

# iFamilia Sana, Familia Feliz!

*A Childhood Obesity Intervention Approach for Latino Families*

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# Background

## Overweight and obesity prevalence

Age (yrs.)	% Overweight/Obese	Population
2–5	32.8%	Oregon WIC
6–7	27.5%	Oregon*
8–9	32.8%	Oregon*

**37.6% of Latino children in Oregon WIC ages 2–5**  
(Oregon WIC, 2013)

**45.9% of Latino children in Oregon ages 8–9**  
(\*Oregon Healthy Growth Survey, 2012)

# Project Aim

## Aim

**Apply and evaluate a framework for early and effective intervention for childhood obesity that is customized to low-income families and their changing dynamics, conducted by Federally Qualified Health Center clinical staff**

## 3 cohorts:

- Latino
- Rural – mixed culture
- Semi-urban – mixed culture

## Objectives

- 90% family adherence
- 80% of children who attend 4 of the 5 sessions demonstrate weight loss, weight slowing and/or normalized labs at 3 months post-intervention
- 80% enrollment in community resources post-intervention

# Project

## Current: Health Care Approach

- Body mass index (BMI) screening
- Public health – community education
- No coordinated health care interventions for obese children and families
- Episodic access to community resources

## To: Dynamic and Relevant Process

- Group medical appointments – 5 sessions
- Team-based care
- Family education and activation
- Culturally tailored
- Seamless integration with community resources

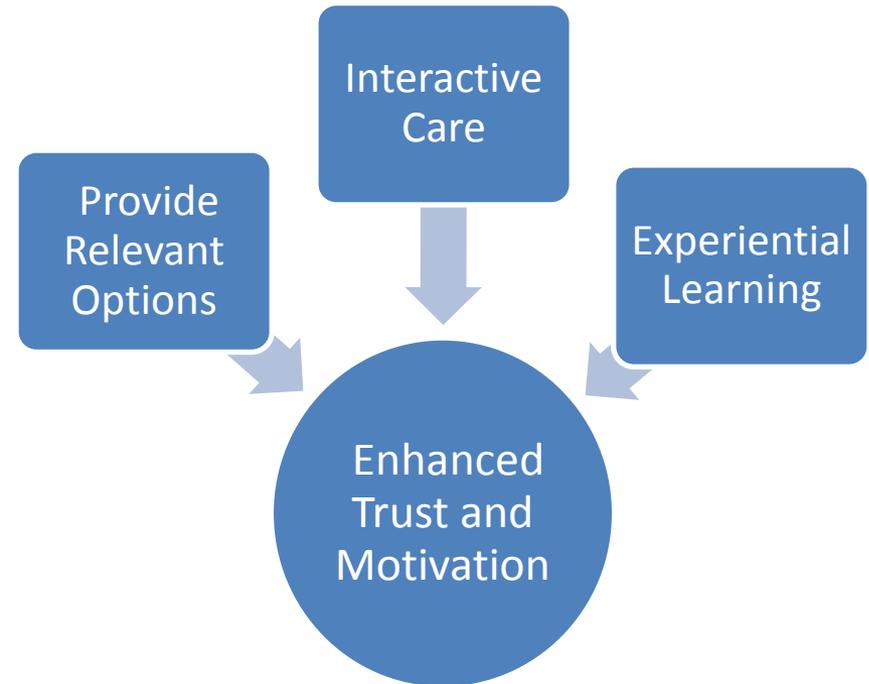
# Project Team and Methods

## Clinical Team

MD, Health Navigator and  
Nutritionist



## Methods



# Progress

## Latino sessions started:

- Trained clinical team
- Enrolled children (obese or severely obese, 6–12 years old)
- 90% family adherence (mostly fathers)
- Active family participation: Understanding choices and making changes
- Community resources engaged

**Next Steps:** Evaluate clinical outcomes and family and team experiences. Refine model for rural families.