



You've probably heard the old adage, "If you don't have your health, then you don't have anything." We at Casa Guadalupe Education Center, a 501(c)3 non-profit, believe that is true for all residents of Washington County. In order to strengthen the health of our local community, in 2013 we initiated a Latino Health Outreach Project in addition to our ongoing adult and child literacy programs. In 2014, we provided the **Latino Healthy Lifestyle Choices Project** thanks to the generosity of the St. Joseph's Healthy Community Fund and the West Bend Community Foundation. Our goal is to educate Spanish speaking families to make better lifestyle choices in the areas of nutrition, exercise and management of chronic health conditions. **Since beginning our health outreach initiatives, we have served over 400 Hispanic adults and children.**

Our health Initiatives serve as a proactive, preventive measure to provide medical intervention before serious illnesses, like diabetes, develop. We are proud of our partnerships with different healthcare organizations, including *Froedtert Health-St. Joseph's Hospital*, the *Albrecht Free Clinic* and *UW-Extension* that have helped us provide 35 health related seminars, screenings and activities for Hispanic adults and children.

An example of a successful health series we provided in collaboration with the American Heart Association and St. Joseph's Hospital was called Heart 360 Check.Change.Control®. Designed for people with high blood pressure or a risk of high blood pressure, the goal was to teach healthy blood pressure numbers and see higher blood pressure numbers decrease during the course of the program, while also providing healthy lifestyle education. At each session a nurse from St. Joseph's was on site to take people's blood pressure, which we kept track of throughout the program. We also included either a heart healthy cooking demonstration or a physical activity at each session. We had a total of 86 adult and child Heart 360 participants in West Bend and Hartford combined. About 48% of the adult participants completed more than half or the entire program from the end of January to the end of April, and the majority saw a decrease in their blood pressure numbers from the beginning to the end of the program. Systolic blood pressure numbers went down by an average of 12 points, and diastolic blood pressure numbers went down by an average of 7 points.

**Please read more about our other adult and child literacy programs, accomplishments and successes in the enclosed materials.**

We are proud of our achievements, but we see the need to continue providing health education to the Hispanic communities we serve. A healthy community is a vibrant community. **Please help us further our initiatives today!**

Noelle Braun

“Casa Guadalupe’s Heart 360 program was a good way to help the Latinos in the area of West Bend & Hartford. This project helped me better understand heart disease and get educated about blood pressure numbers. Helping others learn about their blood pressure numbers helped me get involved with my own issues. Although my blood pressure is under control, I am taking more steps to follow a better diet and get more nutritious/better choices in my diet. Again, it was a great program to educate both the Latinos in my area and myself.”

Casa Guadalupe  
Volunteer and Health  
Program Participant

