



*Salud America! The RWJF Research Network
to Prevent Obesity Among Latino Children*



What Works Best to Increase Active Play for Latino Kids

Rosalie Aguilar, M.S.

Active Living Research Conference, March 12, 2014



Acknowledgements

Salud America! Leadership

- Director: Amelie G. Ramirez, DrPH
- Deputy Director: Kip Gallion, MS
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Salud America! 2007-2012

Network

- Online network of 2,100+ members
- Members get multimedia communications on Latino child obesity





Salud America! 2007-2012

Research

- Survey of network members
- Latino Childhood Obesity Research Priority Agenda
- 20 pilots (\$1.5M)



Dr. Zan Gao
University of Minnesota





Salud America! 2012-2015

Empowering healthy community changes in 6 areas



Research Review: Active Play & Latino Kids

Aims:

- Consolidate evidence from the field
- Create policy recommendations
- Provide a much-needed resource to raise awareness of the need for physical activity among Latino kids

Salud America!

The Robert Wood Johnson Foundation Research Network to Prevent Obesity Among Latino Children



RESEARCH REVIEW
July 2013

Increasing Out-of-School and Out-of-Class Physical Activity among Latino Children

Abstract

Increasing physical activity is a vital part of preventing overweight and obesity among Latino children in the United States, although several factors decrease opportunities for physical activity in this population. Access to and safety of physical activity sites in Latino communities, school policies, Latino parenting styles, and levels of acculturation all have been shown to make physical activity more difficult. Implementing programs that address these barriers may increase opportunities for physical activity among Latino children.

This comprehensive research review summarizes the current evidence on barriers to physical activity among Latino children and potential solutions for increasing their physical activity levels during school and non-school time.

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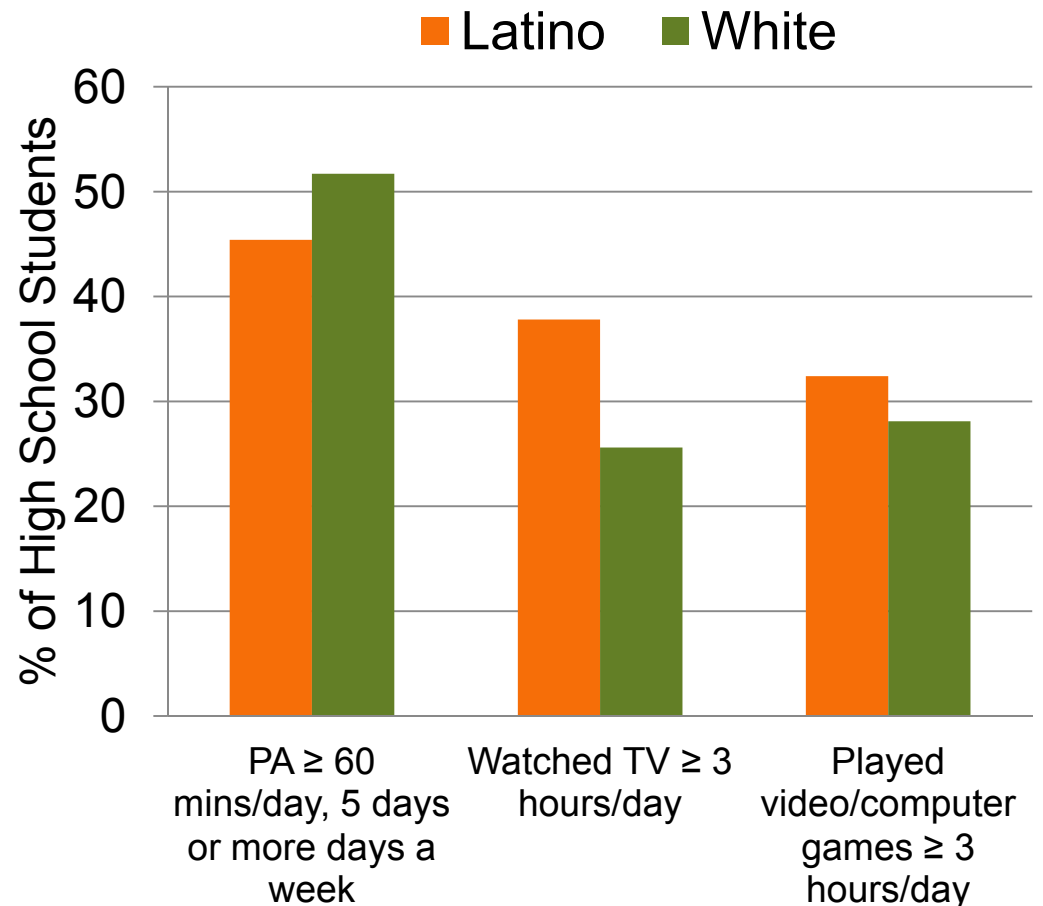
For more information about Salud America!, visit www.salud-america.org.

Active Play & Latino Kids: Introduction

Latino kids more likely to be overweight/obese (39%) than Whites (28%).

Latino kids less likely to get 60 mins/day of activity; more likely to be sedentary.

Physical Activity and Sedentary Behaviors Among U.S. High School Students, 2010



Active Play & Latino Kids: Findings

Latino kids do not play enough because they lack access to facilities and fear crime.



Active Play & Latino Kids: Findings

Latino kids have fewer opportunities for active play at and after school.



Active Play & Latino Kids: Findings

Parent perceptions, behaviors, parenting styles, and acculturation may correlate w/kids' activity.



Active Play & Latino Kids: What Worked?

Structured at-school fitness programs



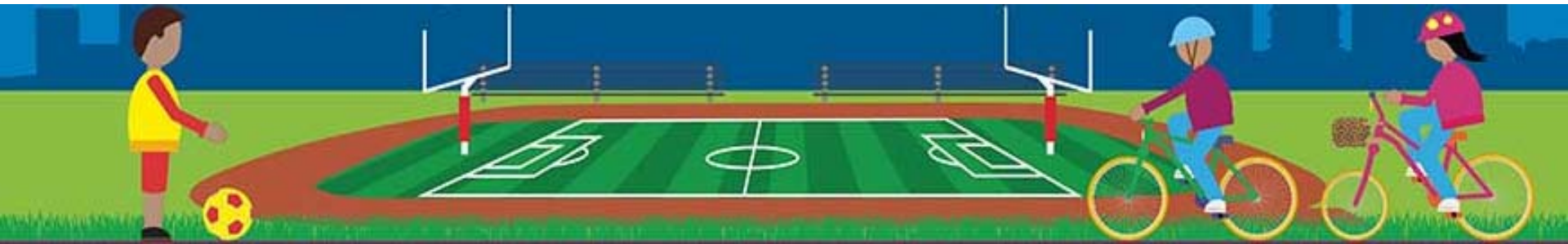
Active Play & Latino Kids: What Worked?

Culturally relevant programs & messages



Active Play & Latino Kids: Conclusion

Culturally relevant school- and community-based programs, education for parents, and better access to active play sites can help young Latinos become more physically active and maintain a healthy weight.



Implications for Practice and Policy

- More programs to educate Latino parents on benefits of active play for kids
- Community collaborations for more active play programming and active spaces
- Policies like Complete Streets & Safe Routes to School may help overcome safety barriers



Salud Hero Story: San Antonio, TX



SA! Salud America!
Growing Healthy Change

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Monthly Bike Ride Program Gets More San Antonio Kids on Bikes

Darrie Jones understood all too well the struggles to find after-school fitness and leadership programs in a neighborhood beset with high-crime rates and poverty. To make a change, Jones decided to start Roll Models—a mentoring program that teaches kids important life lessons while getting them outside to bike and skate. Now, through a partnership with the San Antonio Housing Authority (SAHA) and other community members, the group leads nearly 150 participants through the streets of San Antonio on monthly bike rides.

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EMERGENCY

Awareness: Growing up, Darrie Jones always looked forward to weekend bike rides with his father. In these rides with his dad, Jones said he learned important life lessons and experienced the beauty of the outdoors, all while getting exercise.

So when his daughter, Glory, was old enough to ride a bike he decided to start a similar tradition. He hoped it would allow them to spend more quality time together and model to her the value of living an active lifestyle and the fun of activities like biking and skating.

"We went to see the movie Roll Bounce and this got me wanting to start skating again," Jones said.

Jones noticed that other children from the neighborhood

Google this Story: Salud Hero Roll Models

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