

## PROGRAM SUMMARY – Davidson Health Clinic

Davidson Health Clinic (DHC) proposes to address overweight/obesity and related risk in Latinas of childbearing age through a program centered in and accessible to the target population, while providing and promoting access to clinical care at the clinic.

Most of the target community residents are members of working-poor families with children. Many are also isolated, lacking broader community linkages, and rely on strong family networks and neighbors for information. Many would take advantage of opportunities to learn, but face substantial barriers to participation if it involves cost and travel.

The program will be comprised of the following, each taking place in the target community:

- *Health and Well-being* class (eight week curriculum)
- *Physical activity* groups (exercise class)
- *Wellness* groups (combined yoga and support group)

To be eligible for the program, participants must have a BMI equal to 25 or greater. Once deemed eligible, they will complete baseline measurements (height, weight, blood pressure, glucose and cholesterol testing) and a knowledge pre-test, which will take place at community venues. Those completing program requirements within six months will have follow-up measurements taken and will complete a knowledge post test. Recognition ceremonies will take place annually to celebrate those who have completed the program. Participants will officially complete the program if they have completed baseline and follow-up measurements, pre and post knowledge tests, 6 of 8 Health and Well-being classes, 25 Physical Activity groups and 25 Wellness groups within a six month period.

The program will attract participants through a variety of outreach strategies. These strategies include one-on-one outreach, small-group presentations, larger-group presentations, and participation in community events. These events will allow participants to gain valuable information regarding the program, as well as general health and wellness education. Promotional items with key program messages and contact information will be distributed by staff and *Promotoras* at these events. To ensure culturally relevant practices and messages throughout the program, a number of focus groups will be held with community members to ascertain residents' knowledge, attitudes, and beliefs with regard to nutrition, exercise, and the meaning of 'health' and 'well-being.'

DHC anticipates that approximately 300 women will initiate participation in the intervention during the program's three years. It is anticipated that at least 200 women will complete the entire program by the end of the grant period.

The Davidson Health Clinic believes that this community engagement model not only will help participants realize meaningful changes in lifestyle habits, and, upon evaluation, a relatively inexpensive and replicable framework for addressing overweight, obesity, and the possibility of the adoption of healthier lifestyles in high-risk communities.