

*Broadening mothers' knowledge, skills
and social networks to improve
Latino family health*



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Sample

Network sampling (N=98)

Inclusion criteria:

- ❖ First generation Latina immigrant mothers living in two small rural Iowa communities
- ❖ \leq 185 federal poverty level
- ❖ At least one child \leq 12 years of age
- ❖ Predominantly Spanish speaking at home, in the community





Methods

- ❖ **2011:** In-home 2 hour interviews, quantitative, qualitative data
- ❖ **2012:** Follow-up interviews (n=19); qualitative data
- ❖ **2013:** Focus group interview (n=16)
- ❖ Native Spanish speaking interviewers, bilingual, bi-cultural
- ❖ Translation, transcription - native Spanish speaking students who taught Spanish at the university

Iowa Study Communities

	Mazen	Ladora
Total population in 2010	8,668	1,899
Median Age	37.3	35.9
Population born in U.S.	91.1%	72.3%
Latino population in 2010	578	911
Latinos as portion of 2010 population	6.67%	47.97%
Latino population growth: 2000-2010	268.15%	22.94%
Foreign-born population	692	533
Naturalized U.S. citizen	48.4%	19.7%
Spoke only English	90.6%	51.8%
Spanish Speaking	4.6%	46.2%
Speak English less than “very well”	3.1%	28.3%

Source:s 2006-2010 - American Community Survey 5-year estimates; 2000 and 2010, U.S. Census

Demographics - Mothers

	%
Years in U.S. (<i>M</i>)	13
Median Age	33
<i>Household structure</i>	
Married	56
Living with male partner	28
Single (never married, divorced, widowed)	12
<i>Formal educational attainment</i>	
≤ 8 th grade	32
High School Diploma or G.E.D.	32
Technical training or some college	17
Bachelors degree	2

Health

	%
<i>Mother's self reported health status</i>	
Excellent or Very Good	18
Good	58
Fair or Poor	23
<i>Mothers diagnosed with health conditions</i>	
Heart disease, asthma, diabetes	11
“Other” conditions	9
Undiagnosed health complaints	21
<i>Depressive symptomology (scale: 0-30)</i>	
M = 14	
Range: 8 to 30	

Health

	%
<i>Body Mass Index (BMI)</i>	
Normal weight	21
Overweight	44
Obese	34
<i>Regular health care provider</i>	52
<i>Mother insured</i>	18
<i>Federal food and nutrition assistance participation</i>	
School meals	76
SNAP	51
WIC	52
<i>Household food security</i>	
Food secure	74
Food insecure	26

Health

	%
<i>Focal child – mother's report of health status</i>	
Excellent or Very Good	48
Good	36
Fair or Poor	16
<i>Focal child diagnosed with health conditions</i>	
0 conditions	55
1 conditions	20
2 conditions	9
3 or more conditions	15
<i>Focal child insured</i>	73

Findings: Mothers wanted...

- ❖ their children to eat fresh, healthy, homemade food
- ❖ to prepare traditional dishes they ate as children
- ❖ to adopt healthier food preparation practices





Perceived barriers

- ❖ Lack of “fresh” food in community
- ❖ **Healthy foods are expensive**
- ❖ Lack of time to cook
- ❖ **School food negatively shape children’s eating patterns**

Response: Create a space where Latina mothers can learn and share information about health, wellness and nutrition, and strengthen social networks with each other.





Response

- ❖ Develop “health focused” workshops based on data from mothers
- ❖ **Embed into existing community efforts**
- ❖ Co-facilitate with community resource people
- ❖ **Formative and summative evaluation**



Workshop Components

- ❖ Introduction to the topic, key concepts and strategies
- ❖ Application of concepts through interactive activity
- ❖ Discuss personal, family and community assets and limitations to incorporate information and strategies into daily living



Workshop Components

- ❖ Physical activity to incorporate into daily living
- ❖ **Review of information and strategies**
- ❖ Goal setting
- ❖ **Door prize (application e.g., Twister game- play with family; share experience next session)**

Topics

- ❖ *Healthfully preparing traditional cultural foods*
- ❖ *Planning for healthy meals and snacks*
- ❖ *Advocating for family food wants and needs*
- ❖ *Growing food*





Topics

- ❖ *Coping with emotions and gaining control in our lives*
- ❖ *Advocating for culturally responsive health care*
- ❖ *Low cost, fun activities to do as a family at home and in community*

Topics

❖ *Simple, low cost ways to preserve fruits, vegetables and herbs*

❖ *Exploring community resources: services and programs*

❖ *Celebration: Healthy cultural food dishes to strengthen and maintain family ties*

