



# San Luis Valley Healthy Family Project (SLV HFP)

## Project Information Sheet

### Project Overview

The San Luis Valley Healthy Family Project is testing whether a family-based home visit program conducted in families at risk for diabetes, can

- improve dietary intake (target: 5 or more servings of fruits and vegetables; 3 or more servings of whole grains, less than 30% calories from total fat and less than 10% of calories from saturated fat);
- increase moderate physical activity (target: 30-60 minutes most days of the week); and
- achieve and maintain a healthy weight (target: 7% weight loss in those with a BMI greater than 24).

The intervention also supports people with diabetes to manage their disease and will encourage families to make use of local resources. Two hundred and fifty families in the San Luis Valley are being recruited to participate in the project. All families that enroll will be invited to an educational session on healthy lifestyles. In addition, two out of three families in the program will be randomly chosen to take part in 12 to 16 home visits with a Family Lifestyle Coach. Lifestyle Coaches work with families to tailor goals for nutrition, physical activity, achieving and maintaining a healthy weight and diabetes management to their interests, resources and needs. Home visits include family-centered group discussions incorporating hands-on activities designed to help families meet their goals (such as exploring a new hiking trail; trying out new vegetables or low-fat cooking; comparison shopping at a local market). The underpinnings guiding conversational strategies and activities are based on motivational interviewing, social cognitive and self-determination theory and stages of changes.

This trial, if shown to be effective, efficiently identifies persons at high risk for diabetes in a community setting by serving families at high risk for diabetes; includes children of high risk individuals allowing early intervention; and recognizes the family as an important source of social and environmental support for developing sustained health promoting behaviors.

### Why? A description of the health problem

- As in the rest of the country, rates of obesity are increasing in the San Luis Valley, among both adults and children.
- Recent studies have shown that intensive lifestyle changes and weight loss can help prevent or delay more than 50% of new cases of type 2 diabetes.
- Family members of people with diabetes are at higher risk for the disease.

### Timeline

Sept- Dec 2003	Recruit staff and steering committee; conduct ethnographic studies
Jan 2004-Apr 2005	Develop Intervention and study
July-Sept 2004	Hire Family Lifestyle Coaches
Sept 2004-Apr 2005	Family Lifestyle Coach Training
Oct 2004-May 2005	Pilot family visits and study protocols
Apr 2005-June 2007	Participant enrollment
Apr 2005-Aug 2008	Data collection, intervention implementation, data analysis

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### Steering Committee

Julie Marshall (principal investigator), Robin Liston (project coordinator), Doreen Barlow (small business owner), Nora Leist (coordinator of case management, Valley Wide Health Services), Donna Patterson (SLV Minister), Roman Valdez (Costilla County Social Services). Past members: Audrea Rendon, Emelin Martinez, Emily Waters, Missy Dunnahoo, Cathy Morin Adam Vasquez. Other Co-investigators and consultants: PL Barton, ES Belansky, J Brett, L Crane, R Glasgow, RF Hamman, J Heimendinger, J Kittelson, J Leiferman, L Testaverde, B Thompson, R Velasquez.

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