Population
- Puentecillas, Guanajuato, Mexico
- 2382 People, 537 Households
- Juan Jose Jardín de Niños: 170+ children ages 4 & 5
- Three classes participated in project (86 students, 5 years old)

Goals
- Identify health needs of children at Jardín de Niños
- Identify health concerns of stakeholders
- Determine cultural- and age-appropriate method to address health concerns
- Implement Family-Integrated Health Ed.
- Develop & Implement Evaluation Method

Findings
- ¿Qué es su primera preocupación de la salud en la comunidad?
- Identify health needs of children at Jardín de Niños
- Would you be interested in participating in more activities like this in the future?

Assessments
Windshield Survey: There are multiple vendors, mostly selling ice cream, waiting outside the gate of Jardín de Niños on a daily basis that offer unhealthy snacks to children and families.

Observation of Students at Jardín de Niños: During classroom lunch time and recess, the students were lively, interacted with each other and their teachers respectfully, and were very physically active.

Interviews: The teachers expressed great concern with malnutrition and its effects on the children’s energy levels and health. They also spoke to a lack of respect for classroom and familial values related to common family dynamics.

Evaluation: The mothers completed surveys to determine the efficacy of the family-integrated health education

Intervention
Nutrition Game: We implemented an interactive nutrition game with the 3 groups of 5-year-old students. First, we taught a short lesson about healthy snacks, why children need snacks between meals and how they affect the body. Second, we taught the children how to play the “Simon Dice (Simon Says)” using food cues as the direction of how to move. Later, the mothers were invited into the lesson to participate. The children helped in teaching the mothers how to play, and lastly, everyone played the game together.

Conclusion & Recommendations
- 98% of Mothers would like more opportunities for family-integrated learning
- 76% of Mothers believed their child learned “Much” about nutrition
- 84% of Mothers reported they had learned something about nutrition

“Pues si esta muy bien actividad porque se aprende mucho y que estas actividades sean mas seguido ayudaran a mejorar su alimentación. Me gusto mucho! Gracias!”
- Windshield Survey: There are multiple vendors, mostly selling ice cream, waiting outside the gate of Jardín de Niños on a daily basis that offer unhealthy snacks to children and families.

Background/Significance
- Mexico Overweight: 26 million people
- Mexico Obese: 22 million people
- Obesity Prevalence Rate: 30% (Barrera-Cruz, Rodriguez-Gonzalez, & Molina-Ayala, 2013)
- Overweight Children in Mexico: 34.4% (Aburto, Cantoral, Hernández-Barrera, Campurq, & Rivera, 2015)
- Overweight/Obesity Rates: 78% increase 1992-2002; correlated with rising rates of mortality from myocardial infarction, diabetes mellitus, and hypertension (Rivera et al. 2002)
- Social stigmatization presents severe strain on mental health (Kenny, 2011)
- Social and economic development inhibited by increased demand for health care services (Peña Nieto, 2013)
- Excess intake of high-energy dense foods & beverages if eating behaviors (snacking) (Taillie, Afeiche, Eldridge, & Popkin, 2015)
- Modification of individual, family, and community behaviors may prevent/control obesity (Barrera-Cruz, 2013)

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- Key Stakeholders/Residents of Puentecillas, GTO, México

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