

Cultural Adaptation of 'Healthy Dad Healthy Kids' (HDHK) for Hispanic Families: Fundamental Movement Skills Play Card get a Cultural Face Lift

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Background

- Prevalence of childhood obesity is a serious problem in the United States putting kids in serious risk for poor health. In 2011-2014, for children and adolescents aged 2-19 years:
 - The prevalence of obesity has remained fairly stable at about 17% and affects about 12.7 million children and adolescents.
 - The prevalence of obesity was higher among Hispanics (21.9%) and non-Hispanic blacks (19.5%) than among non-Hispanic whites (14.7%).
 - The prevalence of obesity was lower in non-Hispanic Asian youth (8.6%) than in youth who were non-Hispanic white, non-Hispanic black, or Hispanic.
- The prevalence of obesity was 8.9% among 2- to 5-year-olds compared with 17.5% of 6- to 11-year-olds and 20.5% of 12- to 19-year-olds. Childhood obesity is also more common among certain populations.

Both the short term and long term effects of childhood obesity on health are of medical concern because of the negative psychological and health consequences in children.

- Potential Negative Psychological Outcomes:
 - Depressive symptoms
 - Poor Body Image
 - Low Self-Esteem
 - Risk for Eating Disorders
 - Behavior and Learning Problems

- Negative Health Consequences:
 - Insulin Resistance
 - Type 2 Diabetes
 - Asthma
 - Hypertension
 - Low HDL Cholesterol levels in the blood
 - Sleep Apnea
 - Early puberty

Further, obese children are more likely to be obese as adults, hence they are at increased risk for a number of diseases including: stroke, cardiovascular disease, hypertension, diabetes, and some cancers.

- Fathers have an important task within the family as role models and facilitators for good eating habits and physical activity levels. Fathers who are active, who engage with their children in games and activities, are more likely to have children who are also physically active.

- Healthy Dads, Healthy Kids (HDHK) is a community-based, multi-award winning program, aimed at engaging fathers in positive lifestyle role modeling and effective parenting strategies to improve the physical activity and dietary behaviors of both themselves and their children.

- Culturally adapting a program like HDHK is an important and pivotal step toward assuring the impact we seek to have on the obesity epidemic that plagues our Hispanic communities in Houston.

Purpose

- To culturally adapt the 'Healthy Dads, Healthy Kids' (HDHK) Play Cards for Hispanic communities in Houston, TX.
- To assess Hispanic parent's feedback on the Play Cards and assess Hispanic family's use of the cards in a feasibility trial of culturally adapted HDHK program in Houston, TX.

Figure 2a. Front/Back of Original HDHK Run/Sprint Play Card



Figure 3a. Front/Back of HDHK Vertical Jump Play Card



Figure 2b. Front/Back of Adapted Run/Sprint Play Card (draft)



Figure 3b. Front/Back of Translated/Adapted Play Card



Methods

The Play Cards were reviewed by the research team and multiple changes were made to culturally adapt the cards for Hispanic families:

- Pictures were substituted with Hispanic children performing the fundamental movement skills (run/sprint, skip, hop, etc.).
- Dimensions from the original Australian sizing of 5.83" x 8.27" the Play Cards were resized to about 5.5" x 8" (dimensions are subject to change and may be resized again).
- Layout of the Play Cards
 - Color identification between beginner and advanced games
 - Family Emoji was added to indicate games that can be played by larger families and extended family
 - House Emoji was added to indicate games that can be played indoors due to safety concerns of some neighborhoods
- Games
 - Each game was reviewed and evaluated.
 - Games less relevant to our community were deleted.
 - Some games just required a simple name change.
 - Added one or more games for larger groups (family emoji).
 - Research was done to find games most relevant to the target population. Many were replaced with games that are native to Hispanic and Latin American countries. Bringing a sense of nostalgia and familiarity of games that dad's can play with their children.

- Translations
 - Once the games were selected, the Play Cards were translated one-by-one from English to Spanish. Keeping in mind to translate the Play Cards with relevant terminology and dialects that relate to all Hispanic communities.

Next Steps

- Through formative research, the researchers at Baylor will be gathering data useful for the development and implementation of a culturally adapted version of HDHK for Hispanic communities in Houston. Some of the next steps will include:
 - Presenting Play Cards with adaptations to parents for their feedback via structured interviews
 - Presenting to expert panel of researchers for their feedback.
 - Test the feasibility of newly adapted Play Cards with a small Randomized Controlled Trial (RCT) to assess Hispanic families use of the cards

Conclusion

The HDHK Play Cards resulted with significant changes from pictures, layout changes, language and with culturally relevant games that better represent the community it is poised to serve in Houston. Though early in its development, the cards are sure to get many more changes before the final product is determined.

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