Healthy St. Paul Families: Utilizing Latino, Hmong and Somali Cultural Strengths to Connect Communities and Promote Healthy Eating and Physical Activity

- Partners: SoLaHmo¹, Minnesota Future Doctors², East Side Area YMCA³, and several Somali, Latino, and Hmong Community Organizations⁴
- Dates: 2012–2013
- Purpose: Build on SoLaHmo’s Cultural Asset Assessment & Healthy Kids/Healthy Lives research to create opportunities for Somali, Latino and Hmong families to connect with each other around healthy lifestyle-related cultural assets.
- Methods: Community Engagement Event at YMCA
  - 2 Community Events with 12 family fun stations featuring: Somali/Latino/Hmong cultural dance & games; Healthy Somali/Latino/Hmong snacks; Mini–medical school
  - Assessment of perceptions on diet & activity
  - Parent Café: cultural assets, YMCA options, community garden information
  - Evaluation of event and information learned
  - Incorporated East Side YMCA activities into events for families to exercise together
- Results: Engaged over 100 community members in culturally specific healthy lifestyle activities
- Funder: The Blue Cross Blue and Shield Foundation of Minnesota: Connect for Health Challenge Grant
- Team Members: Warda Geele¹,Mikow Hang¹, Lucky Omar¹, Luis E. Ortega¹, Shannon Pergament¹, Jo Peterson², 27 Somali, Latino, Hmong pre–med students², Ka Joog⁴, Danza Mexica Cuauhtemoc⁴, Malamanya⁴, Iny Asian Dance Theater⁴, Monpaj Garden⁴, Spring Forest Qi Gong⁴