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

Health Net®

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

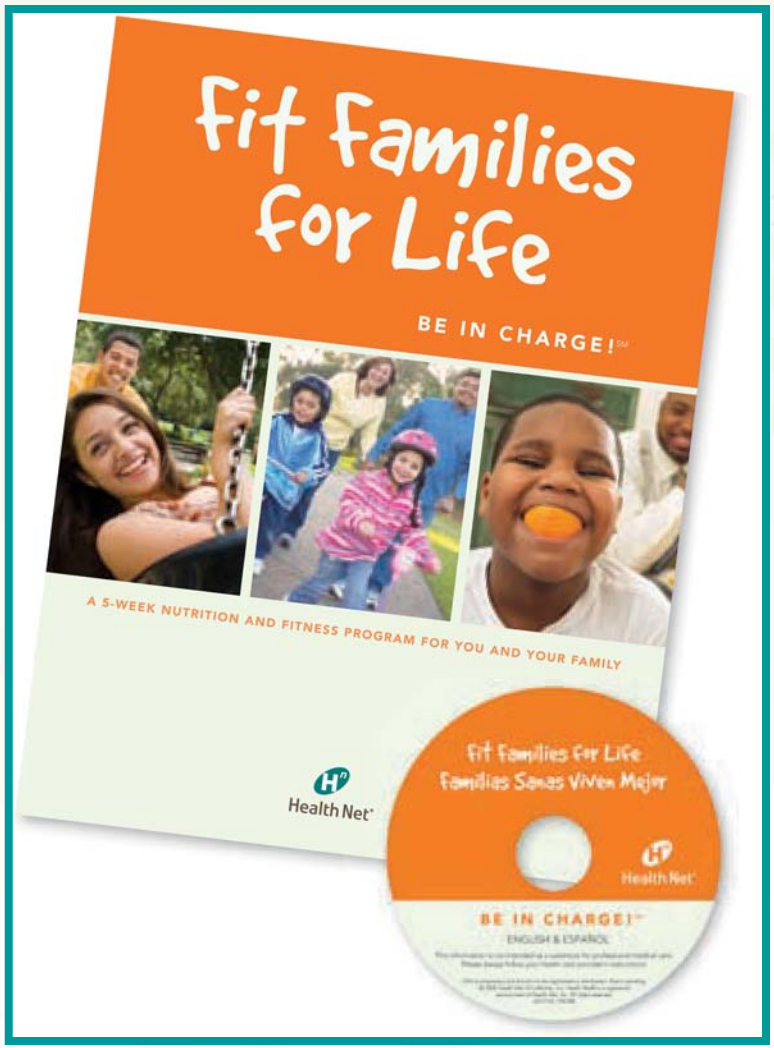
Fit Families for Life – Community Class Series

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

Health Net®

Fit Families for Life – Community Class Series

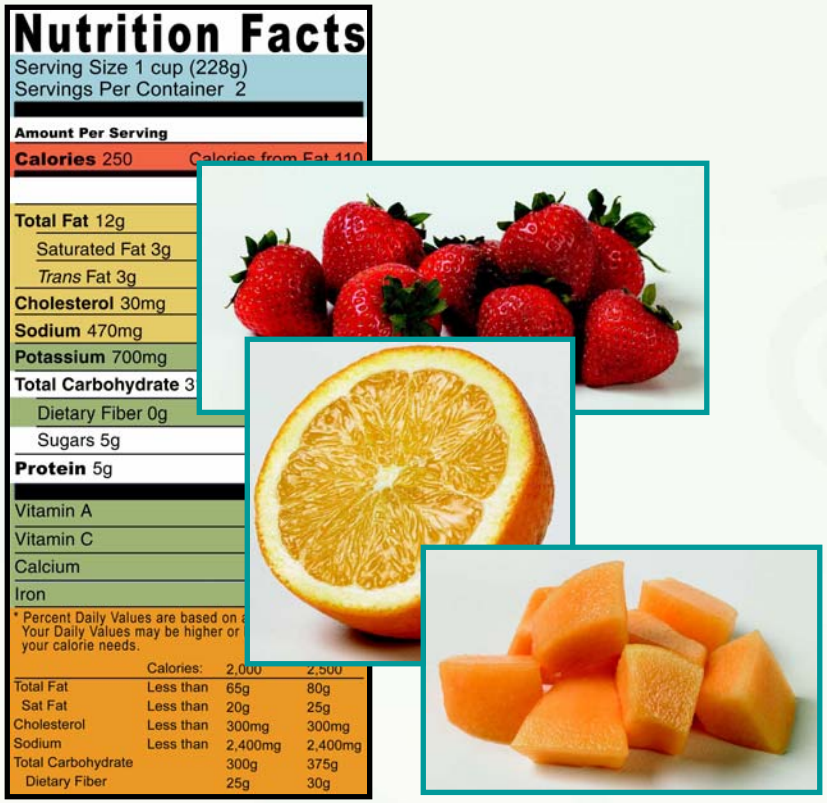


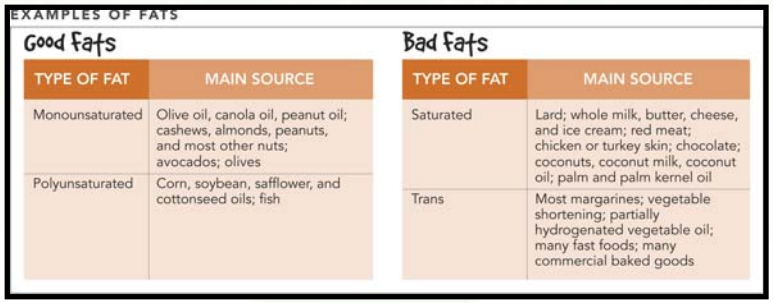
CLASS MATERIALS

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

Materials offered at no cost

Fit Families for Life – Community Class Series





EXAMPLES OF FATS

Good Fats

TYPE OF FAT	MAIN SOURCE
Monounsaturated	Olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados; olives
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish

Bad Fats

TYPE OF FAT	MAIN SOURCE
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
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; many fast foods; many commercial baked goods

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)**

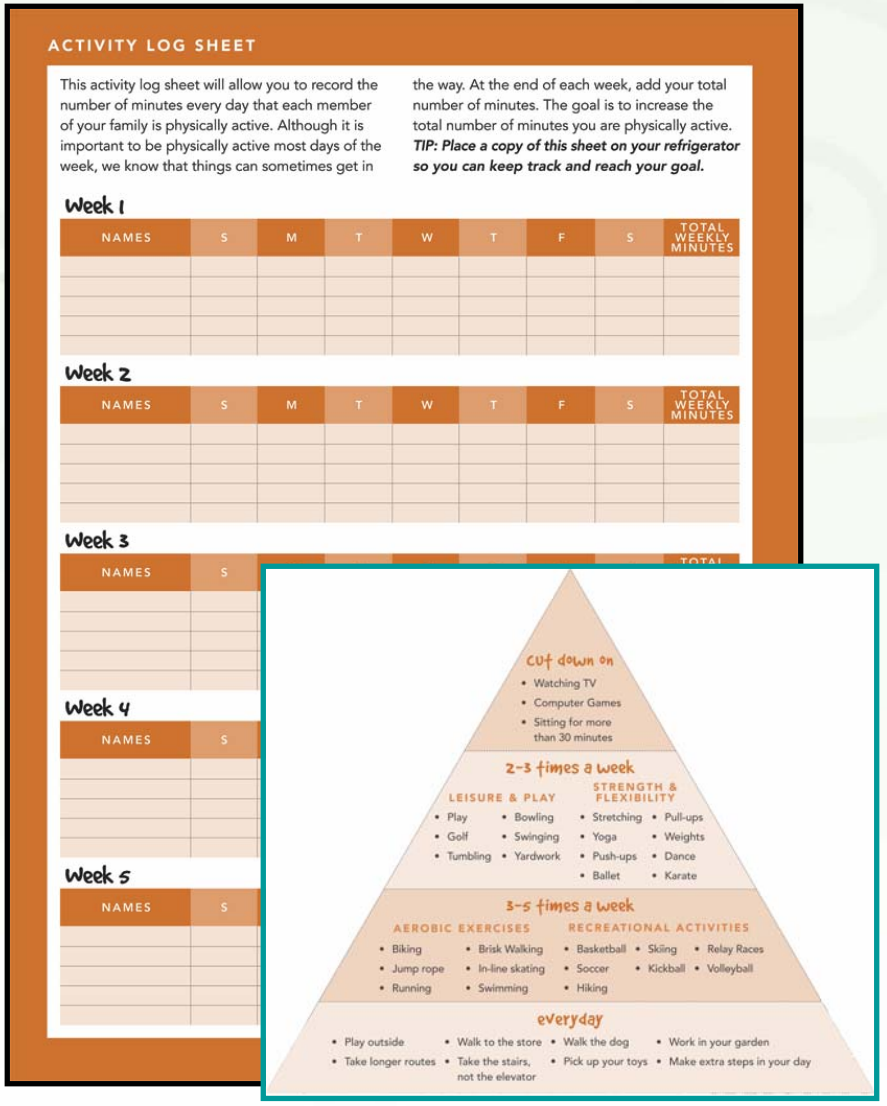
Fit Families for Life – Community Class Series

PHYSICAL ACTIVITY TOPICS

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

DVD Exercise Routines!

Health Net®



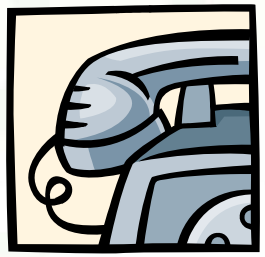
Fit Families for Life – Community Class Series

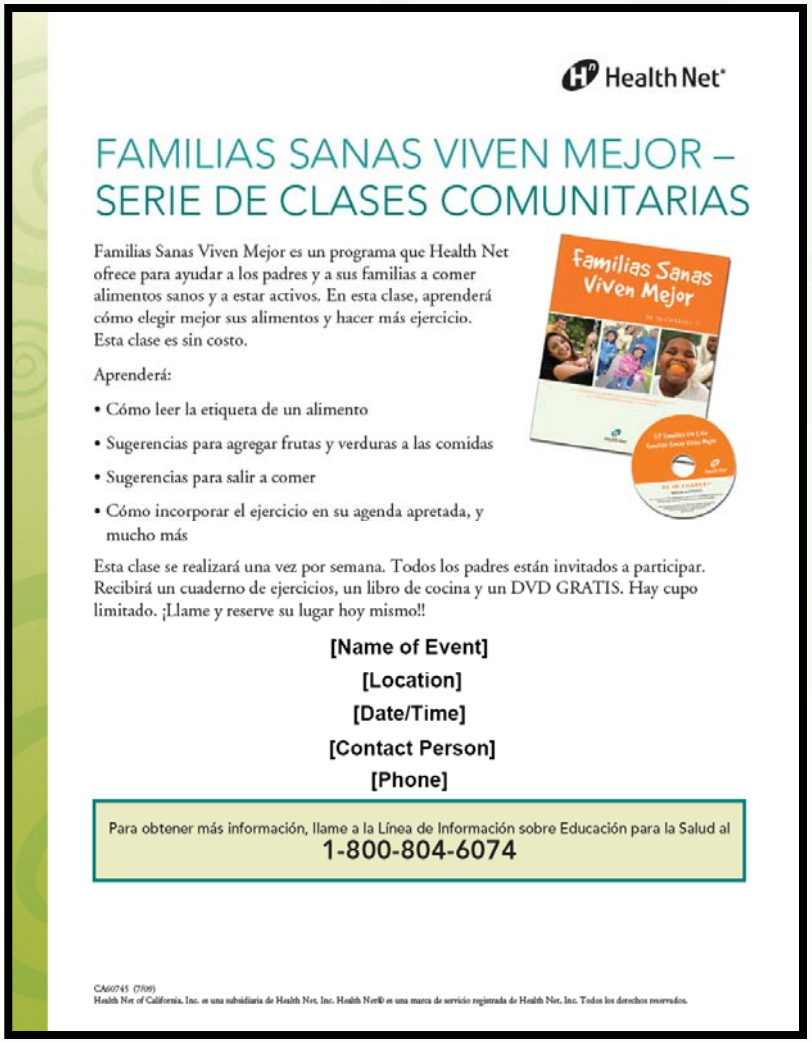
Health Net®

Fit Families for Life – Community Class Series

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

Fit Families for Life – Community Class Series

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

Fit Families for Life – Community Class Series

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

Fit Families for Life – Community Class Series

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

Fit Families for Life – Community Class Series

CHALLENGES/LESSONS LEARNED

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

Fit Families for Life – Community Class Series

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

Fit Families for Life – Community Class Series

CONTACT INFORMATION

Dennis Carrillo, MPH
Health Education Specialist
State Health Programs

Health Net of CA, Inc.
1055 E. Colorado Blvd., Suite 300
Pasadena, CA 91106
Phone: (626) 683-6488
Fax: (626) 683-6324
dennis.x.carrillo@healthnet.com