



Juntos Nos Movemos/Let's Move Together!

Presented by Alexis Guild Midwest Stream Forum for Agricultural Worker Health Denver, CO Sept. 26, 2019

Icebreaker/Introductions

- Icebreaker Activity
- Individual introductions



Farmworker Justice

Farmworker Justice is a national nonprofit organization that seeks to empower farmworkers and their families to improve their living and working conditions, immigration status, occupational safety, health, and access to justice.



National Migrant and Seasonal Head Start Collaboration Office

The National Migrant and Seasonal Head Start Collaboration Office promotes high quality, direct service delivery through collaboration, coordination, and alignment of high quality services for all Migrant and Seasonal Head Start grantees and delegate agencies.



National Migrant & Seasonal Head Start Collaboration Office

What is Juntos Nos Movemos?

Juntos Nos Movemos is an adaptation of the principles of Head Start's "I Am Moving, I Am Learning" curriculum for farmworker families, with a specific focus on increased physical activity as a means of reducing and ultimately preventing childhood obesity in farmworker children.

Collaboration with National Migrant and Seasonal Head Start Collaboration Office

Who is Juntos Nos Movemos for?



- Juntos Nos Movemos is designed as a train-the-trainer model.
- Family service workers (or equivalent staff) and health center outreach staff are trained on *Juntos Nos Movemos*. These workers in turn train other staff at Head Start centers (or applicable sites).
- Farmworker parents and families

What are the objectives of *Juntos Nos Movemos*?

- Provide farmworker parents the skills to incorporate physical activity into their family's schedules in a way that is manageable, consistent, fun, and culturally appropriate.
- Provide trainees with the skills to identify barriers, opportunities, and resources surrounding physical activity for farmworker families in their community.

Why does Juntos Nos Movemos work?

- Increases the frequency and variety of physical activity that farmworker parents can engage in with their children in the evenings.
- Helps farmworker parents make the most of limited free time with their children by giving parents the skills to identify several 5 to 20-minute blocks of time in which to engage in a variety of fun and culturally appropriate physical activities with their children.

What are the components of *Juntos*Nos Movemos?

- Family Service Worker Curriculum
- Parent Curriculum
- Flipchart
- My Week Worksheet



What happens in the *Juntos Nos Movemos* Training?

- Built on the principles of popular education
- Linguistically and culturally appropriate
- Hands-on training and activities

Juntos Pilot Training, June 21 - Selma, CA

- Co-organized by Fresno Migrant Head Start
- Staff training (trainer of trainers) during day
 - 5 United Health Center
 - 17 Fresno Migrant Head Start
- Parent training at night
 - 20 parents from communities in the Fresno area











Focus Group and Evaluation, Aug. 9 & 10 - Selma, CA

- Conducted focus groups with training participants from United Health Center (Aug. 9) and Fresno Migrant Head Start (Aug. 10)
 - 4 United Health Center staff
 - 7 Fresno Migrant Head Start staff
 - 3 parents
- Evaluated pilot training, changes in household routines, and materials

Participant Feedback

The training made me think about making changes and then I went home and started to just do it. Now it's getting easier and my kids are getting used to our new routine and like it.

- Farmworker Parent

I really liked the community mapping activity because I discovered things I didn't realize were there. It also made me realize that we have a lot of resources and places to go – we just need to start using them

- Farmworker Parent

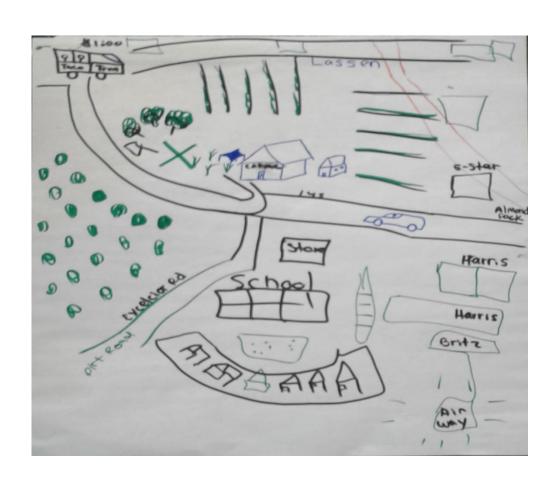
Patients were more engaged because activities were playful. They didn't seem like physical activity.

- United Health Center staff

What about your community?

- What have you heard about childhood obesity in your community?
- What efforts are being made in your community to address childhood obesity?
- Have you done any work in this area? How?

Deep Dive into the Juntos Nos Movemos Curriculum



Build your own community map!

What did you learn about *Juntos Nos Movemos*?

- Small presentations or "teach-backs"
- Learning highlights for each group

Next Steps for Juntos Nos Movemos

- Revise training and materials based on feedback from pilot participants (Fall/Winter 2019)
- Share guide and accompanying materials widely (February 2020)
- Conduct additional training with Migrant Head Start and health center (location TBD)

How to find out more about *Juntos Nos Movemos*

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Thank you!

