

**Additional file 1: Interview question guide. All questions were approved by a native Spanish speaker for cultural sensitivity.**

### **Fit Families Questions**

#### **To parent:**

Tell me about your son/daughter?

Can you tell me what it has meant to have your children participate in the Fit Families Program?

What have you noticed about your son/daughter?

How has this program impacted the family?

#### **To child or to parent if child is not present**

What might you remember from this program as you grow older?

#### **To Both:**

Is there anything else