**Definition of Healthy Transitions**

**HIFIVE** investigators define healthy transitions as the following:

1. Retention of health promoting behaviors and attitudes indigenous to culture of origin.
2. Adoption of health promoting and avoidance of health damaging behaviors and attitudes that are prominent within the broader U.S. culture.

**Phases of Project**

1. Phase 1 included analyses of SHAPE 2006 Adult and Child Survey data to determine, in adults, the prevalence of and ethnic differences in self-reported CVD risk factors, mental health, health care access, healthy lifestyles and behaviors, community and neighborhood connectedness, and discrimination; and to determine, in children, the prevalence of and ethnic differences in parent/caretaker-reported mental health, health care access, healthy lifestyles and behaviors, and parental/family involvement.

2. Phase 2 included conducting focus groups within the Somali, Hmong, and Latino communities to seek input from community members regarding their perceptions and knowledge of psychosocial and socio-environmental risk and resiliency factors believed to be important for health, especially CVD and diabetes risk, within their communities.

**Currently, NIH funding is being sought for:**

3. Phase 3, which will utilize a Community Based Participatory Research (CBPR) approach to develop and pilot test a community survey to evaluate important cultural, psychosocial, and behavioral resiliency and risk factors that contribute to healthy transitions among Somali, Hmong and Latino residents of the Twin Cities.