

EAT HEALTHY, LIVE HEALTHY

Eat Healthy, Live Healthy is a Northeast Valley Health Corporation (NEVHC) health education program targeting two different groups of low income Hispanic patients being served at our San Fernando and Pacoima Health Centers. The goal of this project is to reduce the prevalence of obesity and its associated health risks in low income Hispanic patients in particular children, through the provision of nutrition education, exercise and behavior change activities.

The Nutrition, Physical Activity Promotion, and Behavior Change Series will provide a comprehensive educational approach to prevent obesity and to promote weight reduction and healthier lifestyles among families with obese children. The program will also incorporate principles of healthy eating into a fun and interactive educational series. Each class will combine an appropriate nutritional topic with exercise activities and hands on nutrition tips. Cooking demonstrations will be incorporated into the classes as well as low-fat kid friendly healthy recipes. The following topics will be presented during the series: Rethink Your Drink, Fast Foods, Healthy Cooking, Healthy Portions Sizes, Making Mealtimes Matter, Five A Day, and Exercise. Eat Healthy, Live Healthy is funded by the Network for a Healthy California, Los Angeles Region. For more information, please contact NEVHC: Maria Guerrero 818-898-1388 x50159; MariaGuerrero@nevhc.org.