

Healthy Lifestyles Radio Stories

- ▶ Partners: SoLaHmo¹, University of MN², Education Entertainment Expert³
- ▶ Dates: 2012–2014
- ▶ Purpose:
 - Identify cultural strengths to reduce obesity, diabetes, and hypertension in Somali, Latino, and Hmong (SLH) families
- ▶ Methods:
 - Interviewed 10 Somali, Latino and Hmong families who were successful in treating/managing obesity, diabetes, hypertension
 - Created 9 fictional stories based on these true stories
- ▶ Results:
 - Recorded 9 stories for radio: 3 Somali, 3 Latino, 3 Hmong
 - Evaluated community members responses in focus groups
- ▶ Application:
 - Broadcast stories on local radio stations
 - YouTube: <https://www.youtube.com/channel/UCddLROBIjhBNttd37pkZlrQ>
- ▶ Funding: Ucare Fund and The BCBS Foundation of MN
- ▶ Team Members: Naima Dhore¹, Hodan Dualeh¹, Mikow Hang¹, Nira Ly¹, Marty Navarette¹, Lucky Omaar¹, Maira Rosas–Lee¹, Laura Serrano¹, Charles Vang¹, Shannon Pergament¹, Kathie Culhane–Pera¹, Chrisa Arcan², Beatriz Torres³