

Fit Families for Life – *Be in Charge!*SM

Weight Control Programs and Services

**Los Angeles Collaborative for Healthy Active Children
Regional Sharing Forum
September 17, 2009**



Dennis Carrillo, MPH



Fit Families for Life – *Be in Charge!*SM



RESOURCES FOR ALL MEMBERS

- ❖ Fit Families for Life – Home Edition
- ❖ Fit Families for Life – Nutrition Information Line
- ❖ Fit Families for Life – Weight Control Library
- ❖ Fit Families for Life – Community Classes

RESOURCES FOR OBESE MEMBERS

- ❖ Fit Families for Life – Coaching Program

RESOURCES FOR PROVIDERS

- ❖ Child & Adolescent Obesity Provider Toolkit
and Flipchart

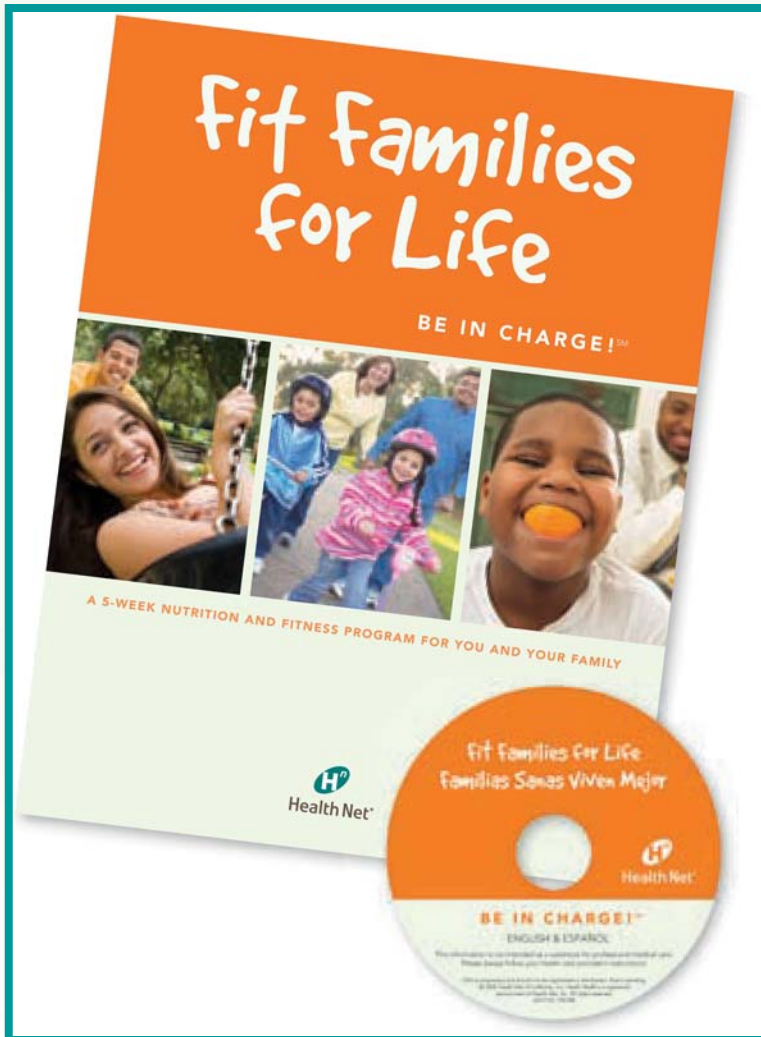
Fit Families for Life – Community Class Series

CLASS OVERVIEW

- Meets weekly; 3 & 6-week program options available
- Family oriented; facilitated in English or Spanish
- Goal-setting strategy
- Promotes healthier lifestyles through weekly topics
 - better food choices
 - increased physical activity



Fit Families for Life – Community Class Series



CLASS MATERIALS

- FFFL Workbook & DVD
- Network for a Healthy CA cookbook
- Weekly handouts

**Materials offered
at no cost**

Fit Families for Life – Community Class Series

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

Total Fat 12g

Saturated Fat 3g

Trans Fat 3g

Cholesterol 30mg

Sodium 470mg

Potassium 700mg

Total Carbohydrate 3

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A

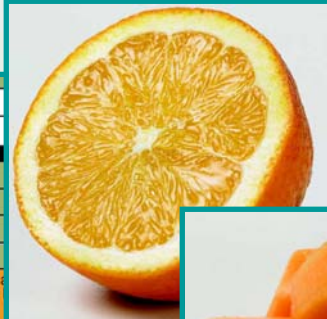
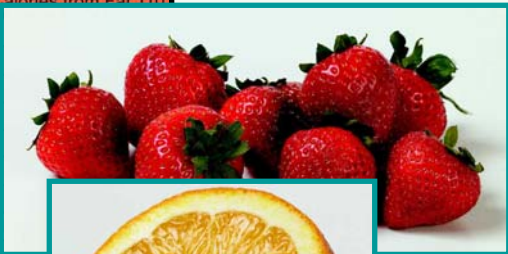
Vitamin C

Calcium

Iron

* Percent Daily Values are based on a diet of other people's misdeeds.
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



NUTRITION TOPICS

- Foods in the Home
- Reading Nutrition Labels
(Supplemented by DVD)
- Fruits and Vegetables
- Good Fats VS Bad Fats
- Tips for Eating Out
- Snacking Right
- Family Involvement (Kitchen)

EXAMPLES OF FATS

Good Fats		Bad Fats	
TYPE OF FAT	MAIN SOURCE	TYPE OF FAT	MAIN SOURCE
Monounsaturated	Olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados; olives	Saturated	Lard; whole milk, butter, cheese, and ice cream; red meat; chicken or turkey skin; chocolate; coconuts, coconut milk, coconut oil; palm and palm kernel oil
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; many fast foods; many commercial baked goods

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PHYSICAL ACTIVITY TOPICS

- Tracking Your Progress
- Safety
- Exercise Variety
- Importance of Stretching
- Strength Building

DVD Exercise Routines!



ACTIVITY LOG SHEET

This activity log sheet will allow you to record the number of minutes every day that each member of your family is physically active. Although it is important to be physically active most days of the week, we know that things can sometimes get in the way. At the end of each week, add your total number of minutes. The goal is to increase the total number of minutes you are physically active. **TIP: Place a copy of this sheet on your refrigerator so you can keep track and reach your goal.**

Week 1

NAMES	S	M	T	W	T	F	S	TOTAL WEEKLY MINUTES

Week 2

NAMES	S	M	T	W	T	F	S	TOTAL WEEKLY MINUTES

Week 3

NAMES	S	M	T	W	T	F	S	TOTAL WEEKLY MINUTES

Week 4

NAMES	S	M	T	W	T	F	S	TOTAL WEEKLY MINUTES

Week 5

NAMES	S	M	T	W	T	F	S	TOTAL WEEKLY MINUTES

Pyramid Diagram:

- Top (Cut down on):**
 - Watching TV
 - Computer Games
 - Sitting for more than 30 minutes
- 2-3 times a week:**
 - LEISURE & PLAY:** Play, Golf, Tumbling, Bowling, Yardwork
 - STRENGTH & FLEXIBILITY:** Stretching, Pull-ups, Yoga, Weights, Push-ups, Dance, Ballet, Karate
- 3-5 times a week:**
 - AEROBIC EXERCISES:** Biking, Jump rope, Running, Brisk Walking, In-line skating, Swimming
 - RECREATIONAL ACTIVITIES:** Basketball, Soccer, Hiking, Skiing, Kickball, Volleyball, Relay Races
- everyday:**
 - Play outside, Take longer routes
 - Walk to the store, Take the stairs, not the elevator
 - Walk the dog, Pick up your toys
 - Work in your garden, Make extra steps in your day

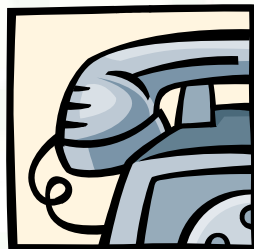
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OUTREACH/PROMOTION

- **Class flyer**
 - **targeted mailer**
 - **at location 3 weeks prior**
 - **surrounding orgs/clinics**
- **Reminder phone calls**
 - **about 2-3 days prior**



Health Net®

FAMILIAS SANAS VIVEN MEJOR – SERIE DE CLASES COMUNITARIAS

Familias Sanas Viven Mejor es un programa que Health Net ofrece para ayudar a los padres y a sus familias a comer alimentos sanos y a estar activos. En esta clase, aprenderá cómo elegir mejor sus alimentos y hacer más ejercicio. Esta clase es sin costo.

Aprenderá:

- Cómo leer la etiqueta de un alimento
- Sugerencias para agregar frutas y verduras a las comidas
- Sugerencias para salir a comer
- Cómo incorporar el ejercicio en su agenda apretada, y mucho más

Esta clase se realizará una vez por semana. Todos los padres están invitados a participar. Recibirá un cuaderno de ejercicios, un libro de cocina y un DVD GRATIS. Hay cupo limitado. ¡Llame y reserve su lugar hoy mismo!!

[Name of Event]
[Location]
[Date/Time]
[Contact Person]
[Phone]

Para obtener más información, llame a la Línea de Información sobre Educación para la Salud al
1-800-804-6074

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OUTREACH/PROMOTION

- **FFFL Class Promo**
 - sample class activity
 - showcase free materials
 - have sign-up sheet



- **Media exposure**
 - promote upcoming class
 - list phone # for more info
 - barrier: difficult to acquire media spot

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WHAT WORKS

- **Program promotion at CBO events and media spot**
 - program highlights motivate community to attend
 - promoting free materials (workbook, DVD, cookbook)
- **Collaborating with existing parent groups**
 - guaranteed attendance
 - word of mouth opportunities
- **Incentives/raffles (most instances)**
 - gift cards, bicycle



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CHALLENGES/LESSONS LEARNED

- **Promote any class assignment as optional!**
 - homework can discourage future participation
 - solicit volunteer feedback instead
- **Consider a 3-week lesson plan alternative**
 - participation wanes after 3 sessions
(unless it's an established parent group)
- **Childcare**
 - try to have another facilitator entertain children
 - repeat the main topic points throughout the class;
parents are often distracted when tending to kids

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CHALLENGES/LESSONS LEARNED

- **Be prepared if utilizing younger-looking class facilitators**
 - participants/parents sometimes skeptical of advice



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FUTURE PLANS

- Shortening of class curriculum
- Expand class promotion/outreach within school mailings
- Introduce adolescent piece into class facilitation guide
- Develop a “train the trainer” component to expand class offerings in the county



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CONTACT INFORMATION

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