

# Adapting Adaptando Dieta y Acción Para Todos (ADAPT): The Inclusion of Mindfulness

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## INTRODUCTION

- Our prior work with Latinos living in rural communities has centered on developing an evidence-informed, theory-based, multi-family, behavioral obesity intervention, ADAPT.
- Research has shown that incorporating mindfulness strategies may reduce stress.

## AIM

- To determine whether the inclusion of mindfulness as a core element throughout ADAPT might reduce parental stress, increasing parental engagement in behavioral modification towards a healthier family lifestyle.

## METHODS

- Qualitative methods approach to assess receptivity and barriers of incorporating mindfulness as a key intervention element.
- Partnered with a local Hispanic community agency serving rural Latinos.
- Conducted a focus group with 7 of their female health facilitators (“promotoras”) to inform program modifications.
- The two-hour focus group elicited promotoras’ impressions and feedback about our proposed 8-session program, ADAPT+.
- Focus group conducted entirely in Spanish.

## RESULTS

- Promotoras stated that the targets for our program -parents of Latino children- were flexible, easy to reach, and were eager for health advice.
- Promotoras highlighted the importance of accurately translating into Spanish the intervention to be consistent with the characteristics of the Latino population.

## CONCLUSIONS

- Promotoras expressed great enthusiasm for the program and were eager to receive training to implement the program themselves.
- Promotoras enjoyed practicing mindfulness and thought that Latino parents would be receptive to using mindfulness as a strategy for stress reduction and improving family’s lifestyle.
- Promotoras also stated that the program was comprehensive and would be of value to their community.

- The inclusion of mindfulness in the ADAPT program would be necessary
- A stop moment for mothers to gather new strengths to cope with daily life stress
- Implementing mindfulness with Latinx parents and their children could help increase healthy behaviors in the family



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ADAPT+ Session Content	
<b>Session 1: Overview &amp; Get Ready for Success</b> <ul style="list-style-type: none"> <li>• Effects of Stress on health                             <ul style="list-style-type: none"> <li>◦ Health risks of obesity in Latino families                                     <ul style="list-style-type: none"> <li>• BMI charts review for parents and children</li> </ul> </li> <li>◦ Connection between parents feeling stress and effects on their children</li> </ul> </li> <li>• Challenges of living in rural area</li> <li>• Acculturation (adaptation to culture; foods, etc.)</li> <li>• Mindfulness stress reduction overview</li> <li>• Mindful stretching/moving                             <ul style="list-style-type: none"> <li>◦ Grape eating exercise</li> </ul> </li> <li>• Joint Goal Setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal Setting</li> <li>◦ PA Home Exercise</li> <li>◦ Mindfulness home practice</li> </ul> </li> </ul>	<b>Session 5: Mindful Meal Prep</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting                             <ul style="list-style-type: none"> <li>◦ Overcoming barriers</li> </ul> </li> <li>• Mindful Stretching</li> <li>• Body scan</li> <li>• Reading labels and Portion Sizes. Culturally tailored strategies for portion control</li> <li>• Mindful eating during social large gatherings                             <ul style="list-style-type: none"> <li>◦ S.T.O.P</li> </ul> </li> <li>• Joint Goal Setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal setting</li> <li>◦ Home conversation about serving size</li> <li>◦ Mindfulness home practice</li> </ul> </li> </ul>
<b>Session 2: Mindfulness and Making Healthy Lifestyle Choices + Get Moving!</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting</li> <li>• Being healthy &amp; PA                             <ul style="list-style-type: none"> <li>◦ Mindful walking</li> </ul> </li> <li>• Effects of sedentary lifestyles</li> <li>• Reducing screen time</li> <li>• Being present and in the moment                             <ul style="list-style-type: none"> <li>◦ Seated awareness of breath (AOB) meditation</li> </ul> </li> <li>• Joint Goal setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal setting</li> <li>◦ Mindfulness home practice</li> </ul> </li> </ul>	<b>Session 6: Mindful Eating + Observing vs. Judging</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting                             <ul style="list-style-type: none"> <li>◦ Overcoming barriers</li> </ul> </li> <li>• Body scan (observing/letting go of judgements)</li> <li>• Making favorite dishes healthier (e.g., tortillas)</li> <li>• Examining &amp; changing hunger cues                             <ul style="list-style-type: none"> <li>◦ S.T.O.P</li> <li>◦ Mindful eating exercises (observing/letting go of judgements)</li> </ul> </li> <li>• Joint Goal Setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal setting</li> <li>◦ Home conversation about eating cues</li> <li>◦ Mindfulness home practice</li> </ul> </li> </ul>
<b>Session 3: Parenting in the moment &amp; Increasing Healthy Lifestyles</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting; step tracking winner</li> <li>• Parental styles &amp; modeling strategies                             <ul style="list-style-type: none"> <li>◦ Mindful stretching/moving</li> </ul> </li> <li>• Time management</li> <li>• Sleep hygiene</li> <li>• Lifestyle activities                             <ul style="list-style-type: none"> <li>◦ Mindful stretching/moving</li> <li>◦ Body scan (BS)</li> </ul> </li> <li>• Joint Goal setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal setting</li> <li>◦ Home conversation about barriers</li> <li>◦ Mindfulness home practice</li> </ul> </li> </ul>	<b>Session 7: Reacting vs. Responding + High Risk Eating/Be Prepared!</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting                             <ul style="list-style-type: none"> <li>◦ Overcoming barriers</li> </ul> </li> <li>• Wise Choices                             <ul style="list-style-type: none"> <li>◦ How to get prepared (e.g., easy snacks)</li> <li>◦ Alternatives-lifestyle activities (i.e., mindful walking, dancing, exercising at home)</li> <li>◦ Scheduling physical activity</li> </ul> </li> <li>• Mindful stretching/ moving</li> <li>• Ways to reduce stress. Reacting vs responding: Using mini-mindfulness practices. S.T.O.P.</li> <li>• High-risk situations (holidays, social events). Solutions &amp; strategies for high-risk eating</li> <li>• Cooking for a large group of people &amp; Sharing Recipes</li> <li>• Seated meditation</li> <li>• Joint Goal setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal setting</li> <li>◦ High-risk eating home exercise</li> <li>◦ Mindfulness home practice</li> <li>◦ Potluck celebration instructions</li> </ul> </li> </ul>
<b>Session 4: Awareness of our Thinking + Healthy Eating</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting</li> <li>• Overcoming Barriers (time, implementing PA practices in daily life, buying healthy food, implementing mindfulness in daily life)</li> <li>• “Awareness of thoughts” and “Stress and stress reactivity”                             <ul style="list-style-type: none"> <li>◦ Mindful stretching/moving</li> <li>◦ Seated meditation</li> </ul> </li> <li>• Motivating and Supporting your Child: Modeling</li> <li>• Culturally tailored ways to increase fruit/ veg intake                             <ul style="list-style-type: none"> <li>◦ My Plate</li> <li>◦ Meal Skipping and Meal Planning</li> <li>◦ Breakfast is for the Brain</li> </ul> </li> <li>• Joint Goal setting and home practice instructions                             <ul style="list-style-type: none"> <li>◦ Goal setting</li> <li>◦ Home conversation about healthy eating</li> <li>◦ Mindfulness home practice</li> </ul> </li> </ul>	<b>Session 8: Practice not Perfection + Progress &amp; Dealing with Setbacks</b> <ul style="list-style-type: none"> <li>• Mindful moment</li> <li>• Homework review and raffle for goal setting                             <ul style="list-style-type: none"> <li>◦ Overcoming barriers &amp; dealing with high risk situations</li> </ul> </li> <li>• Kindness meditation. Practice not Perfection. Parents replenish their inner resources</li> <li>• Progress discussion</li> <li>• Practical suggestions for continuing with mindfulness</li> <li>• Coping with setbacks to lifestyle, PA &amp; mindfulness goals</li> <li>• Promoting healthy lifestyle, PA &amp; mindfulness in the long-term</li> <li>• Wrap-up</li> <li>• Potluck celebration of good and healthy food; sharing recipes</li> </ul>

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