

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 included staff from: (in alphabetical order)
 - *California Nutrition Network in San Francisco (Feeling Good Project)*
 - *Childcare Nursing Program*
 - *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 Centers*
 - *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 desired by them 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 are using 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 trainer-the-trainer cooking classes.
- To date we have held an English language 4 class session series training our members and youth workers from Mission Girls and Boys and Girls Club of SF and a Spanish language 4 class session series training peer health educators from Good Samaritan and Las Primerizas, (a health education and support group for young mothers served by the MNHC).
- 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 measuring spoons, measuring cups, cookbooks and recipe brochures.
- The practical experience of the trainees (now trainers) in using the curriculum will be applied to the format and content of the final curriculum.
- We anticipate repeating the classes with two more groups in each language before finalizing the Curriculum called "Cook Well, Live Better" or "Cocine Bien, Viva Mejor" in the Spring of 2005.

For more information on the MLFP please call (415) 575-5689