



**Healthy Weight
Research Network**

**Children with
Autism Spectrum Disorder
& Developmental Disabilities**

FREE WEBINAR

Promoting Health and Well-being Among Latino Families of Children with Autism and IDD: A Randomized Controlled Trial (RCT)

Wednesday, January 28, 2026

12:00 - 1:00 PM EST

Latino children with autism and other developmental disabilities (ASD/IDD) face elevated risks of poor health outcomes, largely due to significant structural and cultural barriers to maintaining healthy lifestyles. Furthermore, Latina mothers of children with ASD/IDD also experience elevated risks of poor health. To promote healthier lifestyles and improve health outcomes, a culturally tailored health education program called *PODER Familiar* was implemented with Latino families in Texas and Illinois. Dr. Magaña will present results from the randomized controlled trial (RCT) in this webinar.

Learning Objectives

Attendees will:

1. Be able to describe health challenges of Latino children with IDD and their families
2. Be able to identify components of a culturally tailored health intervention
3. Appraise findings from the RCT study

SPEAKER:

Sandy Magaña, PhD, MSW

Professor in Autism and Neurodevelopmental Disabilities
Steve Hicks School of Social Work, University of Texas at Austin



TO REGISTER:

[https://bit.ly/HWRNWebinar Sandy Magaña](https://bit.ly/HWRNWebinar_Sandy_Magaña)

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