



# 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

The image shows a worksheet titled "MI SEMANA" (My Week) with a grid structure. The columns represent the days of the week: Lunes, Martes, Miércoles, Jueves, Viernes, Sábado, and Domingo. The rows represent different times of the day: "Antes de trabajo (hora 1)", "Después de trabajo (hora 2)", "Trabajo", "1ª hora después de trabajo", "2ª hora después de trabajo", "3ª hora después de trabajo", and "Otro tiempo libre".

Handwritten notes in Spanish are present in the first column (Lunes):

- Under "Antes de trabajo (hora 1)": "6:00Am Despertar y preparar para el día".
- Under "Después de trabajo (hora 2)": "jugar o caminar con los niños".
- Under "1ª hora después de trabajo": "Nos sentamos a cenar en familia".

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Antes de trabajo (hora 1)	6:00Am Despertar y preparar para el día						
Después de trabajo (hora 2)	jugar o caminar con los niños						
Trabajo	Trabajo	Trabajo	Trabajo	Trabajo	Trabajo	Trabajo	Trabajo
1ª hora después de trabajo	Nos sentamos a cenar en familia						
2ª hora después de trabajo							
3ª hora después de trabajo							
Otro tiempo libre							

# 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*

Please contact:

- Alexis Guild: [aguild@farmworkerjustice.org](mailto:aguild@farmworkerjustice.org)
- Rebecca Young: [ryoung@farmworkerjustice.org](mailto:ryoung@farmworkerjustice.org)

**Thank you!**

