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

Lorraine Hitchcock
Chicago Family Health Center

Sheila R. Castillo, MUPP
Marsha Love, MA, MA
University of Illinois at Chicago

Presenters’ Disclosures

Sheila Castillo
Lorraine Hitchcock
Marsha Love
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.

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.

Authors

• Suzanne Davenport, MAT, MA, Ed.D, Midwest Latino Health Research, Training and Policy Center (MLHRTPC), UIC
• Marsha Love, MA, MA, UIC School of Public Health
• Sheila R. Castillo, MUPP, MLHRTPC, UIC
• Natalie Meza, BA, MLHRTPC UIC
• Brian Gannon, MA, Lawndale Christian Health Center
• Jamie Wise, LDN, RD, American Overseas Dietetic Association
• Jessica Gadomski, MS, RD, LDN, University of Illinois Extension, Family and Consumer Sciences (SNAPP-Ed)
HEAL is Unique

- 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.

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
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

Curriculum Format

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

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

Small group problem solving

Body mapping of stress symptoms
Integrate Physical Activity

Modeling, Demonstrating

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.

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.
Because of the involvement of CHWs:

- HEAL meets people where they are...
- HEAL uses everyday language...
- HEAL doesn’t ask people to leave their everyday world to get healthier...
- HEAL speaks to different cultures and economic groups...
- HEAL is adjustable...
- HEAL helps clients with planning...
Because of the involvement of CHWs...

- HEAL helps clients take action...
- 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

Healthy Food Chant

- 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!!

Thank you!

Sheila R. Castillo
312-413-0507 and srcastil@uic.edu

Lorraine Hitchcock
773-768-5000 x1617 and lhitchcock@chicagofamilyhealth.org

Marsha Love
312-996-9568 and lovem@uic.edu