



PAJARO VALLEY

COMMUNITY HEALTH TRUST'S

Health Watch

Promoting a Healthy Future

Fomentando Buena Salud

FALL/WINTER 2016

Lifestyle “Triple P” Offers Proven Strategies to Improve Lifelong Health and Wellbeing of Children and Families in the Pájaro Valley

The Health Trust is pleased to provide feature stories about the vital nonprofit programs and partnerships we help to support in the Pajaro Valley. These stories and the people who tell them inspire us with their dedication to improving the quality of life and health for all the residents of our community.

By David Brody, Executive Director, First 5 Santa Cruz County, & Nicole Young, Triple P Coordinator for First 5 Santa Cruz County

On a recent evening in Watsonville, 10 parents gathered inside a quiet classroom to celebrate an extraordinary accomplishment. They were the first graduating class of the very first **Lifestyle Triple P** parenting group offered in Santa Cruz County.

Lifestyle Triple P is a specialized parenting program that aims to improve children's health by teaching parents to make lifestyle changes as a family. It is one component within the **Triple P — Positive Parenting Program**, an evidence-based program that provides families with tools to raise happy, healthy, thriving children. First 5 Santa Cruz County (First 5) coordinates the countywide system of Triple P services offered by several public and nonprofit agencies, including Central California Alliance for Health (the Alliance). The Alliance recently led a Lifestyle Triple P group as a pilot program that was both groundbreaking and successful.

Parents began the 10-week group by reflecting on their families' habits and routines related to nutrition, physical activity, and screen time (TV, video games, computers, and smartphones), then set goals for change. They learned guidelines for healthy eating, including limiting sugary foods and drinks. They practiced reading food labels and modifying recipes so they could make healthier choices at the store and at home. Parents played games during class, giving them ideas about fun, simple ways to increase children's physical activity.

Parents also learned parenting strategies to encourage

healthy behaviors and prevent or handle challenging behaviors, especially as new family rules and routines were introduced. During class, parents learned strategies such as Quality Time, Setting a Healthy Example, and Setting Family Rules. They picked techniques to try at home, and practiced what to say and do. Then they used the strategies at home and shared their successes and challenges with fellow group participants.

Angel Jara and Zayra Padilla, Health Education Coordinators from the Alliance who co-facilitated the group, could see the learning and transformation taking place. “It was amazing to see parents — who were sometimes reluctant or skeptical about the strategies being taught in class — go home, use the skills they learned, and see that it worked and made a noticeable difference in their families,” said Angel.

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Zayra noted that, “Parents with children of varying ages — from toddlers to teens — were able to successfully apply the parenting strategies they learned in class.”

At the last class, parents radiated with pride as they accepted their graduation certificates. One couple, Jesus Vazquez and Gabriela Ramirez, remarked, “Before the Lifestyle Triple P group, we didn't have very healthy eating habits as parents. Our children had started to learn [our unhealthy habits], and we were concerned about this. During the group, we learned how to work better together to raise our children. One strategy that has been really helpful is planning ahead. Now every time we go out, we have healthy snacks ready, and we do a short practice run so our kids know what to expect. We also used to think quality time had to be an extended period of time. Now we know it can be brief and frequent, and that something very simple can become family quality time.”

Evaluation data is still being analyzed for this pilot group, but First 5 and the Alliance consider their partnership and this pilot group a success. “The Alliance continues to look for opportunities to partner with organizations to put more emphasis on strategies related to the prevention of chronic conditions. Working with First 5 is a successful partnership that can potentially have a significant impact on curbing the obesity epidemic in our communities,” said Javier Carrillo, MPH, Health Programs Manager for the Alliance.

Deborah Pineda, MPH, Health Program Supervisor for the Alliance added, “Parents have very little access to helpful, practical information about how to best manage their child's weight. The family environment and parent-child interactions play an important role in shaping children's healthy behaviors. Partnering with First 5 allows us to bridge this access gap.”

Lifestyle Triple P is off to a promising start in the Pájaro Valley. Funding from the Health Trust will enable First 5 to continue supporting partner agencies with outreach, implementation, evaluation, parent materials, and collaboration. For more information, visit <http://triplep.first5scc.org> or call First 5 Santa Cruz County at (831) 465-2217.



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Fall sparkles with the Evening of Wine and Roses event, including our Winners Choice Vacation Raffle!

Please join us again this year for the **33rd Annual Evening of Wine and Roses** fundraiser, hosted by the Pajaro Valley Community Health Trust from **6-9 p.m. on Friday, November 4, 2016** at the Crosetti Building, Santa Cruz County Fairgrounds.

As always, this festive fall event will feature fine wines to sample from more than 20 Santa Cruz Mountains Wineries, hors d'oeuvres and desserts from 16 area restaurants and caterers, the sale of Pajaro Valley fresh roses and a fabulous silent and live auction.

In addition, we are again offering our exciting **Winners Choice Vacation Raffle**. **First Prize will again be a fantastic vacation trip to one of the three destinations listed below. Second prize is \$1,000 CASH! Only 300 tickets will be sold.**

Winning tickets will be drawn at the close of the **Evening of Wine & Roses** fundraiser. **Winners need not be present to win.**

Vacation must be booked a minimum of 60 days in advance. Raffle trip cannot be resold.

Blackout days apply. **PVCHT will pay the prize value taxes!** The Vacation Raffle winner must book their airfare one year from the date of the raffle, 11/4/17.



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Here's a sampling of the some of the live auction items Robert Slawinski Auctioneers will introduce the night of the event:

- Samuel Adams Brewery Tour for 2 in Boston with 3-night Fairmount Hotel stay, airfare and dinner at McCormick & Schmick's with beer pairing
- New Orleans Jazz & Dining Getaway for 2 at the Hyatt French Quarter with airfare and choice of Jazz Brunch or Dinner at the Commander's Palace Restaurant
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To purchase both your **Wine and Roses** event tickets and your separate **Raffle** tickets, just visit our secure website at www.pvhealthtrust.org.

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For more information on purchasing event or raffle tickets, please call us at 831-761-5639 or email apuckett@pvhealthtrust.org.