

# Healthy Kids / Healthy Lives

- ▶ Partners: SoLaHmo<sup>1</sup>, UMN School of Public Health<sup>2</sup>
- ▶ Dates: 2011–2013
- ▶ Purpose: Identify Somali, Latino and Hmong cultural perceptions of healthy diet and exercise among families of children ages 3–12 years old to guide a future obesity prevention program
- ▶ Methods: 10 focus groups with parents of children ages 3–12 years old (3 Somali, 4 Latino, 3 Hmong)
- ▶ Results and Applications:
  - Diet: Parents from all three communities share a main goal about food for children: provide good foods so their children are healthy. Parents want to keep children happy, which may include eating unhealthy “American” foods.
  - Physical Activity: Parents share a common goal to support their children's' physical activity. They want to keep their children happy and want to ensure children are safe while being active.
  - [Link to Poster and article](#)
- ▶ Funder: UCare Fund
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