

# Muevete NAHN

## Miami Chapter Project USA™ Reducing Obesity in Hispanic Children

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# Background

- Florida was named the 29th obese state in USA with cost of obesity in Florida-\$8,079 with 26.6% of the population obese.
- Latino children are at a greater risk for obesity with prevalence increasing.
- In Miami-Dade County, Florida 20% of children are obese, especially boys.
- Obese children are more likely to develop Diabetes Type 2 and cardiovascular diseases (RWJ & NCSL, 2012).
- The Miami Chapter of the National Association of Hispanic Nurses (NAHN) was designated as one site for NAHN Muevete USA™ Project,
- NAHN Muevete USA™ Project was an educational program developed to reduce childhood and adolescent obesity throughout the United States, **funded by the Coca-Cola Foundation** (Millan, 2012).

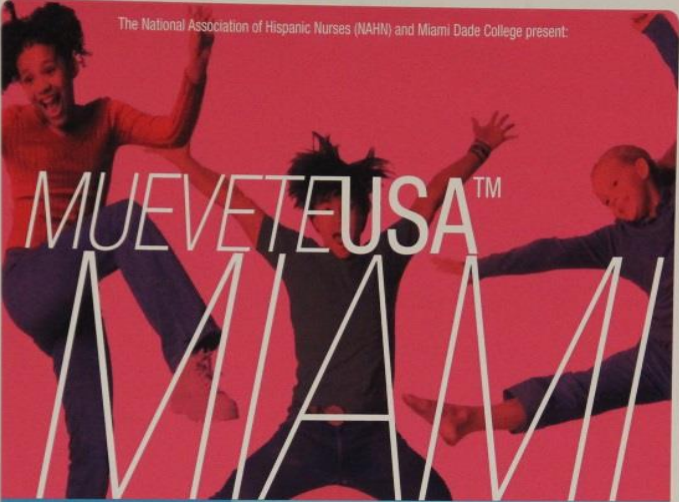
The Muevete USA event took place in South Florida at the “Wild Things Happen Summer Camp” and at another site in Homestead, Florida



# Purpose of the Project

- Demonstrate awareness and understanding of Nutrition Facts Labels
- Identify daily portions of fruits, vegetables, grains, dairy and protein needed each day
- Describe importance of incorporating daily physical activity and exercises
- Have fun doing exercise with a Physical Fitness instructor to Hip Hop Spanish music or other exercises and games

The National Association of Hispanic Nurses (NAHN) and Miami Dade College present:



## MUEVETEUSA™


**Muevete USA™ Project** is a NAHN educational program developed to reduce childhood and adolescent obesity in selected locations throughout the United States. While Latino/Hispanic children are the focus, the program is open to all children regardless of ethnic background.

**Muevete USA™** was inspired by First Lady Michelle Obama's **Let's Move** campaign.




**YOUR CHILD WILL HAVE FUN LEARNING HOW TO :**

- Demonstrate awareness and understanding of the Nutrition Facts Label
- Identify the daily portions of fruits, vegetables, grains, dairy and protein needed each day
- Describe the importance of incorporating physical activity and exercise in daily lives
- Have some fun doing exercise with a fitness instructor

**JUNE 26, 2013**  
Wild Things Happen Summer Camp  
Kendall Campus  
11011 S.W. 104<sup>th</sup> Street, Miami, FL  
**Time:** 9:00 a.m. to 4:30 p.m.  
Lunch break from  
11:30 a.m. to 12:30 p.m.

 School of Continuing Education & Professional Development

MUEVETE USA™ MIAMI  
BROUGHT TO YOU BY:



# Methodology

- A descriptive exploratory research design was used.
- The children completed five pre and post tests with four responses in most cases; otherwise it was a yes or no answer.
  - 1<sup>st</sup> test “My Plate”
  - 2nd test “Food Label”
  - 3rd test “Physical Activity and Exercise”
  - 4th test “Healthy Snacks”
  - 5th test “Goal Setting”
- Content validity was established.

# Implementation

- Prior to the event, a nutrition seminar was presented by a certified nutritionist from Miami Dade College in order to prepare the nursing students on the five lessons and assist them in creating their storyboards.
- Community Health ASN & BSN students (31) participated in Muevete, receiving 10 community hours for a two hour nutritional seminar, a one hour orientation and the seven hour Muevete event.
- The children were divided into 12 groups with two students/group; taking food cutouts and making plates with appropriate portions, nutritional requirements, reading labels. MDC School of Nursing NAHN officers, members and community health students collaborated with MDC Continuing Education & Professional Development who offers a summer camp.

# Implementation

- Nursing faculty facilitated the event while a certified physical fitness instructor presented the HIP HOP/Zumba fitness session.
- Each student made two posters outlining nutrition aspects and obesity health risk factors.
- One ASN student with an Associate Degree in Fine Arts constructed two life-like cardboard dolls (7' male chef and 5'8" waitress) with "Choose My Plate gov" and food cutouts, outlining necessary meal portions, addressing Muevete objectives.

# Results

- The children (5-12), were divided into 12 groups with two students per group.
- The children took the food cutouts and made plates with appropriate portions, nutritional requirements, reading labels.
- Most were complete, even with younger children progressing to kindergarten; They were able to understand all the information requested.
- The children ranged in age from kindergarten to 7th grade,
- 50% females to males and with Hispanic descent.
- When small flags from different countries were distributed, the children identified their native country.



# Findings/Implications

- 1st year (Kendall campus) 130 children participated (ages 5-12) males 50%, females 50%; mostly
- 2nd year (Kendall campus) 125 children participated
  - ages ranged 4-15 mean= 8 years, kg-8th grade
  - males-62%, females 38%;
  - Hispanic 55%, White 30%; Black 9% Asian 6%;
  - pretest-posttest scores ↑ 9.40-10.68 with a 13.62% change;
- 2nd site (VG)- 102 children participated
  - ages ranged 4-15 mean= 9 years;
  - males- 54% females 46%.
  - Hispanic 41%, Black 38%, White 13%, Asian-8%
  - pretest-posttest scores ↑ 8.33-9.45 with a 13% change.

# Findings/Implications

- 3rd year (Kendall campus) 128 children participated;
  - ages ranged 4-15 mean= 8.51 years, kg-8th grade
  - males-59%, females 41%
  - Hispanic 74%, White 29%; Black 5% Asian 1%;
  - pretest-posttest scores ↑ 9.65--12.91 with a 25% change
- 2nd site (Homestead) 109 children participated
  - ages ranged 5-12 mean= 8.51 years;
  - males- 65% females 35%.
  - Hispanic- 41%, Black 36%, White 22%, Asian-1%
  - pretest-posttest scores ↑ 9.77-11.81 with a 21% change

# Findings/Implications

- Community Health ASN & RN-BSN students participated in five Muevete projects at five different sites over 3 years
- Students received 10 community hours
- 594 children participated, predominately Hispanic
- Aerobic exercises were provided
- Parents received nutrition classes.
- Most missed question: "How much Sodium is in this entire food product"? Although Sodium was 440mg it was for 4 servings-correct answer was 1760 mg.

# Recommendations

- Preplanning and orientation of faculty
- Organization of site and staff
- Orientation, teaching and debriefing
- Advising revising surveys to be culturally sensitive
- Limit size of children/per groups
- Design posters for younger children

# Conclusion

- The children loved the program as they received healthy snacks and exercised.
- They understood the need to manage childhood obesity according to pre/post test results.
- The implementation of this program helped to reduce the number of Hispanic and other children with obesity.
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- This should decrease the level of obesity in Hispanics and reduce the associated costs



The nursing students created the storybooks



# References

- Bauer, CC, et al. **Child overweight and obesity are associated with reduced executive cognitive performance and brain alterations: a magnetic resonance imaging study in Mexican children** *Pediatric Obesity* 10(3), 196-204.
- Brown, RE, Kuk, JL S. Lee, S. (2015 ) **Measurement site influences abdominal subcutaneous and visceral adipose tissue in obese adolescents before and after exercise** *Pediatric Obesity* 10(2), 98-104.
- Knop, C. et al (2015). **Extremely obese children respond better than extremely obese adolescents to lifestyle interventions** *Pediatric Obesity* 10(1), 7-14.
- Obesity update June, 2014 OECD
- *Puerto Rico law would brand parents of obese children as child abuses* [www.theguardian.com](http://www.theguardian.com)
- *Mexico Plays the Heavy on Food Ads* [www.wsj](http://www.wsj)





<http://youtu.be/Z4h07B-WLsY>