

POR TU FAMILIA

The Por Tu Familia program aims to address risk factors associated with heart disease by promoting the self-management of healthy habits. It is structured through the DEEP (Diabetes Empowerment Education Program) curriculum.

Por Tu Familia takes a holistic approach in promoting healthy lifestyles in families through emphasis on healthy nutrition and exercise.

- ✔ A health care professional leads the lectures on health conditions.
- ✔ Professional instructors lead group fitness activities, such as Zumba.
- ✔ A chef leads interactive cooking demonstrations, such as a Taquiza (taco buffet) cooking class, where participants learn how to read nutrition facts labels.



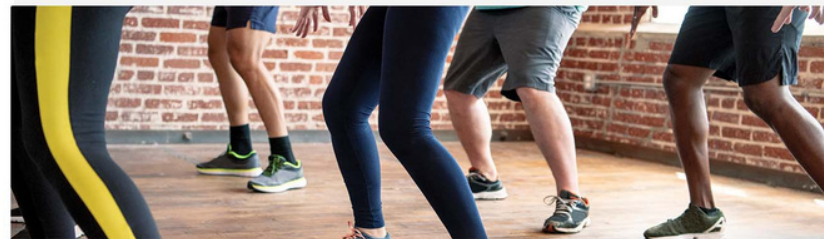
NIHHC serves 100 community members per year in the Por Tu Familia program.

BARRIERS TO HEALTH CARE THAT HISPANICS FACE



PROGRAM LESSONS

- ▶ Heart disease
- ▶ Blood pressure and stroke
- ▶ Cholesterol
- ▶ Diabetes
- ▶ Importance of reducing saturated fat, sweets, and salty foods in your daily diet
- ▶ Importance of regular exercise



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"In 2018, I attended NIHHC's Por Tu Familia program at Monger Elementary School. I tried a Zumba class, and while I was losing weight, I was having fun! Zumba became my new passion, and I decided to become a Zumba instructor. NIHHC motivated me to change my lifestyle, and now I am the Zumba facilitator for their Por Tu Familia classes. In three years, I have lost 50 pounds, and I feel rejuvenated!

Thank you, NIHHC!"

-Ana Mondragón, Por Tu Familia participant and Zumba instructor

Why Por Tu Familia?

<p>18.2M Adults in the U.S. have heart disease</p>	<p>17% Adult Hispanics suffer from type 2 diabetes</p>	<p>30% Hispanics have high blood pressure</p>	<p>24% Hispanics have poorly controlled blood pressure</p>
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Por Tu Familia Participant
Prairie View Elementary in Goshen



"I enjoyed the Zumba® and the classes with the chef. I have made all the recipes at home. My family loves them and I feel like I am doing something good for all of us."

NIHHC's Impact in the Community

+6%
Increase in confidence in the ability to manage diabetes

+19%
Increase in physical activity

+38%
Increase in reducing the amount of fat in their diet

+12%
Increased effort to lose weight

+32%
Increase in confidence in ability to prevent type 2 diabetes

