



Nutrition Services S.F. Department of Public Health



Feeling Good Project

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<http://www.sfdph.org/dph/comupg/oprograms/NutritionSvcs/FeelingGood/default.asp>



The Feeling Good Project is funded by the California Department of Public Health, the *Network for a Healthy California* whose mission is to create innovative partnerships so that SNAP-Education Obesity Prevention Californians are empowered and enabled to select healthy foods and beverages and increase physical activity through nutrition education, social marketing and environmental supports. We are part of the Nutrition Services Program of the San Francisco Department of Public Health.

To achieve this we:

- Develop and provide English and Spanish nutrition education classes to community partners
- Develop and provide multilingual (English, Spanish and Chinese) nutrition education materials
- Support local cultural and community events to promote healthy eating and physical activity
- Provide training and technical assistance on nutrition and physical activity promotion to our community partners and the San Francisco Department of Public Health
- Work with media partners to create awareness of our activities and promote healthy eating and physical activity
- Collaborate with parents, SFUSD staff and students to increase nutrition education and physical activity opportunities and social marketing strategies to increase access to healthy foods and beverages in SF schools and afterschool programs.
- Participate in the Bay Area Nutrition and Physical Activity Collaborative to build capacity and strengthen networking between like-minded agencies and organizations to promote nutrition and physical activity as a way to promote health in schools and underserved communities
- Carry out Community Assessments and engage with Community Partners to share findings and to develop and implement interventions with environmental supports.
- Carry out nutrition education activities in support of local and Regional Rethink Your Drink healthy beverage efforts and promote and support environmental change that enhances these efforts.
- Recruit and train SNAP-Education eligible community members to provide nutrition education/obesity prevention classes promoting food security, as well as individual, family and organizational changes.

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP-Education, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net. To contact your local San Francisco CalFresh Program, call (415) 558-1001.

Mission Latino Family Partnership (MLFP)

A Project of the Feeling Good Project, Nutrition Services, SF DPH

- Began in the fall of 2001 when members were recruited for a community partnership to conduct formative research in the Latino Community of SF's Mission District.
- Our goal was to develop a Community Based Social Marketing Plan to address how to promote healthy eating and physical activity to impact the incidence of chronic disease, with a focus on Diabetes.
- Our members for this process included staff from: (in alphabetical order)
 - *Network for a Healthy California in San Francisco (Feeling Good Project)*
 - *Boys and Girls Clubs of San Francisco*
 - *Child Health and Disability Prevention Program*
 - *Children's Council of San Francisco*
 - *Cooperative Extension EFNEP/FSNEP Program*
 - *Child Obesity Prevention Project (Eat Well Live Better Program)*
 - *Mission Girls*
 - *Mission Neighborhood Health Center (MNHC)*
 - *Project LEAN in San Francisco*
 - *San Francisco WIC Program*
- Over the next 1 and ½ years MLFP did participant interviews with recently immigrated Latino mothers and youth (55), Provider Interviews (44), and five focus groups with both Latino parents and youth.
- Subsequent to this we did another 54 interviews with Latino families to identify the interventions they desired to improve the nutritional well being of their families and/or clients.
- The primary intervention chosen was cooking classes. We decided to develop a train-the-trainer Healthy Cooking Curriculum, focusing on the use of Fruits and Vegetables to build capacity in Mission district organizations and agencies to teach these skills to their clients.
- We have adapted a curriculum developed by San Diego Project LEAN and San Diego Nutrition Network called "Healthy Cooking" or "Cocinando Saludable" as a point of departure to implement the train-the-trainer cooking classes.
- We held six English language 4-5 class session series trainings for our members and youth workers from Mission Girls, Boys and Girls Club of SF, and CARECEN and three Spanish language 4-5 class session series trainings for peer health educators from Good Samaritan, Las Primerizas, (a health education and support group for young mothers served by the MNHC), Even Start, HIPPY, and CARECEN.
- We provide technical and material support to the Cook Well, Live Better trainees as they implement these classes in their agencies and communities. This includes nutrition education handouts, and nutrition education reinforcement items such as aprons and kitchen timers.
- The practical experience of the trainees (now trainers) in using the curriculum has been applied to the format and content of the final curriculum.
- We finalized the Curriculum called "Cook Well, Live Better" or "Cocine Bien, Viva Mejor" in the summer of 2008. It can be downloaded from:
http://www.barnn.org/d_network_projects.htm#Cook_Well-Live_Better

For more information on MLFP, please call us at (415) 575-5689 or visit our website at:

<http://www.sfdph.org/dph/comupg/oprograms/NutritionSvc/FeelingGood/default.asp>

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