

# Adaptive Partnerships: Collaborative Research as a Basis for Comprehensive Obesity Prevention Strategies for Latino Middle-School Children



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# Healthy Activities Partnership Program for Youth:

An on-going, adaptive community-academic partnership and obesity prevention intervention

- ◆ HAPPY2: A multi-level intervention for Latino middle school children
- ◆ What is an adaptive partnership?
- ◆ Challenges and opportunities



# Results from a community-engaged pilot study guided the development of the HAPPY 2 intervention

52% of children in the pilot study were overweight or obese (n=190)

Higher BMI associated with higher consumption of sugary beverages

higher BMI among those living on streets with heavy traffic



Children whose parents paid more attention to diet and physical activity had lower BMI

# HAPPY 2 aims to improve nutrition and physical activity habits in Latino middle-school children



- ◆ Nutrition education
- ◆ Physical activity
- ◆ Media literacy/  
neighborhood change

# The team faced a number of challenges to the original intervention design

- ◆ Staff and researcher turnover
- ◆ Student recruitment and retention
- ◆ Resources:
  - Finding space
  - Contracting for lunches
  - Shortened class times





# An adaptive partnership: a community-based, participatory approach to research/implementation

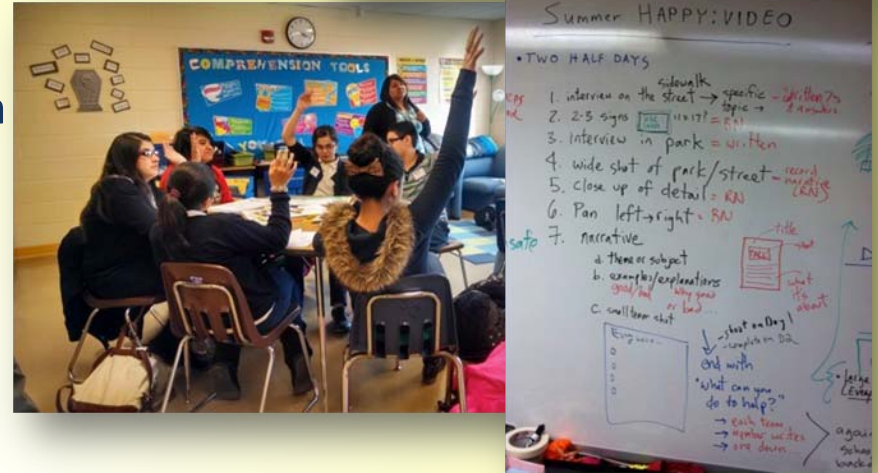
Responsive, evolving



And involves participation from all

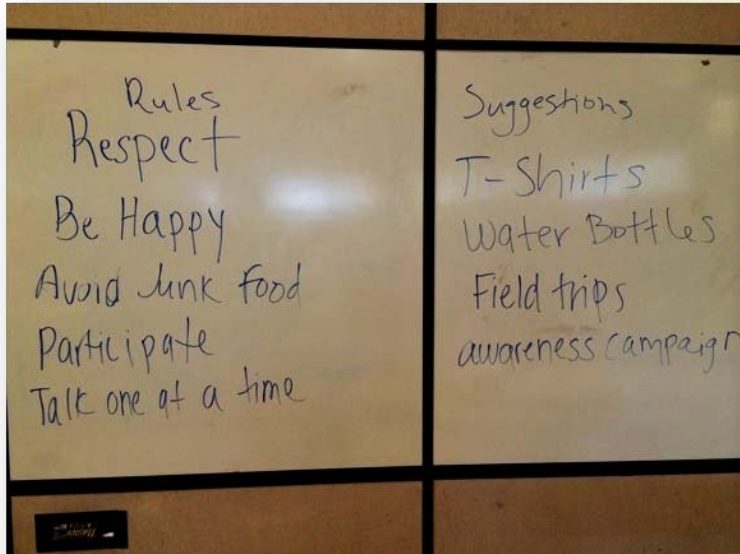
# In our partnership, this meant...

- ◆ Constant communication
- ◆ Ongoing face-to-face meetings
- ◆ Linking research with practice through research ambassadors
- ◆ Adapting to changes as needed



# Lessons Learned:

Partnerships require equal effort from all partners



Participatory means everyone:  
staff, teachers, administrators,  
parents, and kids



# Lessons Learned:

Our mission: to build self-efficacy in children to make healthy food and physical activity choices



Keeping the mission in mind:

Revisiting the vision and mission of the partnership was crucial along the way



# Lessons Learned:

Research and implementation are iterative processes:

Adaptation to changing circumstances is more important for success than fidelity to a fixed view



# Year 3: What happens next?

Next up:

- ◆ Refining our intervention
- ◆ Curriculum development for dissemination to other Latino organizations
- ◆ Evaluation
  - Formative
  - Intervention



# Thank you



United Community Center  
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