

Moving and Grooving With Eating and Moving for Life Program

Sevier County



Students learned the importance of exercising daily.

Sevier County has a large Hispanic population with limited abilities to speak English. The need for nutrition classes to be taught in Spanish was identified, and help was provided by the Minority Health Commission, expanding the *Eating and Moving for Life* program to Sevier County. By hiring a Program Assistant (PA) who is fluent in Spanish and partnering with the Cossatot Community College University of Arkansas and their *English as a Second Language* courses, the county was able to implement a new nutrition course. The course is taught at two different locations, and it is provided when the students can attend. The instructors allow the PA to work the nutrition and fitness class into their English lessons once a week. The community has helped with providing locations for the exercise classes. The lessons are taught on topics ranging from the need for calcium to types of fats and how they are used in our bodies.

The goals for the individuals are to improve in their individual lab values and change their eating and exercising habits to ones that have more fruits and vegetables and less fats.

- At the beginning of the course, individuals are screened by licensed medical professionals who check their blood pressure, glucose levels, and cholesterol levels.
- The PA measures their height and weight.
- Each individual completes a 24 hour food recall worksheet.
- Prior to class each week, the individuals are weighed and have their blood pressure checked.

Individuals in the course are changing, and they are having a good time moving and

Impacts

- During 2004, over 110 individuals were screened and evaluated on enrollment into the EMFL Program. Individuals that had high cholesterol, high blood pressure, high glucose levels, or were overweight were signed up for the program.
- Sixty-six individuals were registered. Of the participants signed up:
 - 34 had improvements in weight;
 - 28 reported exercising; and
 - 25 had lowered their blood pressure.