

City of Duarte- Web Summary
Caregivers Championing for *Change* 2009

Deemed the “City of Health,” the City of Duarte has had a persevering goal of providing the community of Duarte with opportunities to live a healthy and successful life. In the past, the city has partnered and collaborated with many other organizations to fulfill this goal. In 2001, the City of Duarte initiated a Healthy Choice program to address the needs of the city and to provide nutrition education and physical fitness opportunities to low-income children and their families in the Duarte area. With funding from the *Network for a Healthy California*, the city has been able to provide nutrition education after-school, healthy cooking classes, and health camps at low or no cost. As a recipient of this year’s mini-grant, the City of Duarte has continued its commitment to health by providing a free resource to the community.

In collaboration with the City of Hope, the City of Duarte created a five-week course called Caregivers Championing for *Change*. The goal of the program is to raise awareness, increase already existing knowledge regarding health and physical activity, and to inspire change within the community to live a healthier *lifestyle*. Although Duarte is diverse in culture, the majority of low-income households in the city are Latino/a. The Caregivers Championing for *Change* course was conducted in English and Spanish to reflect our low-income target audience. Working together, the City of Duarte and the City of Hope put together each week’s session to include a food demonstration and taste test, lesson on a health topic, and physical activity. A recognized leader in fighting cancer and other catastrophic diseases, the City of Hope has access to numerous resources in the field of health and the City of Duarte has access to various physical activity demonstrations through the Parks and Recreation Department.

After attending the course, the hope is that the City of Duarte and City of Hope have fulfilled a shared goal and instilled some important lifestyle modifications in the participants that they will carry with them for generations to come.