

STEPS



OUTH TEXAS EARLY PREVENTION STUDIES
STEPS SNAP-ED

Kindergarten



Newsletter

Vol. 2 Issue 4
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Have Yourself a
very...

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Merry
"Bienestar"

Christmas

From UTRGV STEPS

Bienestar = Well-being



According to the Oxford Learner's dictionaries, well-being is defined as General health and happiness.



Bienestar... the curriculum



THE SOCIAL
& HEALTH
RESEARCH CENTER

*SAHRC titled their
school coordinated
health curriculum
"Bienestar"*



SCHOOL HEALTH

SAHRC operates the Bienestar/Neema pre-kindergarten through 8th grade coordinated school health programs and the BuenaVida Healthy Lifestyle Advocacy program in primary care clinics. The Bienestar/Neema school health program components consist of structured curriculums aimed at the four environments that influence children's health behaviors—home, classroom, gym, and school food service.



*the Bienestar school health
program is:*

- TEXAS EDUCATION AGENCY (TEA) APPROVED
- RECOGNIZED AS PROVEN EFFECTIVE BY THE NATIONAL CANCER INSTITUTE AND THE AGENCY FOR HEALTHCARE RESEARCH AND QUALITY
- THE ONLY BILINGUAL COORDINATED SCHOOL PROGRAM

NEW

*Bienestar
Virtual
school
health
education*

*The UTRGV STEPS project implements
the Bienestar School Health Program in
selected Rio Grande Valley ISDs.*



*Students learn about Health while having
FUN with Ramiro and his friends.*



Test your Bienestar

How well are you doing with health behaviors?

Answer these questions. Each question receives a score. Total your score to find your Bienestar results.

Disclaimer: this is for general information purposes only, and does not pertain to be used in place of a medical diagnosis. Please contact a medical professional for further evaluation.

1 **How often do you eat any kind of fruits?**

- ☐ Never or almost never
- ☐ some days
- ☐ most days
- ☐ every day

2 **How often do you eat any kind of vegetables?**

- ☐ Never or almost never
- ☐ some days
- ☐ most days
- ☐ every day

3 **How often do you drink water?**

- ☐ Never or almost never
- ☐ some days
- ☐ most days
- ☐ every day

4 **How often do you walk after a meal?**

- ☐ Never or almost never
- ☐ some days
- ☐ most days
- ☐ every day

5 **How often do you sleep at least 8 hours?**

- ☐ Never or almost never
- ☐ some days
- ☐ most days
- ☐ every day

6 **How often do you exercise?**

- ☐ Never or almost never
- ☐ some days
- ☐ most days
- ☐ every day

Answer points:

Never or almost never = 0
some days = 6
most days = 8
every day = 10

Total Points Results

50 to 60 points = Optimal Bienestar
30 to 49 points = Good Bienestar
11 to 29 points = Needs Bienestar improvement
0 to 10 points = Must quickly change to Bienestar healthy behaviors

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