



CAST Family Health Program

The CAST Family Health Program (FHP) is a multicultural, bilingual family education program designed to provide behavioral, skill-based training to reverse family risk for obesity. FHP uses local community resources to support parents as teachers in helping children develop lifelong healthful food and physical activity choices.

This program consists of 8 weekly 2-hour group sessions teaching parents how to

- monitor family daily physical activity
- evaluate personal biometric health screenings
- understand obesity and related disease risks (e.g., cardiovascular disease, Type II diabetes)
- develop skills in reading menu labels and planning healthy family meals and snacks
- cook for lower cholesterol and sodium intake, and avoid energy-dense restaurant items and sugar drinks

Children in K–5 attend parallel group training aimed at increasing knowledge of heart health and obesity risks, reading menu labels, learning physical activity games for home and school, and gardening and whole-food cooking. Parents and children will be invited to take part in this program during spring and fall 2012.

Here are some of the comments we received from parents after going through our Family Health Program:

About Health Education:

“My kid is motivated! ...very motivated!”

“We put our knowledge in practice every day!”

“These classes were very important for my children because they can learn what is good for them while they are young ...”

“I’m a single parent, I only have one child and I live with my parents and my brother and his wife and I talk with them about all the things we learn during our sessions...now my sister in law is trying to cook healthier for her children, my parents are doing the

same...my brother says "and I was going so fast towards becoming a diabetic" ...now he is eating healthier and says he feels stronger"

"I thank you SO very much for this program...for having us here...to have made this space for us to learn more...and thank you for the children that they needed to learn also...We hope that more people get to have the opportunity to learn like we did."

"What we learned here was very important for our personal life and family life."

"In few words, classes were very important, we learned a lot...I hope that you could continue helping us..."

"They are really awesome classes and you don't want to miss any. You learn a lot ..."

"I loved that it put me and my kids on the same page. Somebody else really just getting them exciting about living a healthy life."

"In few words, classes were very important, we learned a lot...I hope that you could continue helping us..."

About Physical Education:

"Yes! It was very good!"

"We learned a lot of things and also to walk for exercise for a healthier lifestyle"

"Classes were very motivating...for example yesterday I came back from work very tired but after taking a shower I started working on stretching against the wall...I felt better afterwards..."

"My children are more active now..."

"They do not watch so much TV..."

"They are more outside riding their bikes..."

"My children too!...They compete among each other and try to challenge themselves to up their running or when they are in their bikes..."

"My kids were always excited about what was coming next week."

"My daughter would tell me every week what would be the next week and the next week would roll around and she was, "This is what we're going to do." And, she knew every week what was coming up and she was very excited."

About Nutrition:

“The recipes we learned were great... foods that we did not eat before and now we are eating them...”

“For me the recipes we learned were great... foods that we did not eat before and now we are eating them...”

“It's great to learn new foods...I believe that we even are feeling better...remember there were days in the past that I felt really bad physically and now that I have tried to eradicate salt and sugar I feel much better”

“I think the biggest thing I got out of it was that it put my child on the same page because health and nutrition is always really important to me and my family and now I can say, "No, you don't need any sugar" and she goes, "you're right.”