

County of Los Angeles Public Health, Nutrition and Physical Activity Program
Division of Chronic Disease & Injury Prevention



Promotora/es Nutrition Education Training Program Description

Who are the promotora/es? They are Lay health advisors who work in a community setting to promote healthy lifestyles; they can work one-on-one or in a group and be either paid or volunteer.

The Goal of this program is to combine community resources to train promotora/es and qualify them to deliver nutrition education to the community.

The duration of this program is 12 sessions; each session is 1 ½ to 2 hours in length. The Promotora/es are required to fully participate in the program by attending all 12 sessions in order to receive a certificate of graduation. **Missing more than one session will disqualify them from the program.**

What to expect from this training? The promotora/es will receive nutrition education classes during the first 11 sessions and will present to their class mates during the last session. Promotora/es will present in teams of 2-3 assigned by their instructor.

Graduation and potluck celebration will take place on the last session. All promotora/es who attended no less than 11 sessions will receive a certificate of graduation from the program.

Educating the community: Upon receiving the certificate of graduation, Promotora/es will be qualified to provide nutrition education to the community. When educating the community, it is very important for promotora/es to **only** use the content provided to them throughout the training. The Nutrition program will provide technical assistance to promotora/es if and when needed.

If you are interested in more information about the promotora/es training program, please contact:

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