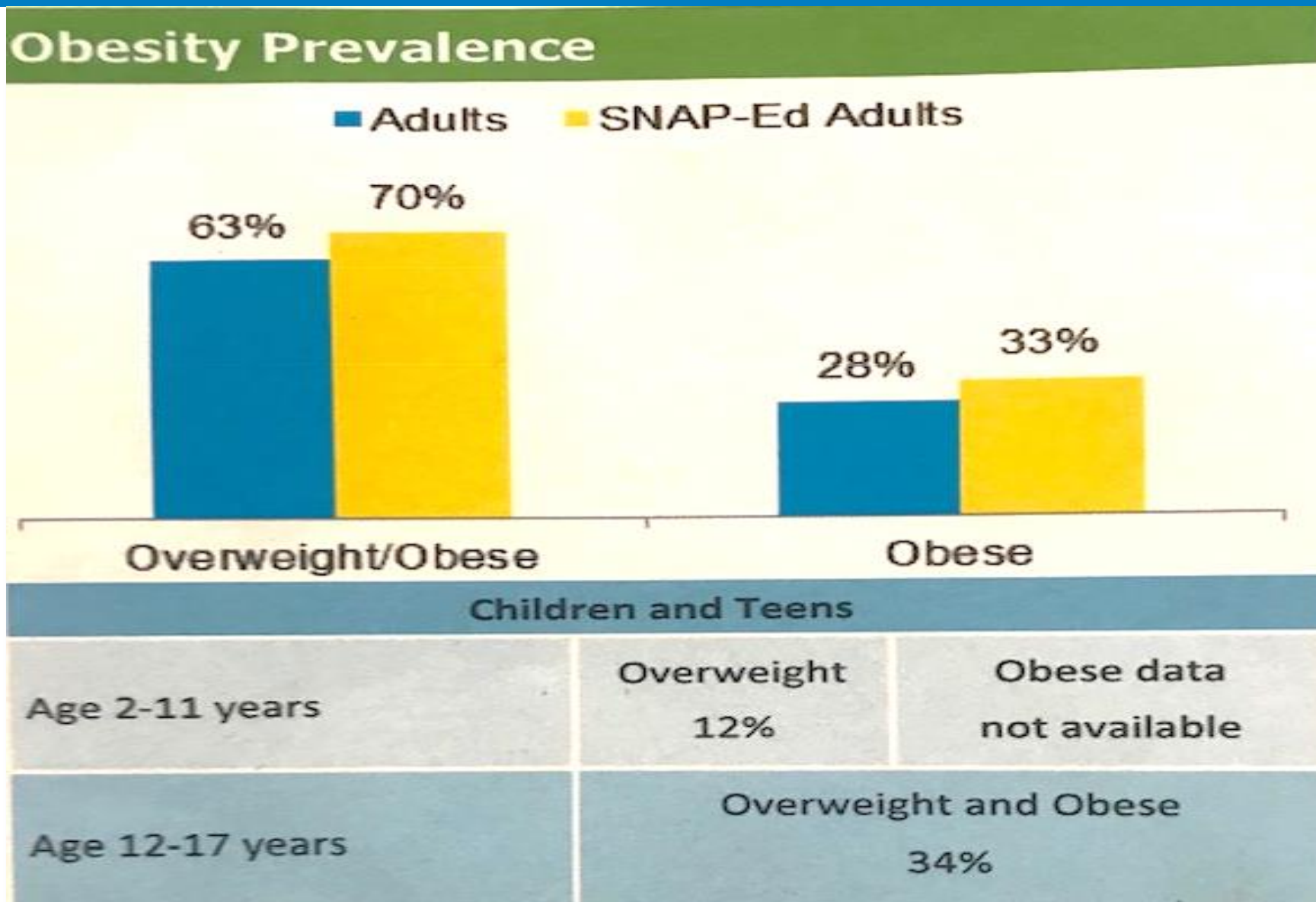




California SNAP-Ed Works

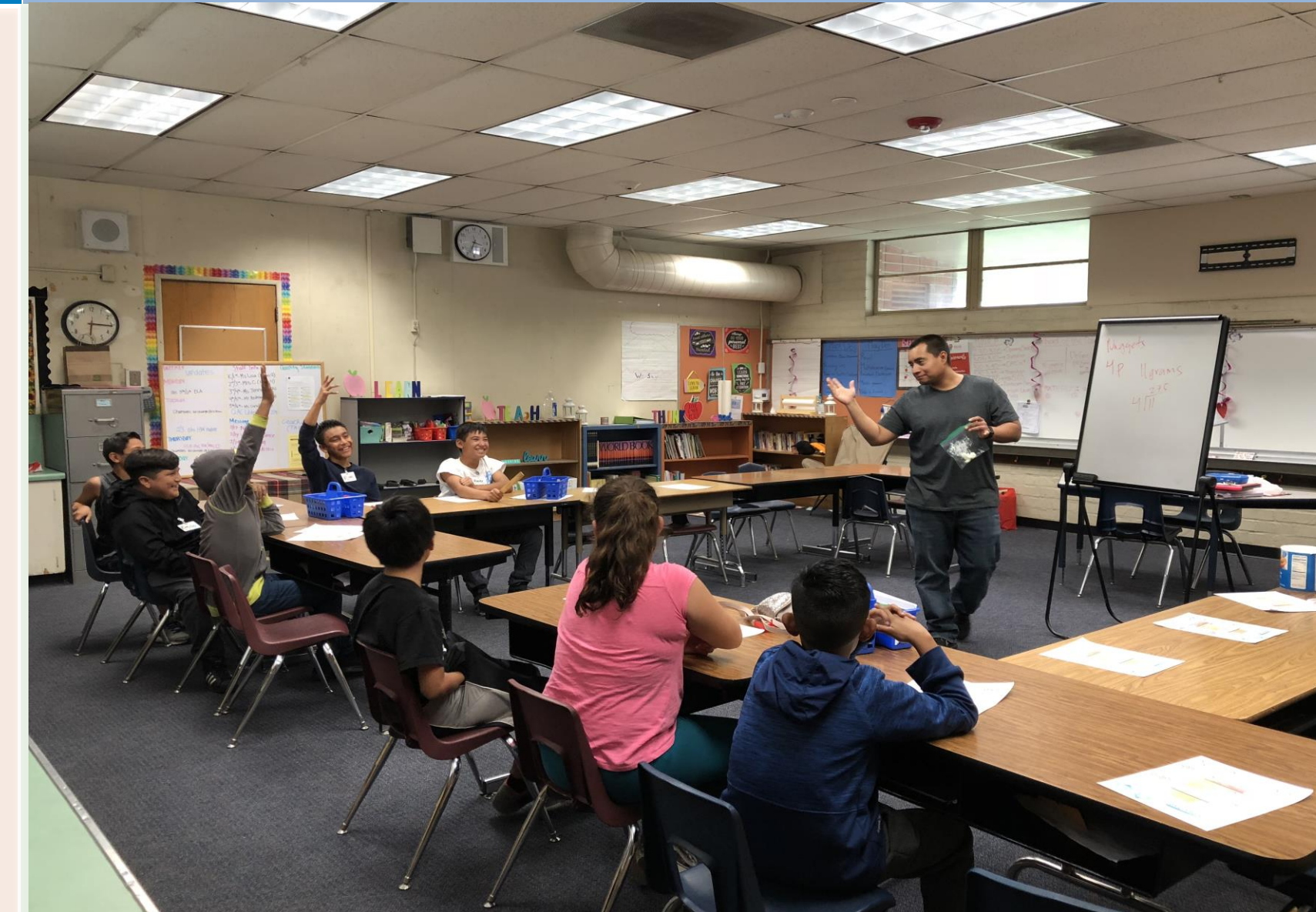
Who is The Truth? The Youth: The Next Generation of Health Advocates

The Need



In Los Angeles County, 34% of youth between the ages of 12-17 years are overweight and obese. Additionally, only 22% of youth (12-17) are consuming five or more servings of fruits and vegetables per day.

The Work



The Los Angeles County Department of Public Health and SNAP-Ed funded partner The Whole Child are collaborating with six middle schools across Service Planning Area 7 to provide nutrition education and obesity prevention services. The Whole Child staff teaches students about starting as champions (advocates) to become champions (winners). As a result, advocating for something one feels strongly about, to bring about change, will lead to progress in the future.

The Impact

Los Nietos Middle School Principal, Shannon Brann Zelaya, declared that students are teaching parents how to read nutrition labels after participating in the Champions for Change Nutrition Education workshops. Not only do students learn about healthy eating, but they also learn about public health careers, and health advocacy by encouraging their peers to make healthier choices at school.



The Future

Many students have expressed an interest in pursuing a career in Public Health when they attend college. "I can't wait to go to college and start teaching people about MyPlate," expressed a student from Rivera Middle School. The Whole Child plans to continue their public health efforts beyond funding.



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The mission of the California Supplemental Nutrition Assistance Program Education (SNAP-Ed) is to inspire and empower underserved Californians by promoting awareness, education and community change through diverse partnerships to result in healthy eating and active living.

California SNAP-Ed is administered by the California Department of Social Services in partnership with the California Department of Public Health, UC CalFresh Nutrition Education Program the California Department of Aging, and Catholic Charities of California, Inc. *Funded by USDA SNAP-Ed, an equal opportunity provider and employer.