

Obesity Prevention: Examples of evidence-based interventions in a border community

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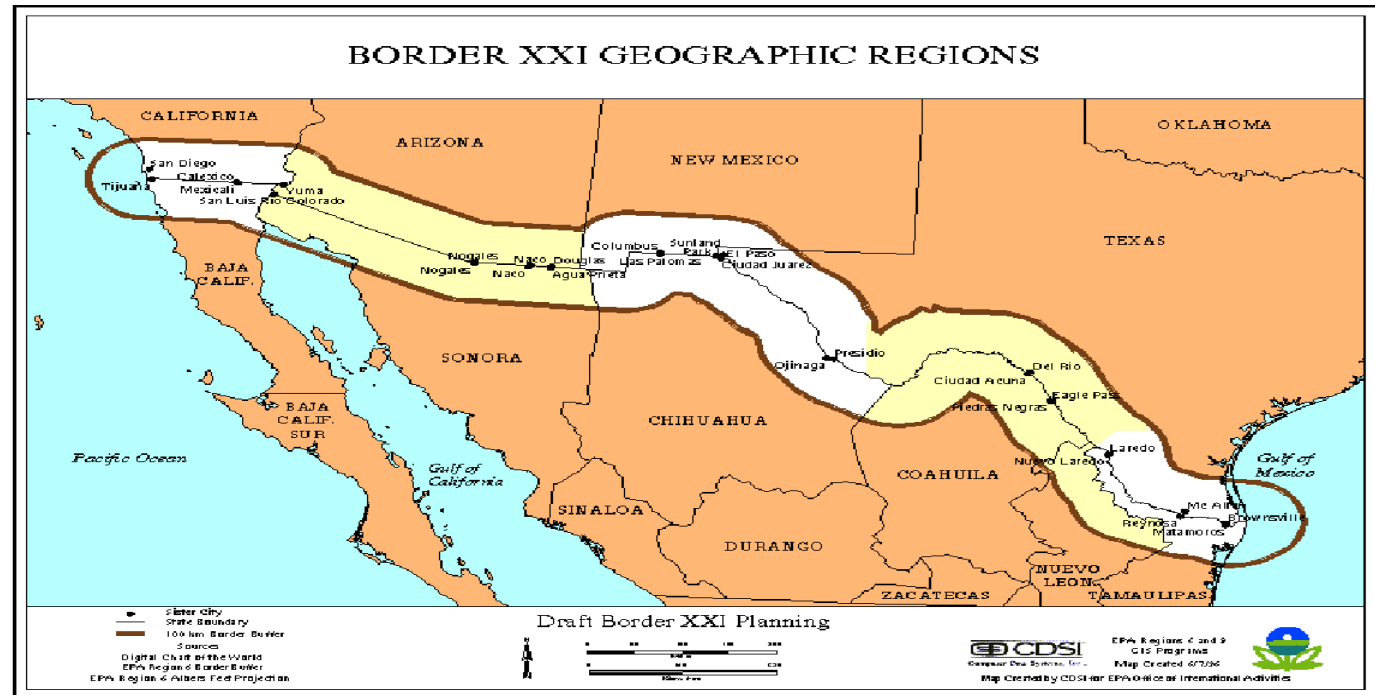
Border Region

US-Mexico Border Region:

Total Length:
~3,000 km
(1,863 miles)

North/South:
100 km (62 miles)

CA/Baja CA:
322 km (200 miles)



Source: Pan American Health Organization



Public Health in the San Diego-Tijuana Border Region





Health Disparities in the Border Region

- Infectious Diseases (e.g. Tuberculosis & HIV)
- Healthcare Access
- Chronic Diseases (e.g. Diabetes & Obesity)
 - Nearly one-third of the adult populations in the US and Mexico are obese, occupying the number one and number two countries with the highest rates of obesity in the world, excluding countries with small populations



Example 1: CDC funded Community-based Physical Activity Intervention



- Promotora-based physical activity intervention
 - Volunteer *promotoras* instructed exercise classes at community centers, recreation centers, and schools.
 - Participants in the exercise classes were measured at baseline, 6- and 12-months post baseline for changes in health and health behaviors.

[Outcome Paper 1](#): Ayala, G.X., and SDPRC Team. Effects of a *Promotor*-based Intervention to Promote Physical Activity: *Familias Sanas y Activas*. 2011. American Journal of Public Health, 101 (12) 2261-2268.

[Outcome Paper 2](#): Ayala, G.X., Molina, M., Madanat, H., et al. Intervention Effects on Latina's Physical Activity & Other Health Indicators. 2017. American Journal of Preventive Medicine, 52 (3 Sppl): S279-283.



Improvements and Sustainability



Participants experienced:

- Improved blood pressure
- Reduced waist size
- Weight loss
- Improved flexibility

Participants reported:

- Drinking fewer sugary drinks
- Eating less fat

Reach

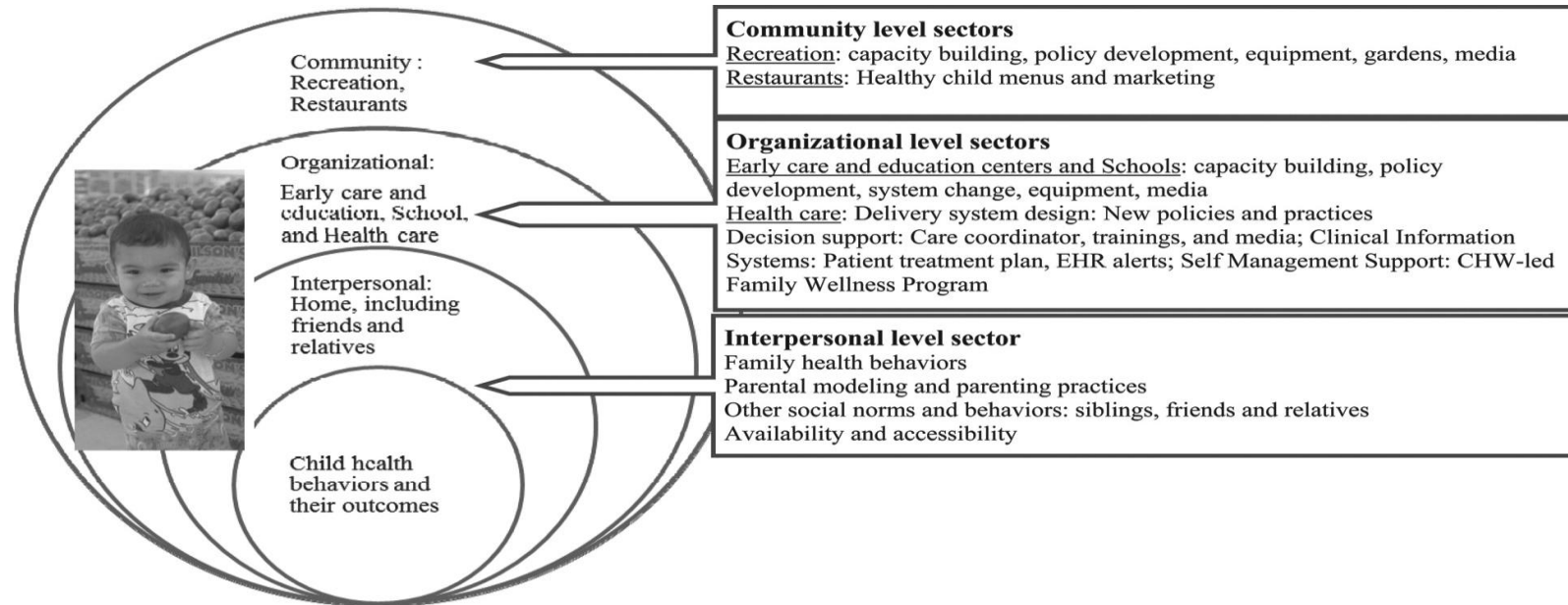
At the peak of the program, 47 free exercise classes were given every week. In order to make this happen, partnerships were created with 14 elementary schools, 2 middle schools, and 2 high schools (4 school districts), 4 recreation & 2 community centers. On average, classes were about 22 people, with the largest class at 105 people. From 2009—2014 more than 2500 people enrolled in the program.

2 Years after study ended

After completion of the study, 27 exercise classes (free and paid) continued and are supported by community partners. The program expanded to a new area of San Diego County. One promotora opened a dance studio and now offers 17 classes per week.



Example 2: CDC funded multisector, multi-level Intervention



[Intervention Development Paper](#): Ayala, G.X., Ibarra, L., Binggeli-Vallarta, A., Moody, J., McKenzie, T.L., et al. Our Choice/Nuestra Opcion, The Imperial Valley, California, Childhood Obesity Research Demonstration Study (CA-CORD). 2015. *Childhood Obesity* 11 (1): 37-47.



Improvements and Sustainability

Reach

- 1200 families
- 1 FQHC, 3 clinics
- 26 early care & education centers
- 2 elementary school districts, 20 schools
- 3 community recreation centers
- 3 restaurants

Targeted Outcomes

- F&V consumption
- Water consumption
- Physical activity
- Sleep Quality

Table 1. CA-CORD Quasi-Experimental¹ Study Design

| | Health Care Intervention ² | |
|---|---|--|
| Public Health Intervention ³ | Health Care + Public Health n = 300 children (cities of El Centro and Brawley) | Public Health only n = 300 children (cities of El Centro and Brawley) |
| | Health Care only n = 300 children (city of Calexico) | Evaluation only n = 300 children (city of Calexico) |

¹Condition assignment was based on city of residence and whether the child was a patient of CSDSP, the federally qualified health center delivering the Health Care intervention.

²Health Care intervention involves clinic system changes and a family wellness program.

³Public Health intervention involves changes in early care and education centers, schools, community recreation, and restaurants. CA-CORD, the Imperial County, California, Childhood Obesity Research Demonstration study.



Other examples



NIDDK funded Clinical Approach to Overweight Latino Youth



NCI funded grocery-based intervention to Promote F&V consumption in Latinos



NCI funded Physical Activity Intervention among Church-going Latinas

For other project info check our website: <https://www.ibachsd.org/completed-projects/>



Thank you!

Questions?

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