

Healthy Eating and Active Living: What Would a CHW Say?

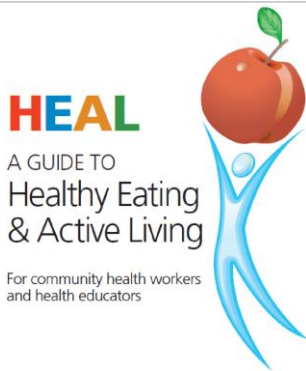
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Presenters' Disclosures

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No relationships to disclose



What is HEAL?

- HEAL is a 30-hour training about healthy eating and physical activity for CHWs and health educators
- To impact obesity, diabetes and CVD, especially among African Americans and Latinos.



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How did HEAL develop?

CDC grant to MLHRTPC
CEED@Chicago goal:

- Reduce diabetes and CVD among Latinos and African Americans.

CEED@Chicago Coalition said:

- Increase health literacy about healthy eating and physical activity
- at the community level
- through peer education.

Health Literacy/Community Health Worker Committee:

- Develop curriculum for CHWs on healthy eating & active living
- To use in the community.

Over 2 years, CEED@Chicago

- Held 4 CHW focus groups
- Site visits with CHWs and their supervisors
- Two CHW pilot tests – 1 led by a CHW
- Reviewed by HL/CHW Committee.

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HEAL is Unique



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- Combines healthy eating and physical activity.
- About and for CHWs; reflects their voices.
- Improves teaching skills & content knowledge.
- Acknowledges that change is difficult.
- Addresses social issues as sources of chronic diseases.

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HEAL Units

- Introduction – How to use HEAL
- Teaching and Learning
- Family Food Traditions
- Basic Nutrition 1 - Plates and Portions
- Shopping for Me and My Family
- Physical Activity: Fitness 101
- Basic Nutrition 2 – Playing Food Detective
- Computer Workshop
- Physical Activity Across the Life Cycle
- Preventing Diabetes and Heart Disease
- Reducing Stress
- Evaluation Appendix

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How Adults Learn

- Self-motivated
- Build on what they already know
- Want respect for their life experiences
- Learn in different ways
- Learn by doing
- Ready to take action and make decisions about their lives

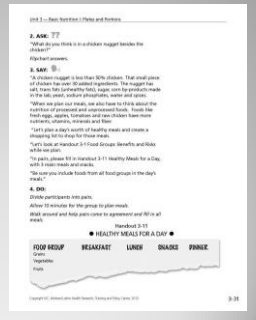


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Curriculum Format

- Pick and choose units & activities
- Scripted as a guide
- Adapt as needed



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Ways to Teach

HEAL's Basic Teaching Strategies

- Group discussions
- Record and communicate group discussions
- Providing information to participants

More techniques

- Modeling
- Demonstration
- Videos and pictures
- Case studies
- Drawing, mapping problems & solutions
- Role plays
- Games
- Hands-on practice

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Link 4 - Shopping for Me and My Family

Corner Stores and School Lunches

- You will learn to**
- share food store problems in my neighborhood.
 - identify some solutions to those problems.
 - share experiences with school lunches.
 - identify ways to improve school lunches.

Time: 20 minutes

Materials & Supplies:
None

Teaching Methods:
Whole group discussion
Reflection

1. DO:
Ask for volunteers to read the **CHW Speak Out** questions. You can pass around this page.
Ask if any of the questions remind them of any of their experiences.

Problems About Food in My Neighborhood
"That's how it is in Roseland. They have a lot of corner stores, but a lot of corner stores don't have what people need. You have to travel further to the suburbs of the neighborhood where the need is to get the fresh foods, but there's a million of those corner stores." (Community health worker)
"When you go in there [corner] about the apples are dented and the bananas are bruised. Your next option is the local restaurant and everything... is breaded and unhealthy!" (Community health worker)

Activity 3

CHW Speak Out



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Small group problem solving

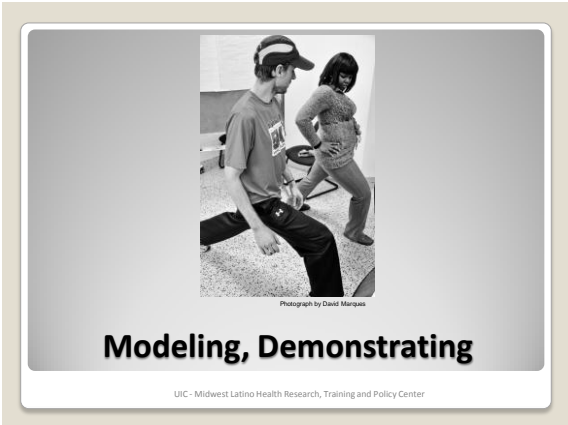
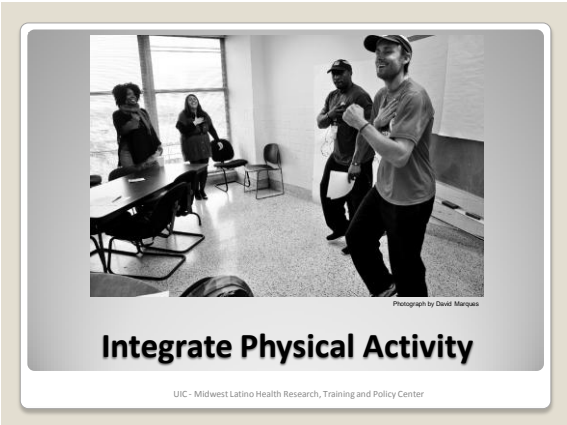
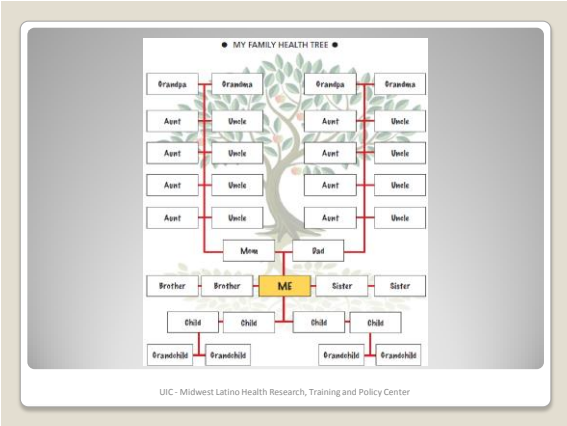
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Body mapping of stress symptoms

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Co-Teaching: A Critical Activity

- Core activity in Teaching and Learning
- CHWs' opportunity to:
 - Learn about and evaluate their teaching skills.
 - Practice a familiar or new activity.
 - Collaborate with another CHW.

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Why I became involved in HEAL

- It valued my experiences
- Allowed my voice to be heard
- Good opportunity and experience to develop a program that would help me to aid my clients.

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- HEAL meets people where they are...



Photograph by Puerto Rican Cultural Center/Eliac Carrasco

Because of the involvement of CHWs

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- HEAL uses everyday language...



Photograph by David Marques

Because of the involvement of CHWs

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- HEAL doesn't ask people to leave their everyday world to get healthier...



Photograph courtesy of GoLife, Exercise and Physical Activity, National Institute on Aging

Because of the involvement of CHWs

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- HEAL speaks to different cultures and economic groups...



Photograph by David Marques

Because of the involvement of CHWs

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- HEAL is adjustable...



Photograph by David Marques

Because of the involvement of CHWs

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Because of the involvement of CHWs...

- HEAL helps clients with planning



Photograph by the Daily Herald/Mark Walsh

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- HEAL helps clients take action...



Photograph courtesy of Maria & Maria Family Resource Center

Because of the involvement of CHWs

Because of the involvement of CHWs...

- HEAL meets people where they are
- HEAL uses everyday language
- HEAL reaches different cultures
- HEAL is adjustable
- HEAL helps clients make plans
- HEAL helps clients take action

- Stand up!
- Think of a favorite healthy food
- Why you like it
- Call and response: 1 calls out & everyone repeats
- All the while following the clapping rhythm.
- FOLLOW OUR EXAMPLE!!



Photograph by David Marques

Healthy Food Chant

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Thank you!