

Amigas en Salud

A Social Cognitive and Culturally Tailored Exercise and Health Awareness Program for Latinas in Carrboro, Chapel Hill and Durham, North Carolina

Mission Statement *Amigas en Salud* aims to promote health literacy and independence by providing Latinas with the tools to understand and manage their overall wellbeing and chronic disease condition through exercise and health awareness.

Statement of Need

The Latino community in North Carolina has a high need for healthcare due to the prevalence of obesity, diabetes mellitus type 2, and hypertension.¹ Morbidity and mortality increase when diagnosed with one or more of these conditions. In North Carolina, age-adjusted death rates were calculated from common chronic conditions in the Latino community, with 66.4% deaths from heart disease, 11.2% from Diabetes, 20.5% from stroke, and 8.7% from kidney disease.²

Obesity further increases the risk of a multitude of complications, such as type 2 diabetes mellitus, sleep apnea, osteoarthritis, stroke, gallbladder disease, hypertension, and a number of cancers.³ According to NHANES III, the age adjusted prevalence of obesity and overweight in Hispanic women in the United States older than 20 is 74.4%, significantly higher than white Americans.⁴ Diabetes and hypertension have been found to be associated with a number of macro-vascular complications.⁵ Someone with hypertension or diabetes has an increased risk of coronary artery disease, congestive heart failure, peripheral vascular disease, kidney disease, stroke, and heart attack. The high prevalence of these chronic conditions is due in part to multiple preventable factors common among Latinos, such as diets low in fruits and vegetables, high sedentary rates, and an elevated prevalence of smokers; and further highlights the need to address health among Latinas living in North Carolina.⁶

The high rates of life threatening diseases and risk factors make affordable health care a vital tool for management of chronic diseases; yet data show that a larger percentage of the Latino population remains uninsured when compared to the national average.¹ Preventive care through wellness programs is an effective strategy to address disparities in disease prevalence and access to health care. Wellness programs have the potential to decrease health care costs to the State and patient by improving the physical health and health-related quality of life of the participants, resulting in less disability down the line.

Additionally, the need for effective, low cost chronic disease management and prevention programs in the Latino community will continue to grow as the population size increases. The Latino population currently accounts for approximately 8.9% of the total United States population. In Durham there are estimates that the overall growth will be 4,865 Latinos from 2013-2017 (see Appendix A).^{7,8} Furthermore, the percentage of Hispanic families living below the federal poverty level in North Carolina in 2008 was 24.8 (compared to 6.7 for whites), emphasizing the need for low cost interventions.⁹ The sudden expansion in the number of underserved Latino immigrants, the language barrier, and the lack of health insurance have made it difficult for Latino families to find information and resources that would help them take control of their health. In 2013, there were no comprehensive, culturally tailored programs for Latinas in the Chapel Hill, Carrboro and Durham area that attempted to address the overall wellbeing of their participants. Upon a needs assessment of Latinas in these areas, there was an

expressed need for such a program. *Amigas en Salud* was created to serve as an avenue to access the various resources in the community to meet this need.

Framework: Evidence-Based Interventions

Amigas en Salud strives to advance the health and independence of underserved Latinas in Carrboro, Chapel Hill, and Durham, North Carolina. To accomplish this goal, the program is rooted in evidence-based interventions that encourage health behavior change, improve mental and physical health, and promote sustainability. *Amigas en Salud* is supported on three evidence-based pillars: a Social Cognitive theoretical framework, exercise for disease prevention, and culturally tailored tutorials.

Theoretical framework: The overall format of *Amigas en Salud* is based on the constructs of the Social Cognitive Theory (SCT). The SCT is a scientifically validated means of studying how people make health decisions by looking at reciprocal determinism among personal factors, environmental factors, and behavioral factors. When applied to a wellness program, multiple methods can be used to facilitate a change in health behaviors; by targeting these different influential factors.¹⁰ The SCT has been used in designing similar outreach programs, with great success.^{11,12,13}

The key SCT constructs that *Amigas en Salud* targets are self-efficacy and outcome expectations. Self-efficacy is promoted through *Amigas en Salud* by providing participants with weekly tutorials and offering healthy recipes, both of which encourage health literacy. Moreover, research shows that when people are provided with health education on disease prevention methods, improvements can be seen in physiologic measures.¹¹ Outcome expectations are addressed by providing information and promoting discussion on the benefits of routine exercise, healthy eating, and management and prevention of chronic diseases such as diabetes, hypertension, and obesity. With an improved understanding of the benefits of a healthy lifestyle, the participants will have elevated outcome expectations, which has been found to improve physical activity participation and further behavioral change. Overall, *Amigas en Salud* works to promote self-efficacy and improve outcome expectations through discussions, Latin Dance (Zumba), and problem solving, which will promote increased physical activity, and prevention and management of disease conditions.

Exercise for disease management and prevention: *Amigas en Salud* offers regular exercise in the form of Zumba, a form of interval training using Latin dance inspired aerobic routines. Studies have concluded that exercise one to three times a week is correlated with significant declines in mortality, as well as declines in cardiovascular disease, Type II diabetes, and cancer.^{14,15} Zumba has been used as an intervention in community based participatory research for diabetes, hypertension, and obesity control and prevention, and the impact is measurable. Investigators have found that in sedentary, obese women, Latin dance reduced triglyceride levels and blood pressure, thereby reducing their risk of a cardiac event.¹⁶ Furthermore, in studies on the impact of Zumba on Hispanics, they found improvements in exercise capacity, physical activity levels, and diabetes measures.^{14,15} The group format and “fiesta” atmosphere, provide a setting for

community building, sharing, and togetherness that can improve a participants quality of life.¹⁴ Exercise has been found to be comparable to antidepressant medication and therapy for people suffering from mild to moderate depression.¹⁷ The psychological benefits of exercise also include improved body image and coping strategies. Thus access to participate in Zumba can have both physical and mental health benefits.

Cultural tailoring: The Latino culture has its own beliefs, barriers, and motivations related to health behavior changes. It is important that interventions are culturally tailored, so as to maximize the benefit to the participants. Effective methods of culturally sensitive programs for Latinos include recognition of the prevalence of low literacy levels; addressing barriers such as transportation and childcare; providing materials in Spanish; discussing beliefs surrounding prevalent disease conditions; and discussing nutrition as it relates to Latino recipes. Once a program is appropriately tailored to the population in question, the impact and benefit is measureable. Research has found that culturally tailored, health literacy education on diabetes management and prevention can cause significant weight loss with resultant improvements in blood glucose levels and insulin resistance.^{11,18}

Amigas en Salud is culturally tailored through a variety of different methods. All materials and discussions are in Spanish. The Zumba instructor is herself Latina. Zumba was chosen as the form of exercise from surveys taken among Latinos at health fairs to ensure interest. In order to promote healthy eating that can easily be incorporated into the typical Latino diet, local vegetables are offered with accompanying healthy recipes that were adapted from common Latino dishes. Childcare is offered, recognizing that many of the participants have children and would be unable to attend these sessions without the child support. Addressing barriers to participation is vital to encourage behavioral change and maximizing the program's benefit. By accommodating community members' low English and literacy levels and familial duties, the likelihood of success of the program and the participants is augmented.

Program Components, History, and Future

Program Components:

1. All Latinas are welcome to participate at the Chapel Hill and Durham program locations.
2. All aspects of the program are free of cost to the participants.
3. The program runs year round with breaks for vacation.
4. Zumba is offered to provide aerobic exercise to promote weight loss and chronic disease management.
5. *Amigas en Salud* encourages health awareness in all areas pertinent to the participants' lives during the charlas (discussions).
6. Free childcare is provided by volunteers

Chapel Hill Branch

History - Chapel Hill

Amigas en Salud of Chapel Hill was founded in May 2013 as one of the first Latina exercise and health awareness programs in the Carrboro and Chapel Hill area. The organization is based on assessment of community needs and consists of four main components: Zumba, free childcare, promotion of health literacy through bi-monthly tutorials and access to resources in the community. In addition to the weekly classes, *Amigas en Salud* has participated and continues to participate in various triangle health fairs. On November 14th, *Amigas en Salud* sponsored a health fair for Latinas at the Senior Center in Chapel Hill. Among the outreach organizations present were UNC's SHAC, El Centro Hispano, Compass Center, and El Futuro.

Previous *charlas* (discussions) offered in Chapel Hill

Charla - Chapel Hill	Presenter, contact information when available
Body image/self esteem	Planned Parenthood, lisa.garland@ppcentralnc.org
Body mechanics of lifting and cleaning	Sarah van der Horst
Breast cancer	Galen Burns-Fulkerson
Charity Care	Elyse Keefe, SW student
Child and Maternal Health	Rocio Anderson, anderson.falconi@gmail.com
Cooking demonstration	Veggie van, info@cnpnc.org
Contraception	Abigail Liberty, Medical student
Diabetes	Katie Kline, Nutrition student
Domestic Violence series	Compass Center, latinoadvocate@compassctr.org
End Stage Kidney Disease	Donna Harward, donna_harward@med.unc.edu
Enrich ESL	Sarah Pederson, scpeders@live.unc.edu
Exercise	Sarah van der Horst
Free your feet, shoe give away	Pat Pande and Fleet Feet, patpande@gmail.com
Health insurance and reform	Norma Marti, Minority Outreach Public Health Consultant, norma.marti@dhhs.nc.gov
Healthy relationships/LGBTQ	Planned Parenthood, lisa.garland@ppcentralnc.org
Hypertension	Katie Kline, Nutrition student

Immigration policy	Emilio Guzman Cisneros, student body presidential candidate
Immigration Reform	Raul Pinto, North Carolina Justice Center, raul@ncjustice.org
Medical screening	SHAC, shacmedicalclinic@gmail.com
Mental health	Elyse Keefe, SW student
Mental Health Awareness	Liz McInerney, elizabeth.mcinerney@duke.edu
Nutrition consultations	Katie Kline, Nutrition student
Obesity	Sarah van der Horst
Orange County Health Department information and clinic tour	Susan Clifford, Immigrant and Refugee Health Program Manager, sclifford@orangecountync.gov
Positive Parenting Program (Triple P)	Liz McInerney, elizabeth.mcinerney@duke.edu
Self defense	Abigail Liberty, Sarah van der Horst
Sexual Assault and Rape	Gyslaine Nunez Guerrero, Orange County Rape Crisis Center, Gyslaine@ocrcc.org
Stress and Mindfulness	Liz McInerney, elizabeth.mcinerney@duke.edu
STI awareness and HIV testing	SHAC XYZ, shac.hiv.unc@gmail.com.
Talking with kids about sex	Planned Parenthood, lisa.garland@ppcentralnc.org
Women's health	Planned Parenthood, lisa.garland@ppcentralnc.org

Chapel Hill Branch logistics

When: Saturdays, excluding holidays

- Zumba, 3:30-4:30
- Charla, 4:30-5:30 on the 2nd and 4th Saturday of every month

Where: The Senior Center

- Address: 2551 Homestead Rd, Chapel Hill, NC

Durham Branch

History- Durham

Amigas en Salud launched a Durham branch on October 11, 2014 using the same model. The Durham branch was founded in collaboration with Immaculate Conception Catholic

Church in Durham and Duke Pediatric Mental Health Initiative. The Durham branch continues to mold the *Amigas en Salud* model, so as to accommodate the new partnership and the new parameters that come with decreased autonomy and variable availability of space.

Previous *charlas* (discussions) offered in Durham

Charla - Durham	Presenter, contact information when available
Bereavement	Katushka Olave, La Inmaculada, olavek@icdurham.org
Duke Campus Farm	dukecampusfarm@gmail.com
Dental hygiene and healthy diet	Joan Clifford, Duke University, jcliffor@duke.edu
Hypertension, Diabetes, cardiovascular disease prevention	Dr. Melo, Duke University, david.ortiz-melo@duke.edu
Local Access To Coordinated Health Care (LATCH)*	Alyse Lopez-Salm, alyse.lopez-salm@duke.edu
Mindfulness	Liz McInerney, elizabeth.mcinerney@duke.edu
Sexual and domestic violence	Angela Martinez, Durham Crisis Center, amartinez@durhamcrisisresponse.org

Durham Branch logistics

When: Saturdays, excluding holidays

- Zumba, 9:15 – 10:15
- Rest and Reflection Period, 10:15 – 10:30
- *Charla*, 10:30 – 11:30

Where: Immaculate Conception Catholic Church, located in downtown Durham

- Address: 810 W Chapel Hill St, Durham, NC

The Program Team

1. *Graduate student liaison:* finds and coordinates childcare volunteers, represents *Amigas en Salud* at health fairs and SHAC executive meetings
 - Kelsey Ann White
2. *Program directors and operations coordinator:* finds and coordinates guest lecturers, administers surveys to participants for program analysis, secures funding, orders fruits and/or vegetables, represents *Amigas en Salud* at health fairs in the triangle (like the yearly Latino Health Fair at St Thomas More)
 - Sarah van der Horst, DPT
 - Mitzy Gonzalez, MSW
 - Katushka Olave (director of The Immaculate Conception Catholic Church)
3. *Zumba instructor:* offers Latin dance based aerobic exercise
 - Nancy Mora, Chapel Hill

- Angela Morales, Durham
- 4. *Child care volunteer*: engage children from 4-14 years old with various activities that may include the following: sports, nature walks, origami, art, board games, twister, etc
 - *UNC graduate and undergraduate students*
 - *Future sources for volunteers: Campus Y, Apples, Margaret Krome-Lukens (Food Outreach Coordinator with Carrboro Farmers Market)*
- 5. *Communications coordinator*: manage website
 - Stephanie Schmitt, MPH
 - Chrisslyn Choo

Future Charlas

Charla	Contact information when available
Services at Piedmont Health Services	Patricia Morales (Migrant Health Program Coordinator), moralesp@piedmonthealth.org
WIC services and nutrition	
Nutrition, EFNEP program, healthy cooking	Suyapa Mejia (Nutrition Educator) suyapa_mejia-guevara@ncsu.edu
Housing rights	Marlyn Valeiko (LEP Specialist)- mvaleiko@orangecountync.
UNC Center for Latino Health Services	Claudia Rojas, claudia_rojas@med.unc.edu
El Futuro	Karla Siu (Clinical Program Director) ksiu@elfuturo-nc.org
Health care rights	Norma Marti, Minority Outreach Public Health Consultant, norma.marti@dhhs.nc.gov
Alcoholism	AA, <u>(919) 933-3877</u>
Men’s health topics	TBD
UNC Women’s Health Information Center, CPR	Mary Quezada

Finances:

Statement of Operations- 2013-15

Revenues	Amount
All donations	
Cash	\$9,000.00
In-kind	\$20,040.00
Total	\$29,040.00

Expenses	
Supplies	\$4,440.00
Gifts	\$1,600.00
Labor	\$16,725.00
Facilities	\$2,840.00
Other	\$0
Total	\$25,605.00

Operating margin	\$3,435.00
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*** for more details on revenue and expenses see Appendix B**

Grants that offer possible future funding:
The United Latino Fund
Robert Wood Johnson Foundation
W.K. Kellogg Foundation
David and Lucile Packard Foundation
Strowd Roses Foundation
UNC Center of Public Service
Student Health Action Coalition (SHAC)
Duke endowment

Evaluation Methods and Results

To ensure the quality and sustainability of *Amigas en Salud*, a thorough program evaluation is necessary. Although the program in Chapel Hill began in May 2013, evaluation methods were not possible until January 2014. Evaluation of the Durham branch has not begun as of March 2015. The following methods are used to assess the merit, worth, and significance of *Amigas en Salud*.

1. **Process evaluation** ensures *Amigas en Salud* is meeting expectations by tracking the following three items weekly:

a. Number of participants served

Results from January 2014-January 2015:

Average attendance per session	~15 adult women, 15 children
Approximate number of Latinas impacted by <i>Amigas en Salud</i>	~75 adult Latinas ~75 children
Number of people in attendance at <i>Amigas en Salud</i> health fair	97
Number of people that received services at <i>Amigas en Salud</i> health fair	~40

Month	Number of attendees overall
January-2014	86
February	69
March	131
April	110
May	95
June	90
July	73
August	83
September	61
October	95
November	144**
December	61
January-2015	146

**Includes health fair participants on November 15th, 2014.

b. The number of Zumba sessions offered

Results from January 2014-January 2015: **40 sessions**

c. The number of educational sessions offered

Results from January 2014-January 2015: **20 charlas**

d. The pounds of vegetables donated

Results from January 2014-January 2015: **>500 lbs**
e. *Amigas en Salud* health fair services received:

Vision screens: Ophthalmology (SHAC)

Physical therapy education (SHAC)

Available outreach resources: Social Work (SHAC)

Services offered at El Futuro (mental health)

Blood glucose testing and vaccine education board:
Pharmacy (SHAC)

WIC and food stamps information: Carrboro farmers market

Preliminary medical checks by medical students with
physicians (SHAC, Dr Svetkey, Dr Bronstein, Dr Klein)

OT and information about senior center: Center for Aging

Cooking demonstrations: Farmer Foodshare

Nutrition information: Public health (SHAC)

Health insurance information (SHAC)

Women's health, sexual health education: Planned
Parenthood

Domestic Violence consultations: Compass Center

Dental hygiene information (SHAC)

STI testing and information (SHAC)

Zumba (*Amigas en Salud*)

2. The **personal stories** of *Amigas en Salud* participants illustrate how the program has met a need. One participant had a heart attack at 33 years of age and another soon thereafter. She was on strict orders to maintain a certain weight and blood pressure, but didn't have the resources to follow the physician's guidelines. *Amigas en Salud* was able to provide her with courses on nutrition and healthy exercise, local organic vegetables from Farmer Foodshare, weekly Zumba classes, an exclusive discount at the YMCA, and a supportive community.

3. **Participant focus groups** will take place every 6 months, to assess the need for future adjustments to the program. The first assessment was conducted on March 21, 2015. The focus

group was developed and administered by the co-directors of *Amigas en Salud* (Gonzalez and van der Horst). The survey includes questions on overall experience, tutorials, level of connection, lifestyle changes, and outreach. See **Appendix C** for complete list of questions.

Key findings from March 21, 2015 focus group (n=9, Chapel Hill):

Overall experience:

- Rating: 9/9 participants said their experience with *Amigas en Salud* was excellent
- Suggestions for improvement: offer classes 3-7 days a week
- Vision for the future: increased number of participants
- Understanding of available resources: 9/9 said they had little understanding of the resources, but that *Amigas en Salud* had helped increase their knowledge

Tutorials:

- Ideas for future *charlas*: beauty, mindfulness, personal trainer, CPR training, talks for the kids about exercise and how to socialize, how to communicate with your partner

Level of connection:

- Connection with participants: ranged from feeling very connected to somewhat connected
- Suggestions to improve connection: organized outings

Lifestyle changes:

- Participants said they maintain a healthy lifestyle by exercising and eating healthy.

Outreach:

- Participants found out about the program from friends, health fairs, El Centro Hispano, and family
- Suggestions for recruitment locations: schools, Immersion for Spanish Language Acquisition (ISLA), clinics
- Preferred method of communication: text messaging

Planned changes to occur based on information gathered at the focus group:

1. Planned family outings to the park once a month.
2. Begin to recruit participants from schools, ISLA, and Latino clinics.
3. Move up the start time of the Zumba class to 3:00, so as to allow for the participants to socialize at the end of the session.
4. Create a printed monthly calendar of different events occurring in the community for the participants.
5. Incorporate the following tutorials: beauty, mindfulness, personal trainer, CPR training, talks for the kids about exercise and how to socialize, how to communicate with your partner.
6. Increase childcare recruitment efforts to allow for growth in program and ability to care for a variety of different aged children.
7. Inquire about space for an additional Zumba class once a week.
8. Apply for grants previously mentioned in the finances section, *page 8*.

Limitations

Due to limited finances, space, and time, *Amigas en Salud* faces some challenges in its efficacy and outreach potential. From a preliminary program analysis, the following limitations were identified:

1. The program offers only one session of Zumba a week despite participant preferences and national guidelines recommendations for over 150 minutes of moderate exercise a week and the majority of literature showing Zumba as beneficial at three times a week.¹³
2. Due to the significant number of barriers that this community faces, attrition rates tend to be high. The primary barriers seen at the Chapel Hill branch are lack of transportation and schedule conflicts with work. With high attrition, the impact of *Amigas en Salud* on behavioral change will be stifled. This emphasizes the continual need for barrier analysis and problem solving in focus groups.
3. The outcome evaluation method is non-randomized, not blinded, and therefore subject to significant bias and limited validity.
4. *Amigas en Salud* faces significant financial barriers. The program does not have a non-profit status, decreasing the number of interested donors. It is currently funded by scholarships awarded to the director and in-kind donations. Steps have been taken to address this future concern with the training of a Student Liaison, that would be able to represent *Amigas en Salud* within SHAC, and identification of various grants for which the program would be eligible.
5. *Amigas en Salud* in Durham lacks full autonomy due to the partnership with The Immaculate Conception Catholic Church. There are restrictions in terms of what tutorials are presented and there is a mandatory moment of religious reflection between Zumba and the *charla*. This limits the programs ability to expose the participants to subjects that are important for their health and wellness, e.g. sexual education. Furthermore, it may alienate some participants and/or volunteers due to the mandatory religious component. A discussion with the Church director has started in an attempt to merge the Chapel Hill and Durham branches.
6. Yet another limitation is the use of theories when faced with the unknown. Although extensive research has been conducted in study of the Social Cognitive Theory, the program's theoretical framework is still based on a theory. The SCT hasn't been tested in this specific setting so the efficacy in *Amigas en Salud* is unknown.

Possibility of Expansion

Chapel Hill and Durham have a distinct advantage in the ability to start and support a program like *Amigas en Salud*: they have the support of a university and an abundance of community resources. Duke (Durham) and the University of North Carolina of Chapel Hill provide volunteers and funding. In the current model used for *Amigas en Salud* it would not be feasible to replicate the program in a more rural area. Yet programs similar to *Amigas en Salud* are needed across North Carolina. With the large migrant farm worker community, there have consistently been elevated numbers of underserved Latinos in North Carolina, with many located in rural areas. For instance, Lee County has one of the highest percentages of Hispanics, at

18.28%.¹⁹ An assessment of how *Amigas en Salud* can be adapted to serve Lee County, was performed, and the following rudimentary model was developed:

The location of Amigas en Salud would be in Sanford (Lee County). The program would partner with Central Carolina Community College for a pool of available volunteers and potential financial support. Amigas en Salud would be held in a school so as to hold a larger group and for its convenience in terms of transportation and surrounding resources. Benjamin T Bullock Elementary School was selected for its large percentage of Hispanic students (over 30 percent), and its close proximity to the Sanford YMCA and Lowe's Foods.^{20,21,22} This will increase the likelihood of mothers attending Amigas en Salud, as they will be familiar with the location. The possibility of coordinating the hours of the session with an afterschool program would improve convenience for the mothers. In a location that has fewer resources than Sanford, the key for starting Amigas en Salud is the promotora model (lay health advisors). A workshop could be held for one weekend where experts in Zumba, chronic disease conditions, prevention, and education would train the Latinas in the rural town. Further assistance could be provided primarily by phone, and twice-yearly visits to the town to hold additional workshops. The success of this program would be primarily dependent on the initiative of the women in the town.

Furthermore, the *Amigas en Salud* model can be applied to benefit other ethnicities and genders. Again, significant adaptations would be required. To ensure program interest in the chosen community, surveys should be administered to determine preferred exercise, timing, and interest in specific educational sessions.

Appendix A:⁸

Race by Geography 2013

Geography	Description	Race	2012	2015	2017	5 Year Growth (number of people)
27516	Chapel Hill	Hispanic	2,659	2,904	3,241	582
27517	Chapel Hill	Hispanic	2,090	2,232	2,491	401
27514	Chapel Hill	Hispanic	2,628	2,803	3,279	651
27510	Carrboro	Hispanic	2,749	2,945	3,123	374
27705	Durham	Hispanic	7,072	7,524	8,751	1,679
27713	Durham	Hispanic	4,801	5,257	6,082	1,281
27707	Durham	Hispanic	7,925	8,437	9,830	1,905
27312	Pittsboro	Hispanic	958	1,014	1,093	135

Appendix B: Statement of Operations

Revenues

Name	Date	Category	Unit	Frequency	Total
SHAC allocation	Mar-13	Cash	\$600.00	1	\$600.00

El Centro Hispano facility	Mar-13	In-kind	\$40.00	45	\$1,800.00
Farmer Foodshare vegetables	Mar-13	In-kind	\$40.00	20	\$800.00
Child care	Mar-13	In-kind	\$25.00	96	\$2,400.00
Director	Mar-13	In-kind	\$100.00	100	\$10,000.00
Zumba instructor	Mar-13	In-kind	\$50.00	60	\$3,000.00
UNC Hospital Volunteer Association Community Service Fellowship	May-13	Cash	\$3,000.00	1	\$3,000.00
Footcentric and Fleet Feet shoe donation	Nov-13	In-kind	\$60.00	20	\$1,200.00
Robert E Bryan Public Service Award	May-14	Cash	\$500.00	1	\$500.00
June C. Allcott Fellowship	Aug-14	Cash	\$3,000.00	1	\$3,000.00
Seymour Center space	Sep-14	In-kind	\$15.00	42	\$630.00
La Inmaculada	Oct-14	In-kind	\$15.00	14	\$210.00
Donation from individual	Nov-14	Cash	\$1,600.00	1	\$1,600.00
SHAC health fair allocation	Nov-14	Cash	\$300.00	1	\$300.00
Total					\$29,040.00

Expenses

Name	Date	Category	Unit	Frequency	Total
POP vegetables	Mar-13	Supplies	\$40.00	40	\$1,600.00
El Centro Hispano facility	Mar-13	Facilities	\$40.00	45	\$1,800.00
Farmer Foodshare vegetables	Mar-13	Supplies	\$40.00	20	\$800.00
Director	Mar-13	Labor	\$100.00	100	\$10,000.00
Child care	Mar-13	Labor	\$25.00	96	\$2,400.00
Zumba instructor	Mar-13	Labor	\$50.00	60	\$3,000.00
Facility rentals	Nov-13	Facilities	\$50.00	4	\$200.00

Footcentric and Fleet Feet shoe donation	Nov-13	Supplies	\$60.00	20	\$1,200.00
Handouts	Mar-13	Supplies	\$4.00	15	\$60.00
Flyers	Mar-13	Supplies	\$4.00	15	\$60.00
Seymour Center staffing	Jul-14	Labor	\$15.00	83	\$1,245.00
Kids activities	Aug-14	Supplies	\$200.00	1	\$200.00
Seymour Center space	Sep-14	Facilities	\$15.00	42	\$630.00
Spa day supplies	Sep-14	Supplies	\$40.00	1	\$40.00
Pedometers	Sep-14	Supplies	\$16.00	30	\$480.00
Target gift certificates	Dec-14	Gifts	\$50.00	17	\$850.00
La Inmaculada space	Oct-14	Facilities	\$15.00	14	\$210.00
Notepads	Nov-14	Gifts	\$10.00	75	\$750.00
Zumba instructor	Feb-15	Labor	\$20.00	4	\$80.00
Total					\$25,605.00

Appendix C: Focus group guide

Overall Experience

1. How would you rate your overall experience at *Amigas en Salud*?

Prompts:

- Excellent, very good, good, fair, poor

2. How can we improve your experience at *Amigas en Salud*?

Prompts:

- What can we add to the program?
- How do you envision the program 1 year from now?

3. What keeps you coming back to *Amigas en Salud*?

Prompts:

- Opportunity to exercise, friends/community

Tutorials

4. How would you describe your knowledge on available community resources?

Prompts:

- Expert, some knowledge, no knowledge?

5. What topics would you like to discuss in upcoming tutorials?

Prompts:

- What community agencies would you like to learn more about?

6. What have you found most beneficial in attending the tutorials?

Prompts:

- Which tutorials have you found most beneficial?
- Which tutorials would you like to repeat?
- What have you gained from attending the tutorials?

7. Are there any existing barriers that prevent you from attending the tutorials after Zumba? (4:30-5:30pm)

Prompts:

- Child care, family at home, travel long distance?

Level of Connection

8. How would you describe your level of connection with your community?

Prompts:

- Very connected, somewhat connected, not connected

9. How would you describe your level of connection with other participants'?

Prompts:

- Very connected, somewhat connected, not connected

10. What ideas do you have to improve the connection between you and the community? You and other participants'?

Prompts:

- Potlucks, monthly calendars

Lifestyle Changes

11. What does a healthy lifestyle mean to you?

Prompts:

- Food, exercise, mental health

12. How do you maintain a healthy lifestyle?

Prompts:

- Exercise daily, well-balanced meals, spend time with friends
- What motivates you to pursue a healthier lifestyle?

13. How has *Amigas en Salud* contributed to your healthy lifestyle journey?

Prompts:

- Have you experienced any changes in your energy levels?
- Have you experienced any changes in your mental health?
- Have you experienced any changes in your overall quality of life?

Outreach

14. How and when did you first learn about *Amigas en Salud*?

Prompts:

- How: Friend, flyer, church, health fair, SHAC?
- When: How long have you known about *Amigas en Salud*?

15. How do you think we can better reach out to the Latina community?

Prompts:

- What do you think is the most effective method in letting the Latina community know about *Amigas en Salud*?

Wrap-Up Questions

16. Is there anything else you think we need to know about your experience or how we can improve *Amigas en Salud*?

17. What is the best way for the directors of *Amigas en Salud* to communicate with you?

Prompts:

- Texting, phone calls, e-mails?

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