

A Community in Great Need: The Case for Shapedown in Spanish

Sequoia Healthcare District
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Objectives

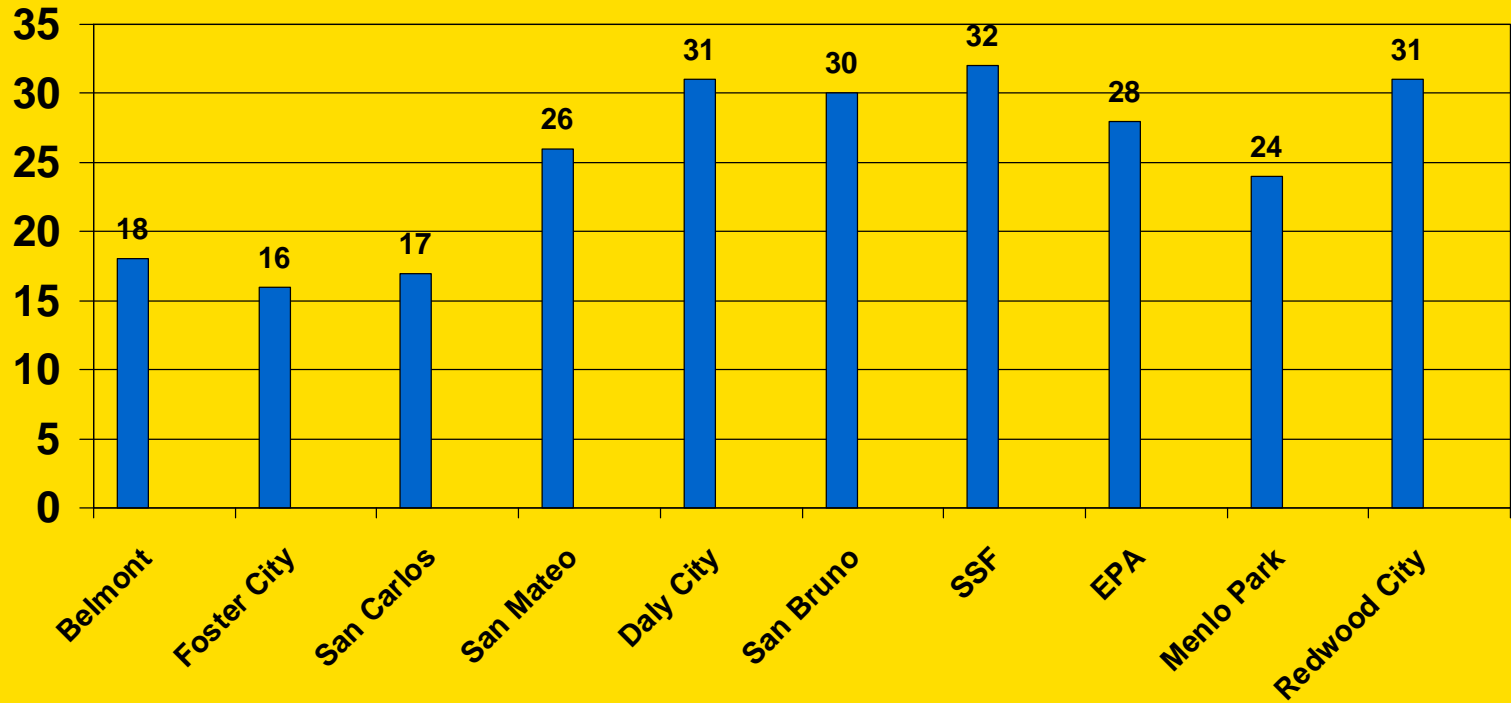
- **The Facts:**
 - High rate of overweight children in San Mateo County—including in South San Mateo County
 - A **Health Disparity** Issue--especially for Latinos
- **Shapedown**--An intervention proven to help
 - But it is only in English
- **The Case** for **Shapedown** to be in Spanish



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Proportion of Students in Grades 5,7,9 Overweight in Selected San Mateo County Cities (2003-2004)



Source: Healthy Communities San Mateo County, Blueprint for Prevention of Childhood Obesity, 2006

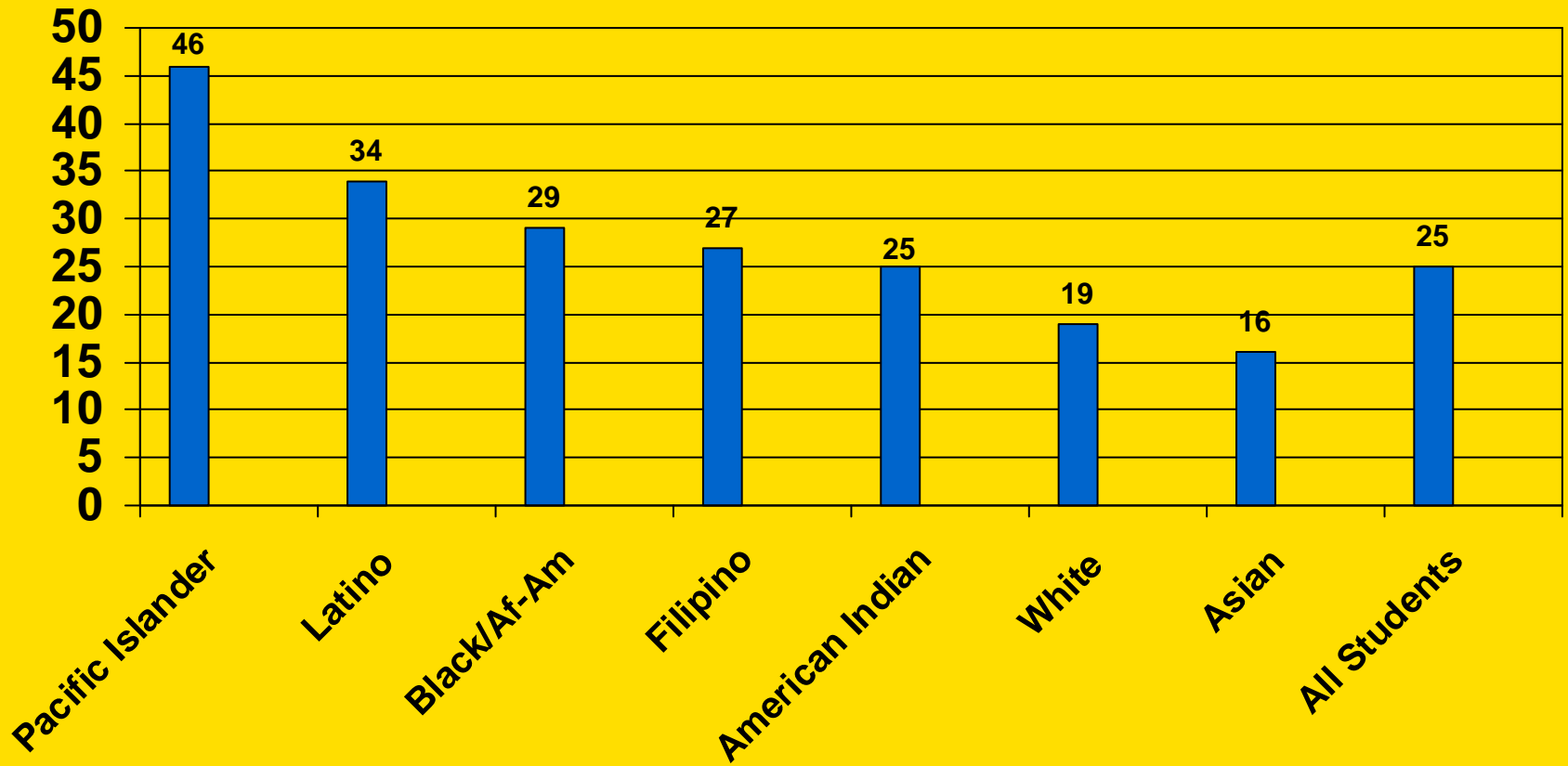


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Overweight Students in San Mateo County by Ethnicity (2003-2004)



Source: Healthy Communities San Mateo County, Blueprint for Prevention of Childhood Obesity, 2006

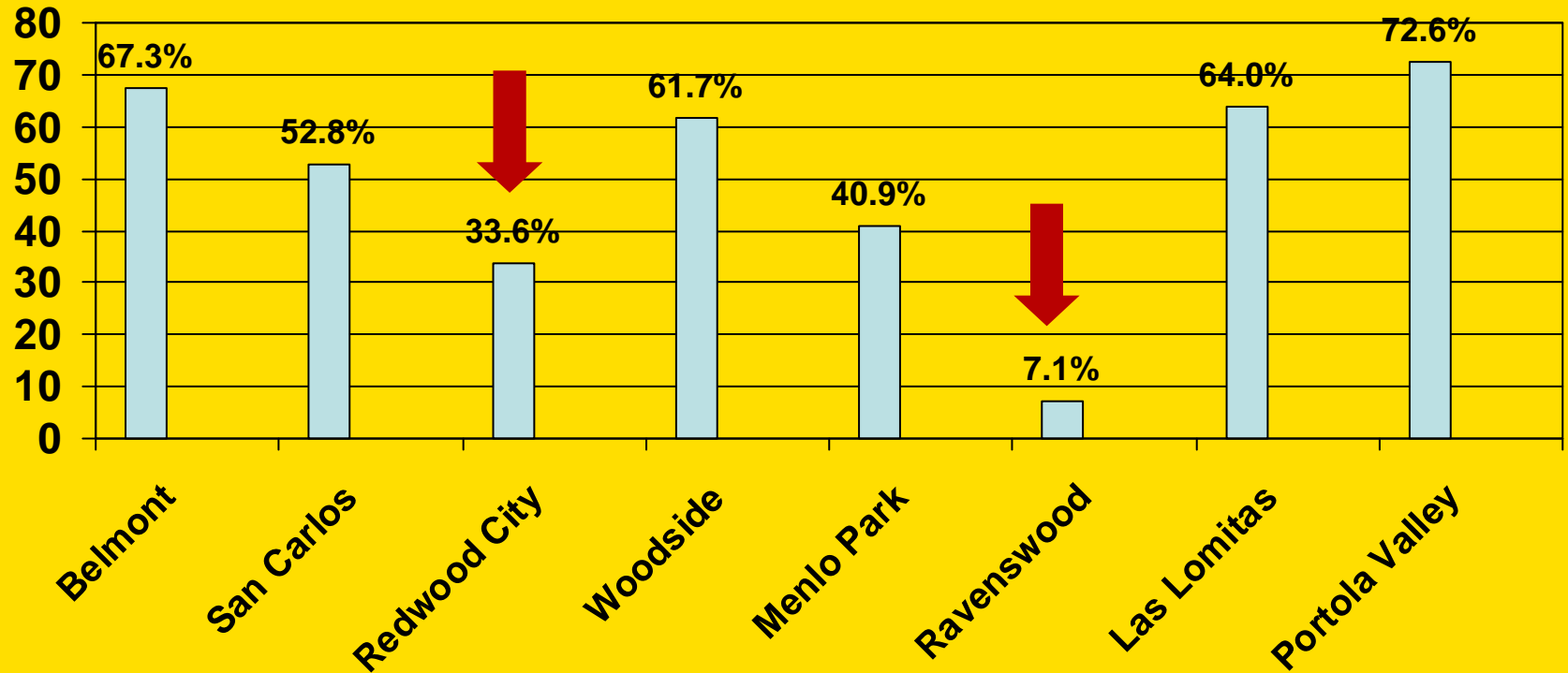


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Percentage of 7th Grade Students Meeting All Physical Fitness Standards By School District (2007)



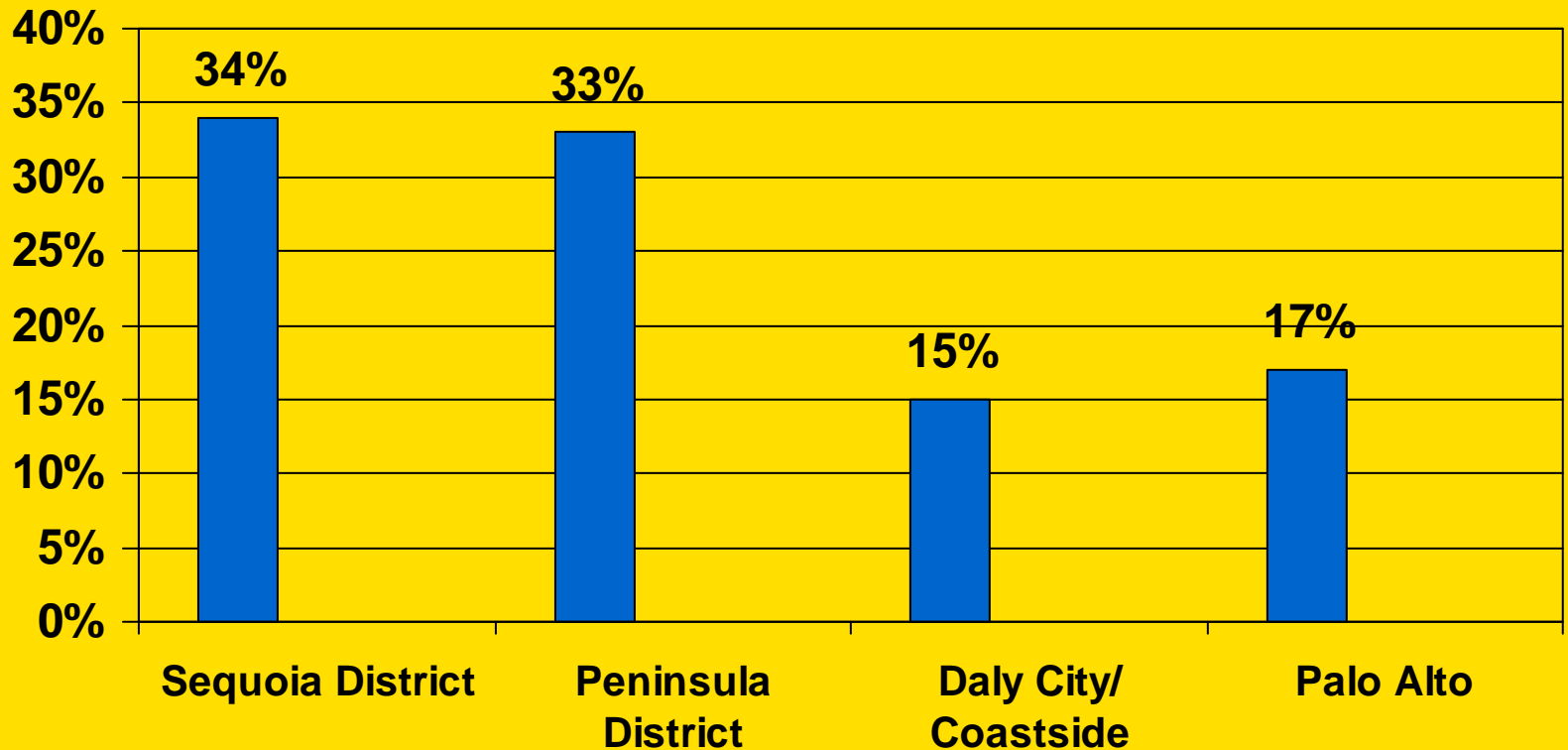
Source: California Department of Education DataQuest, Retrieved from www.kidsdata.org



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HPSM Members Between 6-18 yrs. Diagnosed with Obesity



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What is Shapedown?

- **Developed by UCSF Nutritionist**
 - Proven by her research to improve fitness, reduce BMI
- **Adopted by HPSM as its key weight management intervention program for children**
 - Collaboration among HPSM and San Mateo County Department of Public Health
 - Series of 6-8 weekly classes with child/teen and parent
 - Six workbooks for child/teen and parent to reinforce lessons discussed in weekly sessions
 - Majority of participants are referred by Primary Care Provider (PCP)



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Successful Achievements

- On average **60% of participants improved BMI**
- Range of change in BMI -3.8% to -4.6%
- Between **75%-86% percent of participants complete all sessions.**
- Overall, more than **90% of participants** rate the program and workbooks as **good or excellent.**
- Overwhelming positive responses from participants
 - *“I learned a lot about how to help my kids (myself) be healthier.”*
--Shapedown participant



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Community Needs: How can we address them?

- **Community Requests**

- Shakedown Coordinator receives 3:1 Spanish to English calls for the program
 - Turn down Spanish requests because the program is only available in English
- High demand from providers to offer the program in Spanish
- Many Latino families attempt to join the program but do not follow through because of language barrier.

- **Solution: Translate the program and offer it in Spanish!**



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Efforts to Translate the Program

Fundraising: *To professionally translate 6 workbooks, 300 pages each, including quality assurance*

- Silicon Valley Community Foundation (\$10,000)
- Peninsula Healthcare District (\$50,000)
- viaLanguage provided generous discount and charitable contribution (\$30,000)

Coordination:

- Health Plan of San Mateo
- San Mateo County Department of Public Health



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Next Steps

- “Eyes on the Prize” -- Need additional funding (\$60,000) to complete payment for the translation of books
- Offer gym scholarships in addition to Shapedown (YMCA youth program) to further expand HPSM weight management and fitness program for teens

“Please keep this program alive; helped me understand more about weightism and how to communicate more effectively with my teenager, tips include help to avoid verbal arguments, etc. These may not be the goal of the program, but are added benefits that I have appreciated.”

--Shapedown participant



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