



Advancing Nutrition Education and Obesity Prevention Strategies through the Peer to Peer Model

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NEOP PROGRAM

NEOP (Nutrition Education and Obesity Prevention) aims to increase consumption of fruits and vegetables, and increase daily physical activity in low-income communities

Peer to Peer Funded Partners

- **Social Justice Learning Institute**
- **Lawndale Elementary School District**
- **St. Francis Medical Center**
- **Sustainable Economic Enterprises of LA**
- **Esperanza Community Housing Corporation**



THE PEER TO PEER MODEL



- Who are peer educators and what is their role?
- What are the advantages of the peer to peer model?

PEER EDUCATOR TRAINING

- Training Techniques
 - Content training, modeling teaching tools, class observations and feedback – administered by project coordinators
 - 6 week peer educator training series facilitated by Vision y Compromiso
- Comprehensive Training Enhances
 - Delivery style and teaching practices
 - Community engagement skills
 - Fidelity to specified content



- Training techniques are transferable across content areas

DIRECT EDUCATION



- **Settings**
 - Community Centers
 - Schools
 - Church Sites
 - Farmers' Markets
 - Gardens
 - Affordable Housing Sites
- **Education as a platform for engagement**

POILCY, SYSTEMS AND ENVIRONMENTAL CHANGE (PSE)

- Farmers' Markets
- Edible Gardens
- Farm to Fork
- Healthy Restaurants
- Healthy Vending
- Organizational Healthy Food and Beverage Policies



PSE IMPLEMENTATION: STRATEGIC APPROACH

**Needs
Assessment**

**Community
Mobilization**

**Stakeholder
Engagement**

**PSE
Implementation**

**Sustainability and
Maintenance**

SNAPSHOT OF SUCCESSES

- Nearly 1,200 classes delivered, reaching over 13,000 community members since January 2014
- Positive behavior change demonstrated by impact/outcome evaluation – approximately $\frac{1}{2}$ cup and $\frac{1}{4}$ cup increase in daily fruit and vegetable consumption respectively
- Glassell Park Farmers' Market installation
- 17 newly installed or restored edible gardens
- Local produce procurement project implemented districtwide for the LESD Harvest of the Month Program
- One full market makeover



RECOMMENDATIONS FOR IMPLEMENTATION

Education and PSEs

- **Select culturally relevant and engaging curricula**
- **Dedicate time to training and providing ongoing guidance to educators**
- **Identify PSEs based on community input**
- **Utilize classes as an opportunity to understand community need and mobilize residents**
- **Implement evidence-based PSEs using a strategic approach**

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