

## Latino Health for All Partnership

**Mission:** To reduce diabetes and cardiovascular disease among Latinos in Kansas City/ Wyandotte County through a collaborative partnership to promote healthy nutrition, physical activity, and access to health services.

**Context or conditions:** There is a history of unaddressed health disparities in the community compared to non-Hispanic whites. Low SES affects the community's ability to access health services and proper nutrition. There are very few physical activity opportunities that are of interest to the community. There are social contingencies that exist in the community that reinforce unhealthy eating and being overweight.

<b>Inputs or Resources:</b>	<b>ACTIVITIES: Intervention Components</b>	<b>ACTIVITIES: Illustrative Intervention</b>	<b>OUTPUTS: Evidence of Having Performed Activities</b>	<b>EFFECTS: Primary Outcomes</b>
<ul style="list-style-type: none"> <li>- Partnership between KUWG, KUMC, &amp; El Centro, Inc.</li> <li>- KUMC &amp; El Centro's relationship with the community</li> <li>- Experience implementing intervention to reduce health disparities</li> <li>- Training experience in CBPR methods</li> <li>- Ability to provide technical support</li> <li>- Access to an epidemiologist</li> <li>- Grant funding for 5 years</li> </ul> <p><b>Possible Constraints or Barriers:</b></p> <ul style="list-style-type: none"> <li>- Unaffordable healthy food</li> <li>- Unsafe areas to engage in physical activity</li> <li>- Distance to travel to health services</li> <li>- Cost of time when awaiting health services</li> <li>- Language barriers</li> </ul>	Provide Information and Enhance Skills	<ul style="list-style-type: none"> <li>- Bilingual health related info provided</li> <li>- Provide family-based classes</li> </ul>	<ul style="list-style-type: none"> <li>- Documented knowledge of health and healthy lifestyles when surveyed</li> </ul>	<p><b>Selected Outcomes:</b></p> <ul style="list-style-type: none"> <li>- Increased awareness of healthy lifestyles in the Latino community</li> <li>- Changes in programs, policies, or practices related to eliminating health disparities in the Latino community</li> <li>- Increased collaboration of individuals and organizations targeting the promotion of health in the Latino community</li> </ul> <p><b>Behavioral Goals:</b></p> <ul style="list-style-type: none"> <li>- Increase the # of Latinos who eat 5 servings of fruits and veggies daily</li> <li>- Increase # of Latinos who engage in physical activity 3 times this a week.</li> <li>- Increase # of Latinos who acquire a yearly check-up</li> </ul> <p><b>Ultimate Outcomes:</b></p> <ul style="list-style-type: none"> <li>- Reduced incidence of CVD</li> <li>- Reduced disparities in outcomes</li> </ul>
	Enhance Services and Support	<ul style="list-style-type: none"> <li>- Provide enjoyable physical activities</li> <li>- Provide affordable fruits and vegetables</li> <li>- Provide access to affordable yearly health exams</li> </ul>	<ul style="list-style-type: none"> <li>- Increased reports of Latinos who eat 3 fruits and vegetables a day</li> <li>- Increased reports of physical activity</li> <li>- Increased reports of check-ups</li> </ul>	
	Change the Consequences	<ul style="list-style-type: none"> <li>- Annual renewal of \$1000K of grant resources delivered to the action committees which influence the greatest change</li> </ul>	<ul style="list-style-type: none"> <li>- Increased accountability for action committees to mission &amp; vision of the project</li> <li>- More community changes</li> </ul>	
	Modify Access and Barriers	<ul style="list-style-type: none"> <li>- Create safe areas for physical activity</li> <li>- Participation in community gardens</li> <li>- Access to prompt health services</li> </ul>	<ul style="list-style-type: none"> <li>- Increased observation of the number of people engaging in physical activity</li> <li>- More people accessing health care</li> </ul>	
	Policy Changes	<ul style="list-style-type: none"> <li>- Schools provide healthy options to students</li> <li>- Low-cost health insurance for illegal workers</li> </ul>	<ul style="list-style-type: none"> <li>- More students are consuming fruits &amp; vegetables</li> <li>- Clinics, hospitals &amp; health services report higher # with insurance</li> </ul>	