

APPENDIX F

**BIMONTHLY PRESENTATIONS AT THE WAY OF THE HEART (WHPI)
1 HOUR FORMAT**

DATE	LOCATION	NUMBER OF PARTICIPANTS
SEPTEMBER 13 03	WHPI Classroom	10
OCTOBER 20 03	WHPI Classroom	7
NOVEMBER 14 03	WHPI Classroom	9
DECEMBER 16 03	WHPI Classroom	13
JANUARY 5 04	WHPI Classroom	15
21 04	WHPI Classroom	9
FEBRUARY 16 04	WHPI Classroom	14
26 04	WHPI Classroom	18
MARCH 4 04	WHPI Classroom	15
16 04	WHPI Classroom	14
APRIL 22 04	WHPI Classroom	14
MAY 4 04	WHPI Classroom	16
JULY 8 04	WHPI Classroom	11
AUGUST 23 04	WHPI Classroom	19
TOTAL	14	184

COMMUNITY PRESENTATIONS - 1.5 TO 2 HOUR FORMAT

DATE	LOCATION	NUMBER OF PARTICIPANTS
JANUARY 20 04	WHPI Classroom	7
MARCH 5 04	Valdez family residence, Nogales	15

18 04	Food Bank, Nogales	66
19 04	Head Start, Rio Rico, AZ	27
23 04	WHPI Classroom	10
APRIL 2 04	Presbyterian Church, Nogales	6
MAY 31 04	Methodist Church, Nogales	9
JUNE 3 04	Presbyterian Church, Nogales	7
AUGUST 27 04	Diamond House, Nogales	222
SEPTEMBER 9 04	Community Center, Nogales	66
SEPTEMBER 23 04	Juntos Unidos, Nogales	15
30 04	Wilson-Batiz Food Bank, Nogales	66
OCTOBER 10 04	Teyechea Park Festival, Nogales	16
OCTOBER 18 04	Baptist Church, Nogales	25
OCTOBER 21 04	Head Start, Rio Rico	27
NOVEMBER 26 04	Food City Store, Nogales	100
JANUARY 14 05	Head Start, Nogales	13
FEBRUARY 2 05	Senior Center, Nogales	36
FEBRUARY 10 05	Mexicayotl Charter School, Nogales	44
14 05	Community Center, Nogales	32
18 05	Head Start, Nogales	30
18 05	Head Start, Rio Rico	15
MARCH 15 05	HIPPI Program, Nogales	11
16 05	Methodist Church, Nogales	16

JUNE 13 05	Community Center, Nogales	15
16 05	Senior Center, Nogales	14
SUBTOTAL	26	910

PLATICAS – 50 MINUTE FORMAT

DATE	LOCATION	NUMBER OF PARTICIPANTS
JANUARY 20 04	Polanco family residence, Rio Rico	7
MARCH 9 04	Lopez family residence, Nogales	6
11 04	Mountain Point Apts., Nogales	6
16 04	De la Rosa family residence, Rio Rico	6
16 04	Loma Linda Apts., Nogales	7
17 04	Santa Cruz County Building, Nogales	5
22 04	Mi Casa Trailer Park, Nogales	6
APRIL 2 04	Thomas family residence, Nogales	6
23 04	Pazos family residence, Nogales	6
30 04	Pazos family residence, Nogales	6
MAY 31 04	Balbuena family residence, Nogales	6
JUNE 1 04	Garcia family residence, Nogales	7
10 04	Thomas family residence, Nogales	5
31 04	Head Start, Nogales	14
AUGUST 7 04	Castro family residence, Nogales	9
10 04	Araujo family residence, Nogales	7
17 04	Castro family residence, Nogales	12

24 04	Caballero family residence, Nogales	10
OCTOBER 1 04	Estrada family residence, Nogales	17
2 04	Agosttini family residence, Rio Rico	7
6 04	Valdez family residence, Nogales	15
8 04	Buelna family residence, Nogales	9
9 04	Jimenez family residence, Nogales	6
15 04	Spiner family residence, Nogales	14
17 04	Preston Trailer Park, Nogales	5
22 04	Caballero family residence, Nogales	9
28 04	Castro family residence, Nogales	10
NOVEMBER 5 04	Estrella family residence, Nogales	5
12 04	Garcia family residence, Nogales	10
12 04	Mountain Point Apts., Nogales	6
16 04	Community Center, Nogales	7
17 04	Saucedo family residence, Rio Rico	6
25 04	Loma Linda Apts., Nogales	7
DECEMBER 2 04	Mi Casa Trailer Park, Nogales	6
9 04	Head Start, Nogales	14
JANUARY 28 05	Salazar family residence, Nogales	7
FEBRUARY 11 05	Berny family residence, Nogales	14
MARCH 15 05	Castillo family residence, Nogales	14
23 05	Pete Kitchen Trailer Park, Nogales	4
APRIL 6 05	Pete Kitchen Trailer Park, Nogales	4

JUNE 15 05	Community Center, Nogales	9
SUBTOTAL	41	336

WORKSHOPS – 3 HOUR FORMAT

DATE	LOCATION	NUMBER OF PARTICIPANTS
FEBRUARY 17 2004	WHPI- Guest speaker, Dr. Amilcar Ruelas Director of Health Promotion, State of Sonora, Secretaria de Salud Publica. Topic: cholesterol	19
FEBRUARY 23 2004	WHPI – Guest speaker, Dr. Lorenzo Arias Universidad Iberoamericana. Topic: well- balanced diets	24
OCTOBER 8 2004	WHPI – Guest speaker, Dr. Monica Martinez, Asociacion de Diabetes Mexicana. Topic: heart disease and diabetes	17
MAY 4 2005	WHPI – Guest Speaker, Dr. Jose Garcia – Gonzalez, Hospital de Socorro. Topic: cerebrovascular disease and stroke	16
SUBTOTAL	4	Participants 76

COOKING DEMONSTRATIONS/COMMUNITY

DATE	LOCATION	NUMBER OF PARTICIPANTS
FEBRUARY 10 04	Nogales Neighborhood Center	33
MARCH 1 04	Nogales Neighborhood Center	19
8 04	Head Start, Nogales,	19
18 04	Food Bank, Nogales	66
31 04	Head Start, Nogales	14
APRIL 14 04	Food Bank, Nogales	100
28 04	Food Bank, Nogales	101
MAY 12 04	Food Bank, Nogales	101
26 04	Food Bank, Nogales	103
JUNE 16 04	Food Bank, Nogales	100
JULY 14 04	Food Bank, Nogales	100
AUGUST 4 04	Food Bank, Nogales	100
OCTOBER 13 04	Food Bank, Nogales	100

DECEMBER 8 04	Food Bank, Nogales	100
JANUARY 18 05	Food Bank, Nogales	100
MARCH 3 05	Food Bank, Nogales	101
APRIL 7 05	Food Bank, Nogales	101
TOTAL	17	Participants 1358

COOKING DEMONSTRATIONS/SUPERMARKETS

DATE	LOCATION	NUMBER OF PARTICIPANTS
FEB 10 04	Safeway, Nogales	54
MARCH 9 04	Safeway, Nogales	73
25 04	Food City, Nogales	100
APRIL 6 04	WalMart, Nogales	76
MAY 11 04	Safeway, Nogales	80
JUNE 22 04	Garrett's Supermarket, Rio Rico	75
AUGUST 3 04	WalMart, Nogales	82
OCTOBER 19 04	WalMart, Nogales	102
NOVEMBER 16 04	Safeway, Nogales	87
JANUARY 17 05	Garrett's Supermarket	46
MARCH 10 05	Garrett's Supermarket, Rio Rico	69
17 05	Food City, Nogales	89
31 05	Garrett's Supermarket, Rio Rico	78
APRIL 22 05	Garrett's Supermarket, Rio Rico	72
MAY 9 05	Food City, Nogales	66
TOTAL	15	Participants 1149

SUPERMARKET TRIPS/CHOOSING HEALTHY FOOD SKILL BUILDING

DATE	LOCATION	NUMBER OF PARTICIPANTS
FEBRUARY 11,12, 17,18, 19, 24, 25 04	Safeway, Food City, Garrett's IGA, Veteran's Market	13
SEPTEMBER 24, OCTOBER 1, 5, 13, 19, 20, 26, 27 04	Safeway, Food City, Garrett's IGA	16
SUBTOTAL	14	Participants 29
TOTAL		Participants 3753