



Creating Policy, Systems, Environmental Change: Success Story and Lessons Learned

Title

Our desire is to strengthen relationships among participants of our physical activity groups in Tulare, CA.

Intervention Summary

The Tulare Circulo de Bailoterapia class hosted a healthy potluck for all participants.

Description of Barriers Encountered and Identified or Proposed Solutions

A participant of the Tulare Circulo de Bailoterapia class noticed that women were not interacting with one another during classes, even though most of them attend the class on a regular basis.

Future Directions/Sustainable Success

The majority of the women who participate in the Tulare Circulo de Bailoterapia class only stay for class. After the group participated in the healthy potluck, the group now greet each other by their first name. During the potluck they were able to share a meal and share stories about themselves. After the potluck, I noticed that the women were more comfortable with one another and were more receptive to conversing with each other. This is a success because in order to have a strong Bailoterapia group we need women who are willing to work together. Our Circulo de Bailoterapia groups are more than just a place to burn calories, they are a place where friendships are made and where self-confidence is built.

Contact information about this Narrative

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Grant #: 13-20494

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This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.