class built on the nutrition education lesson by incorporating 30 minutes of physical activity that the clients participated in. A hands-on cooking demonstration incorporated the nutrition education topic for the class. A journal of fruit and vegetable intake was also kept at home.

List results and objectives met:

Participants increased physical activity and started using healthy recipes that were given during class.

List curricula, kits or other educational materials used:

None.

List other resources used, if applicable:

None.

List collaborating agencies or individuals, if applicable:

None.

List the type of incentives that were given:

- Jump ropes
- Pedometers
- Portion plates
- Exercise DVD's
- Exercise ball
- Exercise bands

Helpful ordering information for materials or incentives (if available):

Portion plates were ordered through Positive Promotions.
All other incentives were purchased at Wal-mart.

Tips for Other Agencies

What worked well for this project?

The clients really enjoyed the hands-on cooking and, although reluctant, the exercise portions of the classes.

What were the challenges?

Consistent attendance by participants was a major challenge. Participants did not attend if they did not have to (as an assigned class).

What changes would be made for next time, if any?

- Do more research on what can be done to get more clients to come in and take advantage of these classes.
- Document individuals' progress more closely.