

# Promotora partnerships in the creation of the *iHaz Espacio para Papi!* program to engage Mexican-heritage youth and fathers

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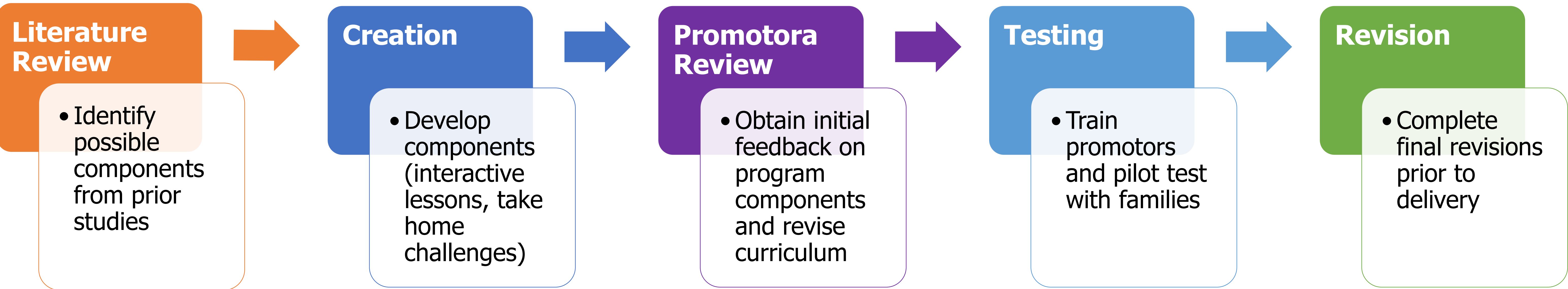
## Background

- Families living in rural, low income, or minority communities experience structural challenges and are at greater risk of not meeting physical activity (PA) guidelines.
- Hispanic children are less likely to meet PA recommendations when compared to non-Hispanic white children.
- Culturally relevant programs are needed to adequately address disparities in these communities.
- The over-arching objective of the project was to develop, implement, and evaluate a father-focused, family-centered program to improve food and beverage consumption, increase PA, and enhance family communication.


## Purpose

This presentation aims to describe development of the *iHaz Espacio para Papi!* (HEPP, Make Room for Daddy!) PA curriculum to inform additional culturally relevant curricula.

## Curriculum Development



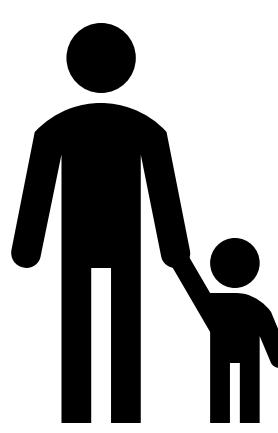
## Curriculum Components

1 – Active Tic-Tac-Toe	2 – Functional Fitness Circuits	3 – Partner Exercises	4 – Active Twist on Traditional Games	5 – Partner Obstacle Course	6 – Active Heads Up
Families competed as a team as they raced to play tic-tac-toe across the room	Families learned functional fitness movements from trained promotoras	Father/child pairs learned how to work together, have fun, and be active	Children used their creativity to add active twists to traditional games	Fathers and children worked together to complete a fun active obstacle course	Families acted out their favorite activities while strengthening communication
					

## At Home Challenges – (KC – Kid’s Challenge, EP – Everyone Plays)

KC: Play active tic-tac-toe at home with friends and family  EP: Challenge each other to be active during commercial breaks	KC: Make a game out of active chores  EP: Place an exercise card in each room of the house, make every room active	KC: Write activities on popsicle sticks and place in jar  EP: Create a workout at home using exercises from program	KC: Map a route around the yard to create a workout  EP: Play an active version of a favorite family game	KC: Create an obstacle course at home with father  EP: Use teamwork and core strength to pass a soccer ball while lying on the ground	KC: Use playing cards as a workout at home  EP: “Muscle Memory” where everyone tries to remember patterns of movements
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## Lessons Learned

 Father-child focused programs may benefit from incorporating a balance of lessons for fathers to learn and build certain skills alone and lessons focused on encouraging interaction (co-participation), with their child.

 The curriculum development process required substantial time but was necessary in creating a culturally- and contextually-responsive program for the community.



This process would not have been possible without the partnership of promotora-researchers.

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