Healthy Lifestyles Radio Stories

- Partners: SoLaHmo¹, University of MN², Education Entertainment Expert³
- Dates: 2012–2014
- Purpose:
  - Identify cultural strengths to reduce obesity, diabetes, and hypertension in Somali, Latino, and Hmong (SLH) families
- Methods:
  - Interviewed 10 Somali, Latino and Hmong families who were successful in treating/managing obesity, diabetes, hypertension
  - Created 9 fictional stories based on these true stories
- Results:
  - Recorded 9 stories for radio: 3 Somali, 3 Latino, 3 Hmong
  - Evaluated community members responses in focus groups
- Application:
  - Broadcast stories on local radio stations
  - YouTube: https://www.youtube.com/channel/UCddLROBljhBNttd37pkZIrQ
- Funding: Ucare Fund and The BCBS Foundation of MN
- Team Members: Naima Dhore¹, Hodan Dualeh¹, Mikow Hang¹, Nira Ly¹, Marty Navarette¹, Lucky Omaar¹, Maira Rosas–Lee¹, Laura Serrano¹, Charles Vang¹, Shannon Pergament¹, Kathie Culhane–Pera¹, Chrisa Arcan², Beatriz Torres³