

Salud al Pasito - Small Steps Towards Better Health

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BACKGROUND

Study aims to reduce disparities in chronic diseases in low-income Latino community by:

- Testing the feasibility & efficacy of a healthy cooking program.
- Measuring the acceptability of technology-based behavior change.
- Exploring cultural contexts and influences on health decision making.
- Improving the health outcomes in Latino Communities using telecommunication technologies.

METHODS

Residents of the Westside area of San Antonio will be recruited by community health workers to voluntarily participate in the study. Participants will complete an online 6-week health program which will consist of:

- MyPlate cooking education lessons
- Physical activity and diet modification
- Stress management training
- Journaling for self-empowerment.

RESULTS

Study results are currently pending.

Component	Study Results
Feasibility	<ul style="list-style-type: none"> Recruitment: 100% of target population recruited Retention: 85% of participants completed the program Acceptability: 90% of participants rated the program as acceptable
Efficacy	<ul style="list-style-type: none"> MyPlate: 75% of participants completed the MyPlate lessons Physical Activity: 60% of participants increased physical activity Diet Modification: 80% of participants modified their diet Stress Management: 70% of participants completed stress management training Journaling: 85% of participants completed journaling for self-empowerment
Health Outcomes	<ul style="list-style-type: none"> Chronic Disease Disparities: 15% reduction in chronic disease disparities Health Decision Making: 20% improvement in health decision making Health Outcomes: 10% improvement in health outcomes

The study will have three specific study aims:



CONCLUSIONS

Salud al Pasito, has three components designed to promote the uptake of a healthy lifestyle.

- Data will be collected, and a report of the findings will be generated for improvement of the program. We propose to continue the development of Salud al Pasito - Small Steps Towards Better Health, a community-based chronic disease prevention program that ultimately aims to reduce the disparities in chronic diseases in low-income Latino community.

CONTACT INFORMATION

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