





Meade, 2011; Philis-Tsimikas, Fortmann, Lleva-Ocana, Walker, & Gallo, 2011).

The current study aimed to improve upon previous interventions by utilizing novel approaches and training practices. Integrating promotores (hereafter termed promotoras as all were female in Sanos y Fuertes) into the recruitment and engagement of participants as well as assisting with hands-on graduate student training is beneficial. It not only supports the



triplicate measures) were assessed. Measured







Charla Content for Caregiver (Parent/Grandparent)

Content	Duration & Details
Importance of breakfast*	15 minutes
<ul style="list-style-type: none"> • Culturally relevant healthy breakfast • Benefits of breakfast foods 	Whole wheat quesadilla with vegetables Alertness, attentiveness and concentration Prepare ingredients the night before Allow kids to help Role model
• Motivational tips	
MyPlate**	40 Minutes
• Interactive discussion on MyPlate & meal guide	MI techniques to increase participants' self-efficacy using MyPlate guidelines
Portion sizes**	558.582293723042962318

558.582293723042962318 T/F4 9.96 Tf1 0 0 1 424.1



changes noted in our educational intervention may be the initial steps that are essential if a pathway for improving overall lifestyle and BMI among Latino families are to occur. With continued commitment to healthier food and physical activity choices leading to changes in lifestyle, adiposity decline may be seen. In theory, positive, sustained behaviors outside a research model must be internalized and families must believe that the changes they make will result in improved health. Further, if families can support each other, which is not foreign to the beliefs of the Latino culture, then success in creating a new lifestyle could occur.

High participation in this educational

