

PROJECT INTRODUCTION

Salud Con-Ciencia (SCC) is a part of CSU Spur Health Education & Lifelong Food Solutions (SHELFS) program in the Ryan Lab. The aim of SCC is to engage members of the Globeville, Elyria, and Swansea (GES) neighborhoods in activities which support chronic disease prevention and management.

Some of the activities of SCC and SHELFS include bi-monthly cooking workshops, physical activity promotion, and nutrition education centering fiber (especially in the form of rice bran and navy bean powder) for chronic disease prevention.

A community readiness assessment is also being conducted to assess community readiness for preventing and managing chronic conditions in the GES community – this will help guide future studies and efforts to make sure they meet the community's needs!

Table 1. *Cooking Workshop Events*

Workshop Title	Description	Attendees
Healthy Plates: Enchiladas Verdes	Chicken enchiladas with fiber added through rice bran in the sauce	24
Sweet Swaps: Carrot Cake	Carrot cake made healthier with rice bran & navy bean flour blend, as well as Greek yogurt and dates as a sugar replacement	13
Healthy Plates: Ceviche	Fish and vegetables with quinoa added for fiber	13
Sweet Swaps: Brownies	Brownies made healthier by using a rice bran & navy bean flour blend to add fiber & protein	6

INTERNSHIP GOALS

1. Assist with conducting a community readiness assessment
2. Gain experience with community engagement
3. Assist with the Cooking Workshop programs
4. Learn about grant writing

HOW DOES THIS APPLY TO YOUR EDUCATION

As an MPH student with a concentration in Nutrition, having experience in community engagement is useful: community nutrition is one path that I could follow with my degree and now I know what that might look like. I also developed other research skills and gained insight into the IRB approval process and what it is like to follow a protocol. Grant writing experience is also a useful skill in public health!

WHAT YOU DID

One of my primary responsibilities was to assist with a community readiness assessment, which followed the Community Readiness Model (CRM) developed by the Tri-Ethnic Center at CSU. My primary role in this project was scoring interviews from community representatives, but I am also helping analyze the data and report on findings.

Another one of my main focuses was helping run SCC Cooking Workshops. I helped develop the summer series of these classes; including piloting healthy baking workshops. At these workshops, I presented nutrition education about fiber for chronic disease prevention and assisted with cooking demonstrations/guiding participants with following the recipe. I also developed surveys to evaluate the impacts of these workshops.

In addition, I conducted community outreach at the Farmers Market/Huerta Urbana at Focus Points Resource Center and at a Second Saturday at CSU Spur. At each of these events, I educated the public about SHELFS and SCC, as well as discussed the health benefits of rice bran and eating fiber in general.

I also got to assist with NIFA grant feedback review as well as lead a proposal for a Community Engaged Learning (CEL) Mini-Grant



Figure 1. A photo from a Cooking Workshop

WHAT YOU LEARNED

Community engagement is complicated! There is a lot of planning and flexibility required. It is hard to know what to expect.

I learned a lot about the CRM and how it works. It was evident that GES community members were concerned about their health and how their neighborhood environment affects it. While knowledge can be a barrier to health, it is certainly not the only one.

Grant writing has many stages and there is a lot of thought and work put into a project before even knowing if it will get funding. There are very specific requirements to meet and writing skills play a large role in a successful proposal.

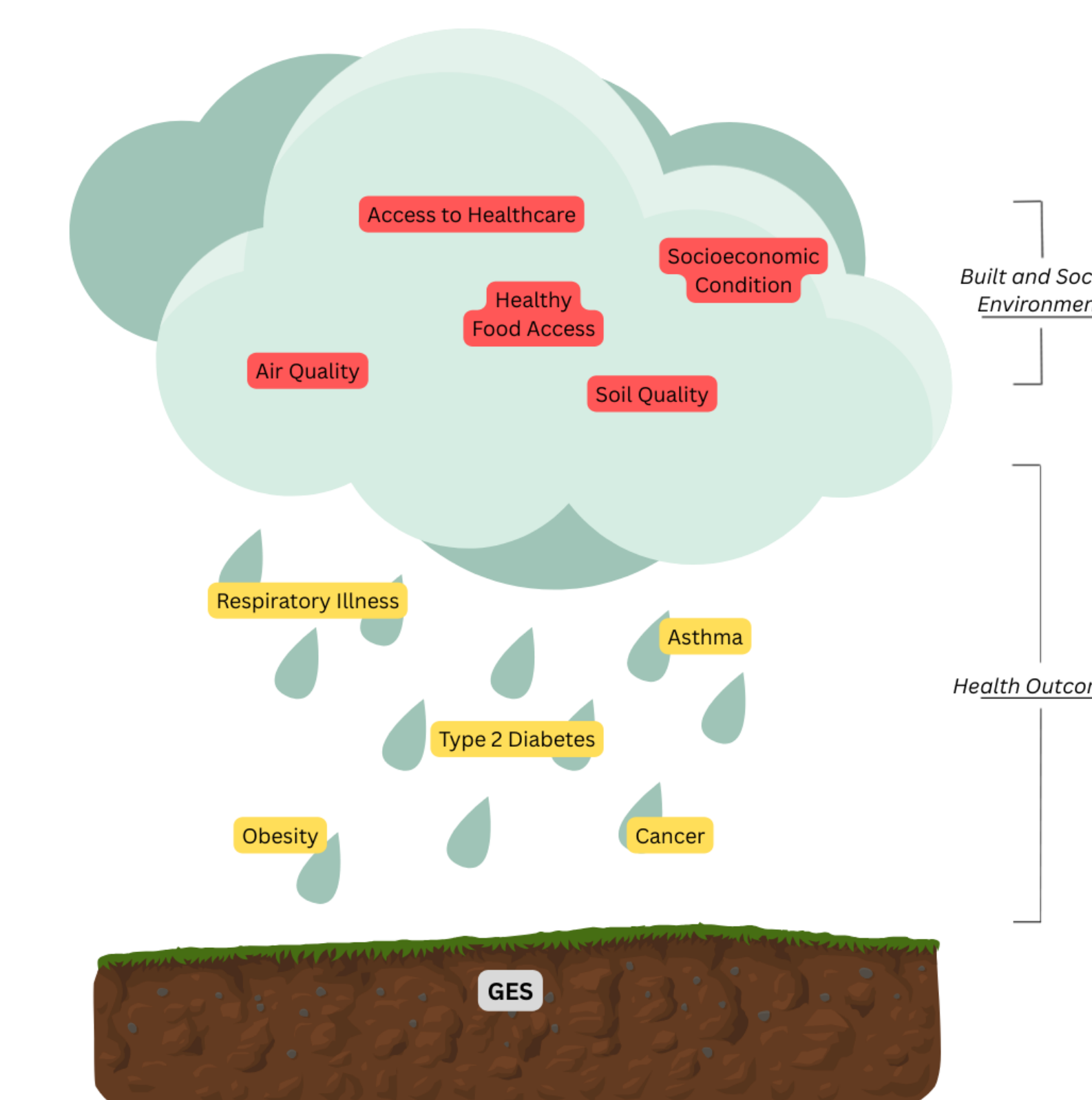


Figure 2. *Environmental influences on health*

NEXT STEPS

For SCC, the next step will be to move towards more community ownership of events/programs. The CRM assessment will help guide this transition and provide insight for future programs and studies that can be conducted in the community!

I will be continuing work on the CRM analysis and would like to stay involved in future programming and research with Dr. Ryan, too.