

# Double Trouble for Hispanic Children: Community-Based Assessment & Intervention

## Obesity epidemic and asthma

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**SUMMARY:** Childhood asthma varies by sex, race/ethnicity and SES. Hispanics are disproportionately affected, requiring assessment and intervention in narrowing and ultimately eliminating disparities. A community/parent educational rapid intervention increases knowledge and skills in identifying asthma triggers, symptoms, risks, treatment/management and prevention.

**DESIGN:** Focus Group & Ecologic Intervention



**Intervention Venue**  
LACC, Wilmington, DE

### METHODS & MATERIALS

#### Participants:

**Focus group:** Pre-intervention, n=8  
**Intervention group:** exercise and healthy diet, n=148, age 4-18 years  
**Focus Group:** post-intervention, n=7



### RESULTS

#### Pre-intervention:

- \*ASTHMA TREATMENT**
- Keeping cover with clothes; don't like him to run in heat like this weather
- \*Follow treatment that doctor says
- \*I don't do anything; they are kids, let kids be kids
- \*Weather - must take medicine for pollen
- \*Lizard tea works to treat asthma
- \*Marijuana works to treat asthma
- \*Purple onion treats asthma
- \*Healers/spiritual curers
- \*Hugging dogs prevents asthma
- \*In Mexico, spiritual surgery - throat and lungs cured; witch doctors/spiritual surgery can cure asthma or anything
- \*Frying a cat cures asthma
- \*Some DON'T treat every day -- Scared of consequences if using treatments daily
- \*No matter what works for asthma, might hurt something else (blindness)
- \*Used treatments every day for 3 months and child was tired, so skipped treatments
- \*Asthma is chronic; cannot cure it but can treat it
- \*Son's asthma symptoms - no asthma, no problem

**OBJECTIVE:** To enhance exercise and healthy dietary intake among community-based Hispanic children in asthma control and prevention initiatives



#### Post intervention:

- ASTHMA TREATMENT**
- Moving away from dust
- \*Remove candles
- \*Remove chemical smells
- \*Get rid of powder to clean carpets
- \*Vitamin C helps with allergy prevention
- \*Good food and vegetables
- \*Good to know that asthma is connected to immune system