Within 2 weeks of signing the consent form:

- Screening I
  - Recruitment & screening in person
  - Understanding of study requirements

Screening II
- Completion of phone interview

Randomization

Intervention Group (16 weeks)
- Watch culturally sensitive DVDs
- Call in peer support group teleconference

Comparison Group (16 weeks)
- Read printed materials

T2 data collection
(Immediately after the 16-week intervention)
- Complete phone interview
- Complete process evaluation
- Get body weight measured (primary outcome)

T3 data collection
(3 months after the 16-week intervention)
- Complete phone interview
- Get body weight measured (primary outcome)