



# Tu Salud ¡Sí Cuenta!

## You Are Invited!

### A Project on Healthy Lifestyles and Healthy Homes

The goal of this research project is to deliver programs on healthy lifestyles and healthy homes to Hispanic/Latino families and see if the programs help to improve health.

#### What is involved?

- You and your family member will participate in a program on healthy lifestyles OR healthy homes.
- A Community Health Worker (“Promotora”) will come to your house one time each month for 6 months to talk with you and your family member.
- You will complete 3 study visits at a community center over 1 year: when you begin, after 6 months, and after 12 months.
- At each study visit, you will answer questions about your food and physical activity habits, your beliefs and attitudes, your neighborhood, and your household.
- Program staff will measure your height, weight, waistline, and blood pressure.

#### Why participate?

- Personalized home visit
- 1-1 coaching
- Improve your health
- Gift cards at each study visit
- Small gifts at each home visit

#### Who can participate?

- Hispanic/Latino men and women
- Ages 18 to 65
- 2 adults from the same household
- Speak English or Spanish
- Have a mobile phone
- Live in or near East End/Magnolia, Northside/Northline, or Gulfton



For more information, contact 713-745-1060 or [tusaludsicuenta@mdanderson.org](mailto:tusaludsicuenta@mdanderson.org)

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