

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, Malamany⁴, Iny Asian Dance Theater⁴, Monpaj Garden⁴, Spring Forest Qi Gong⁴