



Health Disparities Grant Program Grantee Description

Summit Prevention Alliance

La Vida Sana – The Healthy Life

About the Program

La Vida Sana, founded by the Colorado Department of Public Health and Environment, addresses the issue of cardiovascular disease including diabetes among the Latino population in Summit County. La Vida Sana is promoting health and reducing chronic disease associated with diet and weight among Latinos.

Project Personnel

Liliana Meza, Project Manager
Tom Rose, Director

Program Offerings

Nutrition Presentations

La Vida Sana implemented an educational campaign targeting the Latino community and addressing cardiovascular disease and diabetes and the importance of physical activity and nutrition. The campaign is implemented through a variety of programs which include the following:

- Weekly nutrition program for women
- Health articles in the Spanish language newspaper La Tribuna
- Presentations in Latino groups throughout the community
- Educational materials at different events
- Diabetes talks at the Summit County Care Clinic
- Nutrition and physical activity segment in Spanish radio show

Snow Sports Outreach Society (SOS)

La Vida Sana supports SOS organization by giving Latino kids scholarships to this program. SOS is a non-profit organization; our programs build character and self-esteem in youth through snow sports and the SOS curriculum. Our programs offer snowboarding and skiing instruction and the structure of the SOS Curriculum, which include consistent adult mentors, community service opportunities, and life skill workshops. Through these opportunities, and the adult mentor relationships that are central to our programs, SOS accomplishes its mission to enhance their decision-making for healthy and successful life experiences in all participants.

Each SOS program integrates the five core values of our organization: Courage, Discipline, Integrity, Wisdom and Compassion. La Vida Sana currently gave 50 scholarships to Latinos for this program.

High Country Soccer Association

La Vida Sana supports HCSA organization by giving Latino kids scholarships to this program. HCSA is an organization that provides a positive soccer experience for players of every age and skill level regardless of their financial situation. Their goal is to serve Summit County by building an innovative participant driven soccer organization. They envision the Association as a community development tool; one that brings together people from all backgrounds and cultures in a healthy and safe environment. La Vida Sana currently gave 70 scholarships to Latinos for this program.

Latinas en Movimiento

La Vida Sana partnered up with the Community Care Clinic and implemented an exercise and nutrition program for Latinas preventing and treating heart disease, diabetes and obesity in Summit County. This weekly group is co-coordinated by three native Spanish speakers. The group is held at Silverthorne Recreation Center and Breckenridge Recreation Center. Some of the activities included are nutritional and physical activity pointers and tips, blood pressures and weigh-in, warm-up, exercise and stretching, education and nutrition, goal setting, and healthy cooking classes.

LEM KIDS “Color Me Healthy”

During Latinas en Movimiento classes child care is offered to participant’s kids. During this time “Color Me Healthy” curriculum is followed. Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun. Color Me Healthy is a partnership between NC Cooperative Extension and the NC Division of Public Health (Physical Activity & Nutrition Branch and Nutrition Services Branch). Color Me Healthy is in support of Eat Smart, Move More...North Carolina

Cooking Demonstrations

The last Wednesday of every month both Latinas en Movimiento sites meet at the Senior Center. On these Wednesdays a cooking demonstration and lessons on

nutritional meals and snacks to Latino women are done.

Pilates

La Vida Sana program offers Pilates exercise classes during the evenings. Many women work during the day so an evening class works great with their work schedule. Pilates is a great way to tone and strengthen your muscles, improve your posture, coordination and balance. You WILL reconnect your mind with your body in the process. We all rush around each day trying to fulfill the needs of others and we very rarely stop to listen to the messages and signals that our own body is trying to give to us. You CAN make the time to participate in some method of exercise. Make it a top priority and reap the rewards in all areas of your life! This method of exercise is low impact and you can modify positions that allow you to engage your deep abdominals at YOUR own pace. Pilates helped me gain muscle strength and flexibility after a lower back injury and subsequent surgery. I know first hand how this can impact your life in a positive way. You can take this exercise anywhere with you. Open up that door to your condo on the beach front and listen to the waves as you practice those leg circles (not shifting your hips of course) and breathe in the sea air as you roll like a ball

Community Events

The latest community event we encouraged Latinos to participate was Romp to Stomp. It was a big hit this year. It was the 7th annual Tubbs Romp to Stomp Out Breast Cancer Snowshoe Series that was held on Saturday, March 7th of this year. It was an all snowshoe event and there were over 2,000 participants who helped raise funding for breast cancer research. Summit Prevention Alliance invited Latinas en Movimiento (LEM) to join them. We did the 3K fun race; it was so exciting to see Latinas be a part of a new snow sport. All of LEM were excited to be there and show their support, we all wore pink bandanas for support. I heard some comments from the ladies that they wanted to buy snow shoes so they can make this their winter sport. A total of 23 participated. This is the 3rd year that LEM has participated.

¿Que Cocinas? Cooking show

¿Qué cocinas? is a bilingual cooking show that is aired on SCTV channel 10 (our local channel). The hosts of this show are a local bilingual professional chef and a local bilingual certified nutritionist. This show concentrates on promoting healthy eating habits. The hosts teach viewers how to prepare healthy and fast meals. During the preparation of the meals, they inform viewers about the nutritional values that each ingredient carries. They also give nutrition advice to viewers on how to live a healthy and balanced life. Learning how to cook new dishes in an easy and timely manner is essential to the viewers. This is also very

helpful for our viewers that are learning how to speak English, for the show is combined in two languages.

Break Dance Drop in Class

Break dancing is a challenging dance to learn and many people are too embarrassed to try to learn how to break dance on their own as it's a fairly closed culture and difficult to learn if you're not already part of that culture. Those who know how to break dance probably learnt it through friends. Those who don't know how to break dance often don't get the opportunity to learn at all. Finding a good break dancing school or break dancing course is challenging. While they do exist, they are often expensive, inconvenient to access or are named things like 'hip hop dance class' where you don't really learn how to break dance at all.

Hip hop Dance Class

La Vida Sana gave 8 scholarships to kids that were interested in doing hip hop dancing in a formal class setting. Their recital will be held in May.

Swimming

With the great partnership there exist with the Recreational Centers it has been wonderful for La Vida Sana program begin swimming lessons for children ages 3-5. Swimming is a way to encourage fun, learning and exercise. Swimming is an exercise that works your entire body, improves cardiovascular conditioning and strengthens muscle. It has been known that children who learn how to swim at an early stage are often happier and healthier. Currently there are 3 types of classes are offered: adult, preschool and baby classes.

Salsa

There was a need to see more men engaged in La Vida Sana programs. Therefore, salsa dance classes were started. The primary goal was to get couples involved; however single adults are welcome to join as well.

Contact Information

Liliana Meza, Summit Prevention Alliance

970.668.2077

<http://summitpreventionalliance.org/passions/physical-activity-nutrition/>