Active Latinos

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Title: Active Latinos

Curriculum goal: to reduce obesity rates among males and females ages 18-45 in the Hispanic/Latino community in Long Beach.

Unit I: Defining Obesity & Healthy Weight

Unit II: Determining the Consequences of Obesity

Unit III: Knowledge-Based Nutrition Course

Unit IV: Skills-Based Nutrition Activity

Unit V: Knowledge-Based Exercise Course

Unit VI: Skills-Based Exercise Activity
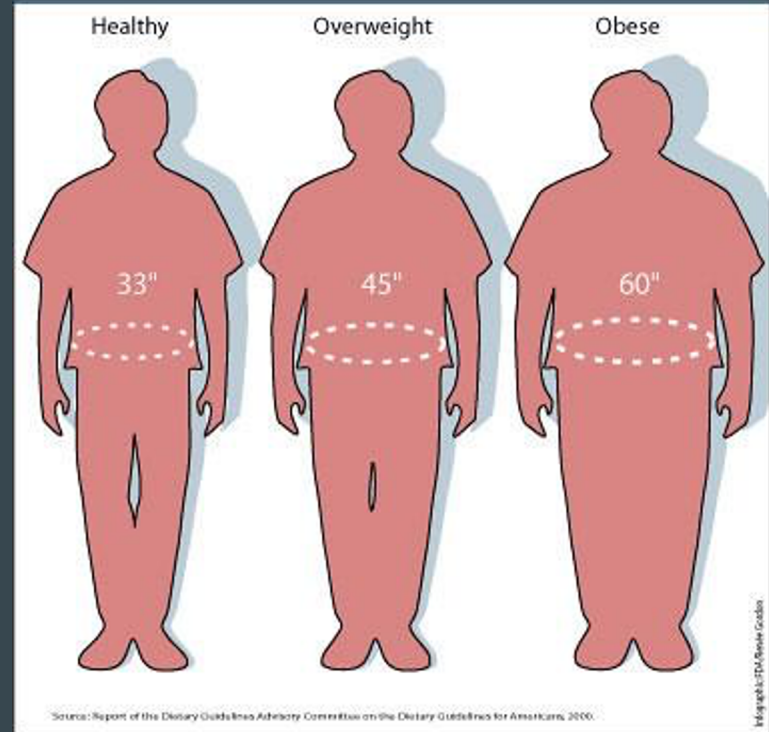
Topic and Population of Interest

- Topic: Obesity
- Population of Interest: Hispanic/Latino adults ages 18-45
  - In 2017-2018, about 42% of adults in the United States are obese (CDC, 2020)
 - In 2018, 45% of Hispanic/Latino adults were diagnosed with obesity (CDC, 2020)
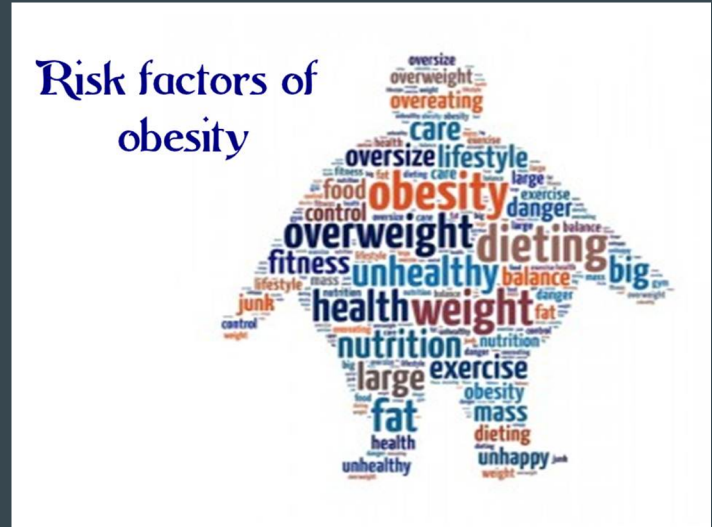
Unit I: Defining Obesity & Healthy Weight

- <u>Unit Objective</u>: Upon completion of the unit, the learner will be able to identify 3 guidelines associated with obesity.

- <u>Instructional objectives</u>: By the end of the lesson, the learner will be able to define obesity and recite how to calculate BMI.

Healthy   Overweight   Obese

33"   45"   60"

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000.

Unit II: Determining the Consequences of Obesity

- <u>Unit Objective</u>: Upon completion of the unit, the learner will be able to identify the long term and short term consequences of obesity. (Cognitive, Knowledge)
- <u>Instructional Objective</u>: Define at least 5 risk factors for obesity. (Cognitive, Knowledge)
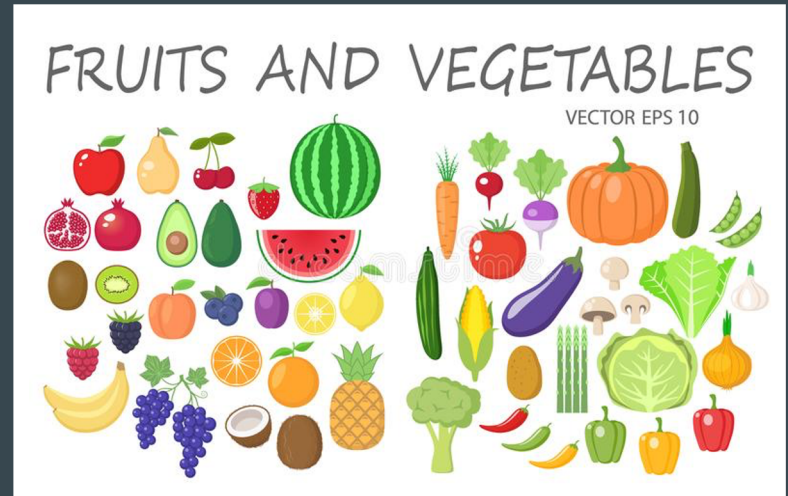 - Implemented in class
  - Worksheet
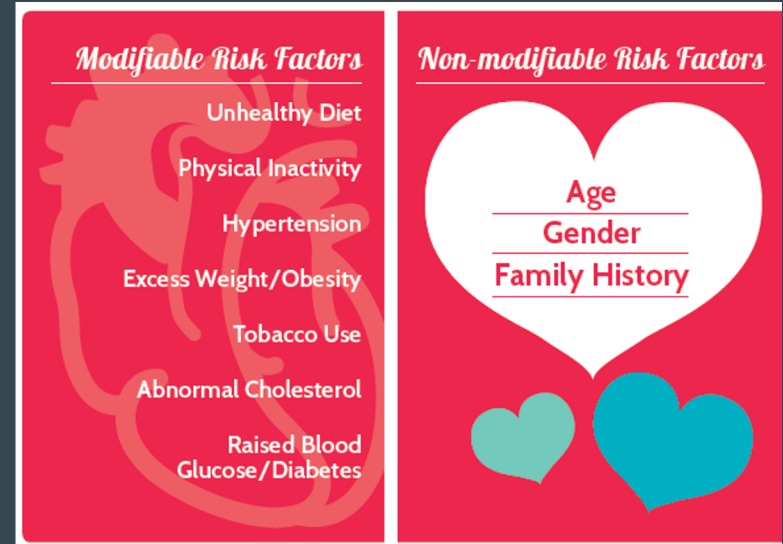
🍇 Unit III: Knowledge-Based Nutrition Course 🍇

- <u>Unit Objective:</u> Upon completion of the unit, the learner will be able to identify healthier food alternatives. (Cognitive, Knowledge)

- <u>Instructional Objective:</u> By the end of the lesson, the learner will be able to visually match 30 different fruit and vegetable names to their corresponding image. (Cognitive, Comprehension)
  - Implemented during lecture
  - Worksheet

Unit IV: Skills-Based Nutrition Activity

- <u>Unit Objective:</u> Upon completion of the unit, the learner will be able to demonstrate how to eat nutritious foods.
- <u>Instructional Objective:</u> Identify 3 ways to eat food in moderation (Cognitive, Knowledge)
  - Implemented as a class skill-building activity

Unit V: Knowledge-Based Exercise Course

- <u>Unit Objective</u>: Upon completion of the unit, the learner will be able to identify exercises that were demonstrated in the course
- <u>Instructional Objective</u>: List 3 aerobic exercises (Cognitive, Knowledge)
  - Implemented as a group workout class

Unit VI: Skills-Based Exercise Activity

Unit Objective: Upon completion of the unit, the learner will be able to replicate the exercises learned. (Psychomotor, Guided Response)

Instructional Objective: Demonstrate 5 push ups with proper form. (Psychomotor, Guided Response)

- Implemented as a group exercise class

Learning Opportunity

Catch the Right Match!
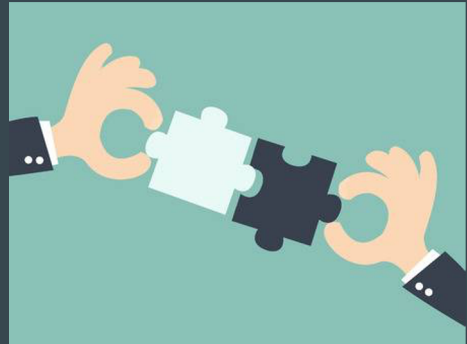
Learning Opportunity Intro

Catch the Right Match is:

- Derived from our knowledge based nutrition component

- Consists of matching the appropriate foods

  to their name/category

- Important component in order for participants to make healthier choices & swaps

- Introducing familiarity to healthier choices
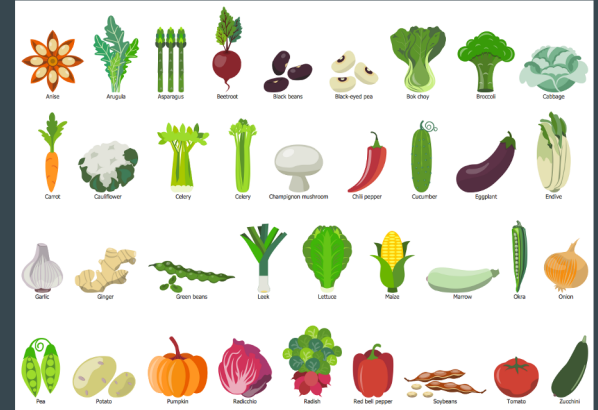
Materials

Name the Fruits and Vegetables:

Peach	Rhubarb
Cabbage	Banana
Lettuce	Asparagus
Mushroom	Grapefruit
Passionfruit	Lime
Carrot	Fennel
Artichoke	Eggplant
Capsicum	Cherry
Apple	Spinach
Peas	Apricot
Onion	Celery
Blueberry	Honeydew
Cucumber	Grapes
Lemon	Broccoli
Mandarin	Garlic

Each participant will be given the worksheet of 30 fruits and vegetable images on it, along with a word bank to choose from. They will be given 20 minutes to complete the matching activity.

Implementation

- After the allotted time is up, the worksheet will be gone over with the entire group for 10 minutes.
- This step will reveal the correct answers, ensures participants understand the correct fruit/vegetable names, and compare answers with others.
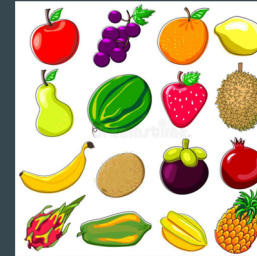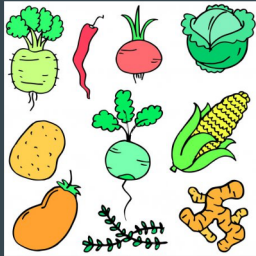
Conclusion

This curriculum will have skills-based and knowledge-based units that will teach reduction and prevention strategies for obesity. At the societal and population level, obesity leads to health problems such as type 2 diabetes and stroke which this program intends to educate participants on. This program hopes to change attitudes and behaviors towards healthy eating and physical activity. Since obesity prevalence among Hispanic/Latino adults ages 18-45 has been rapidly increasing, it is important to create a curriculum tailored to this population.

References

Centers for Disease Control and Prevention. (2020, February 27). Overweight & obesity: adult obesity facts. Retrieved from https://www.cdc.gov/obesity/data/adult.html

Gail, L. (2013, January 1). Name the fruit and vegetables. Retrieved April 12, 2020, from https://en.islcollective.com/english-esl-worksheets/grammar/coordination/name-fruit-and-vegetables/39785