

**Center for Engagement & Community Development
Final Funding Report**

Title: Community-based Participatory Research for Obesity Prevention and Management in Rural Kansas Latinos

Principle Investigators: Melissa Bopp & Elizabeth Fallon

Funding Period: January 2007 – December 2008

Purpose: Build the capacity of the Kinesiology faculty and graduate students to engage rural Latino communities in nutrition and physical activity promotion for the prevention and treatment of obesity.

Proposed & Actual Outcomes:

I. Community Engagement:

The purpose of this project was to contact, visit and gain a mutual exchange of information, ideas and resources to positively affect the health of Hispanic/Latino population in southwest Kansas. To this end, we successfully conducted the following activities:

1. Contact local agencies with common interests in health promotion. These agencies included K-State Extension, local health departments, recreation departments, community learning centers, community health clinics, hospitals, and religious organizations.
2. Commute to SW Kansas communities for meetings to understand existing resources within the community and discuss resources made available to the communities through the kinesiology faculty and students.
3. Work with the community to identify and document free and low cost resources for physical activity and healthful eating.
4. Work with the community to translate descriptions of community resources into Spanish.
5. Work with the community to print and distribute the final Physical Activity and Nutrition Guidebook to local residents in Dodge City, Garden City and Liberal.
6. Discuss future endeavors and partnerships to increase available resources and interventions for the improvement of physical activity, nutrition, and chronic disease among all southwest Kansans, especially those of Hispanic/Latino descent.

II. Student Learning Outcomes:

a. Understanding the community-based participatory research process

Three students were involved in this project. They read several books and research articles about the community based participatory process. Subsequently, they were challenged to apply their knowledge by actively engaging community members in this process for the duration of the grant. These students were Zach McGill (Wichita, Kansas), Sammy Ornealas (Garden City, Kansas), and Anthony Garcia (Dodge City, Kansas).

b. Application of research principles to underserved communities

At the beginning of the CBPR process, the students worked diligently to understand state and national patterns of health and health disparities for Hispanic/Latino populations. Subsequently, they searched the internet and contacted community health agencies and community partners to obtain a qualitative understanding of whether these patterns were also evident in Liberal, Garden City, and Dodge City. After finding that rates of preventable chronic disease are high among the Hispanic/Latino population in southwest Kansas, especially obesity and diabetes, the students began the planning process to develop the physical activity and nutrition guidebook.

c. Development of cultural competency with the Latino community

Both Mr. Ornealas and Mr. Garcia are of Hispanic/Latino descent, and are therefore already largely culturally competent. Mr. Garcia and Mr. McGill, however, are not fluent in Spanish and were able to improve their Spanish reading and speaking skills during this project. Furthermore, all three students learned the commonly accepted processes by which health promotion professionals effectively translate materials into Spanish such that the materials are easy to understand and are acceptable to the local community.

d. Development of analytical research skills

During their time working on the Faithful Footsteps project (funded by Sunflower Foundation), Mr. Ornealas and Mr. McGill were trained on the benefits and limitations of various research methods, including randomized control trials, self-report measures of physical activity, objective measures of physical activity (accelerometry), gathering and processing data using statistical software. Their skills in environmental measurement and qualitative data analysis were enhanced through the development of the physical activity and nutrition guidebook.

e. Oral and written communication skills for presentation of research outcomes

Inherent in the development of the physical activity and nutrition guide, all of the students improved their communication skills in both English and Spanish to create a guidebook that is simple, easy to read, and informative for the consumer. Mr. McGill presented a conference poster on physical activity and Hispanic health promotion at the 2007 Kansas Public Health Association conference. Additionally, Mr. McGill participated in a K-State 8 video sponsored by the Community Engagement and Development office that focused on the process of the engagement work we are doing in southwest Kansas.

III. Production of Physical Activity and Nutrition Guidebooks

A separate guidebook featuring local resources was created for Liberal, Garden City and Dodge City. These guidebooks are being delivered to the local community leaders for distribution to community members. Additionally, an electronic version of these guidebooks was distributed to community partners on CD such that the community can work together to update the guidebook regularly to reflect changes to their community resources. The electronic versions are also being posted on the Physical Activity and Public Health Laboratory website and we have suggested that the Center for

Community Engagement and Community Development post an electronic version on their website. This free distribution of the guidebook makes it a resource that any community organization can use, alter to meet their needs and continue to distribute to the community.

IV. Related Peer-Reviewed Publications and Presentations:

a. Presentations:

1. McGill, Z., Bopp, M., & Fallon, E.A. (2007). Promoting Physical Activity Among Kansas Latinos: A Faith-Based Approach. Kansas Public Health Association Annual Conference (Wichita, Kansas).
2. Bopp, M., Fallon, E. A., Bolton, D. (2009). Creating a culturally relevant community resource guide for physical activity and nutrition: a community based participatory approach. American Public Health Association Annual Conference (Philadelphia, PA) and Kansas Public Health Association (Wichita, KS)

b. Publications:

1. Bopp, M. & Fallon, E. A. (in press). Community-Based Interventions to Promote Increased Physical Activity: A Primer. *Applied Health Economics and Health Policy*.
2. Bopp, M., Fallon, E. A., Bolton, D. & Kahl, D. (in preparation). Creating a culturally relevant community resource guide for physical activity and nutrition: a community based participatory approach.

V. Related Extramural Funding:

a. Funded:

1. Title: Addressing Hispanic Health in Southwest Kansas: A Community Resource Assessment
Funding Source: Sunflower Foundation
PI: M. Bopp; Co-I: E. Fallon
Dates: 7/08 – 6/10
Project Goal: To engage members of the Latino community in Southwest Kansas in the collection, analysis and reporting of Latino health and Latino health needs. Specific health-related topics included in this report will be cardiovascular health, diabetes, obesity, and worksite-related injuries.
Amount: \$150,650

b. In Preparation/Pending:

1. Title: A faith-based obesity intervention for Hispanics
Funding Source: United States Department of Agriculture (USDA)
PI: - M. Bopp
Proposed Dates: 10/09 – 9/2012
Project Goal: To design and evaluate a culturally tailored, faith-based obesity prevention program targeting Hispanics. The project will increase physical activity participation and improve eating habits for Hispanics of all ages within the participating churches. The approach will facilitate sustainability and dissemination efforts to reach as many individuals as possible.
Amount requested: \$1.4 Million
Status: 2nd submission was unfunded. 3rd submission date: June 2009