



# Latino Nutrition and Chronic Disease Prevention

USDA Hispanic-Serving Institution Education Grant

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## AWARD INFORMATION

**Project Title:** Latino Nutrition and Chronic Disease Prevention  
Comienzo Sano: Familia Saludable

**Award Number:** 2009-0118

**Award Amount:** \$296,000

**Organizations Involved:** The NCLR/CSULB Center for Latino Community Health, Evaluation, & Leadership Training, the Dietetic Internship at CSULB, and the Long Beach Department of Health Services, Long Beach WIC program.

## PURPOSE

**To establish permanent Latino Nutrition & Chronic Disease Prevention course in CSULB curriculum**

**To prepare faculty and students for careers to support USDA's strategic 'Nutrition and Health' goals for Latino health**

### USDA Needs Areas Addressed

- A. Curricula design, materials development and library resources
- B. Faculty preparation and enhancement for teaching
- C. Student experiential learning
- D. Student recruitment, retention and educational equity
- E. Expanding career opportunities



## OBJECTIVES

Objective 1:	Enhance course offerings at California State University, Long Beach by creating one (1), permanent undergraduate and graduate <i>Latino Nutrition and Chronic Disease Prevention</i> (3) unit course to be cross-listed in the CSULB catalogue for the Family and Consumer Science and Health Science Departments as a 497/597 Special Topics/Directed Studies by Fall 2010.
Objective 2:	Develop and implement one (1), competence based faculty/lecturer training to instruct the proposed <i>Latino Nutrition and Chronic Disease Prevention</i> course for five (5) faculty/lectures by Spring 2010.
Objective 3:	Develop and implement one (1) academic/advisement training for up to (5) junior faculty/lecturers to enhance skills in the areas of culturally-relevant Latino student advisement and academic problems, resources available to students and specific certifications by June 2011. After the training each faculty will be reaching 30-40 students per semester.
Objective 4:	Recruit and hire (4) undergraduate and (2) graduate first generation-educated bilingual bicultural Latino students per year (September 2010/ September 2011) to participate in the <i>Comienzo Sano: Familia Saludable</i> experiential learning internship project and to enroll in the <i>Latino Nutrition and Chronic Disease Prevention</i> course. Two students per year will be selected to attend national conferences, and one (1) additional graduate student will be selected to receive a full scholarship.
Objective 5:	Train the annually selected (4) undergraduate and (2) graduate students to deliver health education to (15) Latina WIC participants each for a total of 180 participants.
Objective 6:	Provide more than (100) high school students information about academic and career opportunities in the nutrition and health sciences through CSULB sponsored events by June 2012.
Objective 7:	Monitor and conduct process and outcome evaluation throughout the duration of the project (July 2009-June 2012), and disseminate findings at Annual Meetings (November 2011) and other national conferences by June 2012.

## ACTIVITIES

PHASE	ACTIVITIES	TIMELINE
Phase One	<ul style="list-style-type: none"> <li>• IRB Preparation</li> <li>• Student Recruitment and Training</li> <li>• Develop Training Format</li> <li>• Create Organizational Structure at University &amp; in Community</li> </ul>	Months 1-4
Phase Two	<ul style="list-style-type: none"> <li>• Curriculum Development</li> <li>• Faculty Recruitment and Training</li> <li>• Formalize Latino Advising and Mentoring Component</li> <li>• Establish Community Outreach</li> </ul>	Months 5-6
Phase Three	<ul style="list-style-type: none"> <li>• Implement Internship Course</li> <li>• Broaden student outreach and advising</li> <li>• Provide nutrition and health education in community</li> <li>• Implement High School Student Orientations</li> </ul>	Months 6-12 Months 12-18
Phase Four	<ul style="list-style-type: none"> <li>• Data analysis and evaluation</li> <li>• Final report submission</li> <li>• Dissemination of project results</li> </ul>	Months 19-24



## BENEFICIARIES

STUDENTS	FACULTY
<b>N = 10 Undergraduates and 2 Graduates</b> <ul style="list-style-type: none"> <li>• Academic Guidance &amp; Mentoring</li> <li>• Com-Based Research Chronic Disease</li> <li>• MI Counseling Techniques</li> <li>• Career Development</li> <li>• Health Education</li> <li>• Case Management</li> </ul> <b>One (1) Full Graduate Scholarship</b> <ul style="list-style-type: none"> <li>• Conference travel</li> <li>• Educational equipment and books</li> <li>• Tuition and fees</li> </ul>	<b>N = 5 Faculty/ Lecturers</b> <ul style="list-style-type: none"> <li>• ≥ 8 hrs. training</li> <li>• Stipend</li> </ul> <b>Training Content</b> <ul style="list-style-type: none"> <li>• Issues facing Latino students</li> <li>• 1<sup>st</sup> generation college challenges</li> <li>• Culturally-relevant advising</li> <li>• Educational resources</li> <li>• Advisement tools</li> <li>• Certificates</li> <li>• Advanced programs</li> <li>• Integrating USDA &amp; HSI resources</li> </ul>
UNIVERSITY	COMMUNITY
<b>New Latino Health Course</b> <b>Trained faculty to teach and mentor Latino Students</b> <b>Strengthened community outreach</b> <b>Experiential learning for students</b>	<b>Improved Latino health</b> <b>New community leaders</b> <b>Strengthened link with University</b> <b>Increased visibility of community based organizations and health facilities</b>

## EXPECTED IMPACT

STUDENTS	LOCAL and BROADER COMMUNITY
Students will acquire and disseminate health promotion and chronic disease prevention information.	Increased knowledge of health risks for chronic disease focusing on WIC recipients; risk reduction.
Students will gain knowledge in health and nutrition factors to prevent chronic disease in communities.	Visibility of community programs and staff in University coursework and potential replication by local, state, national organizations to be accessible on the NCLR/CSULB website.
Students will engage in career development opportunities such as mentorship, presentations and conferences.	Increased awareness of other Hispanic Institutions about Best Practices in Long Beach and at CSULB in conjunction with USDA goals and funding.

