

Annual Report

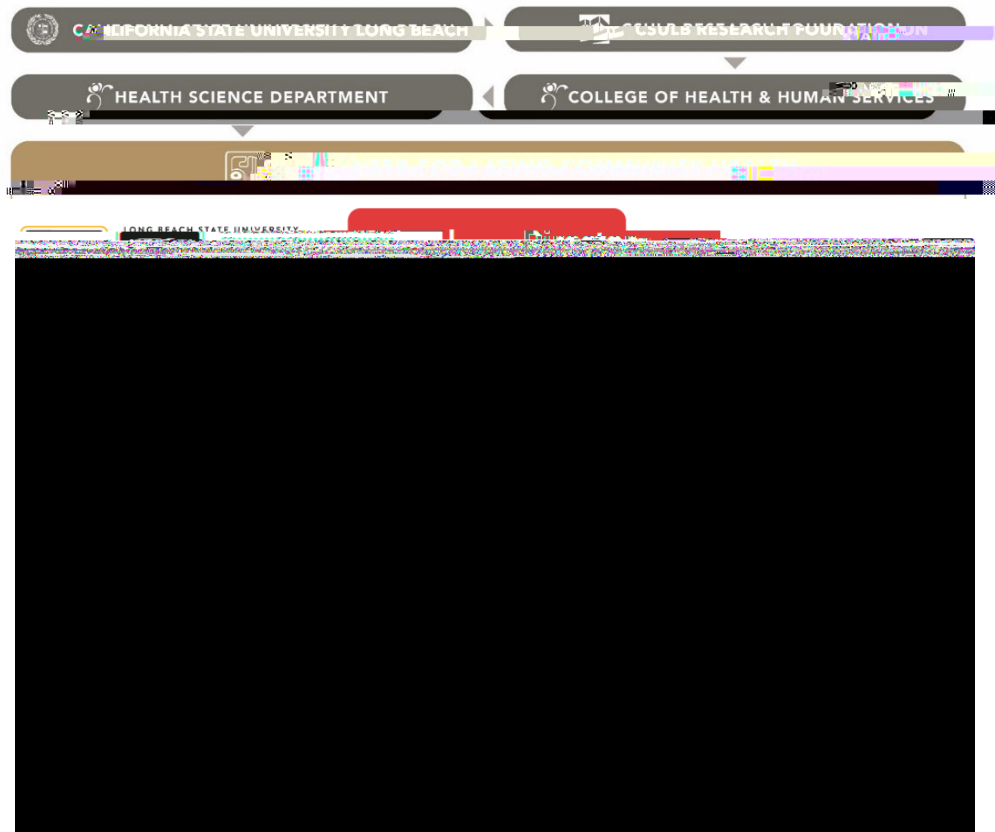


LONG BEACH STATE UNIVERSITY
CENTER FOR COMMUNITY HEALTH
EVALUATION & LEADERSHIP TRAINING

2021-2022



Organizational Chart



Meet our Team

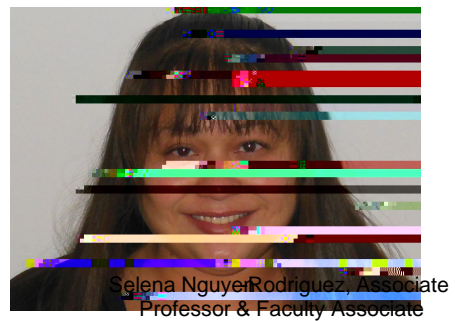
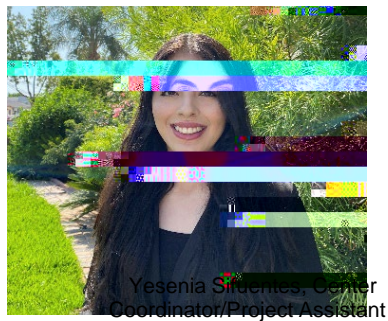
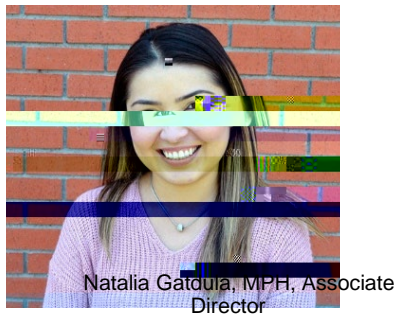
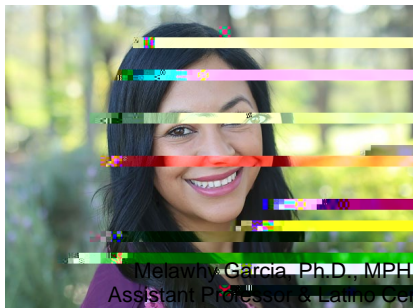
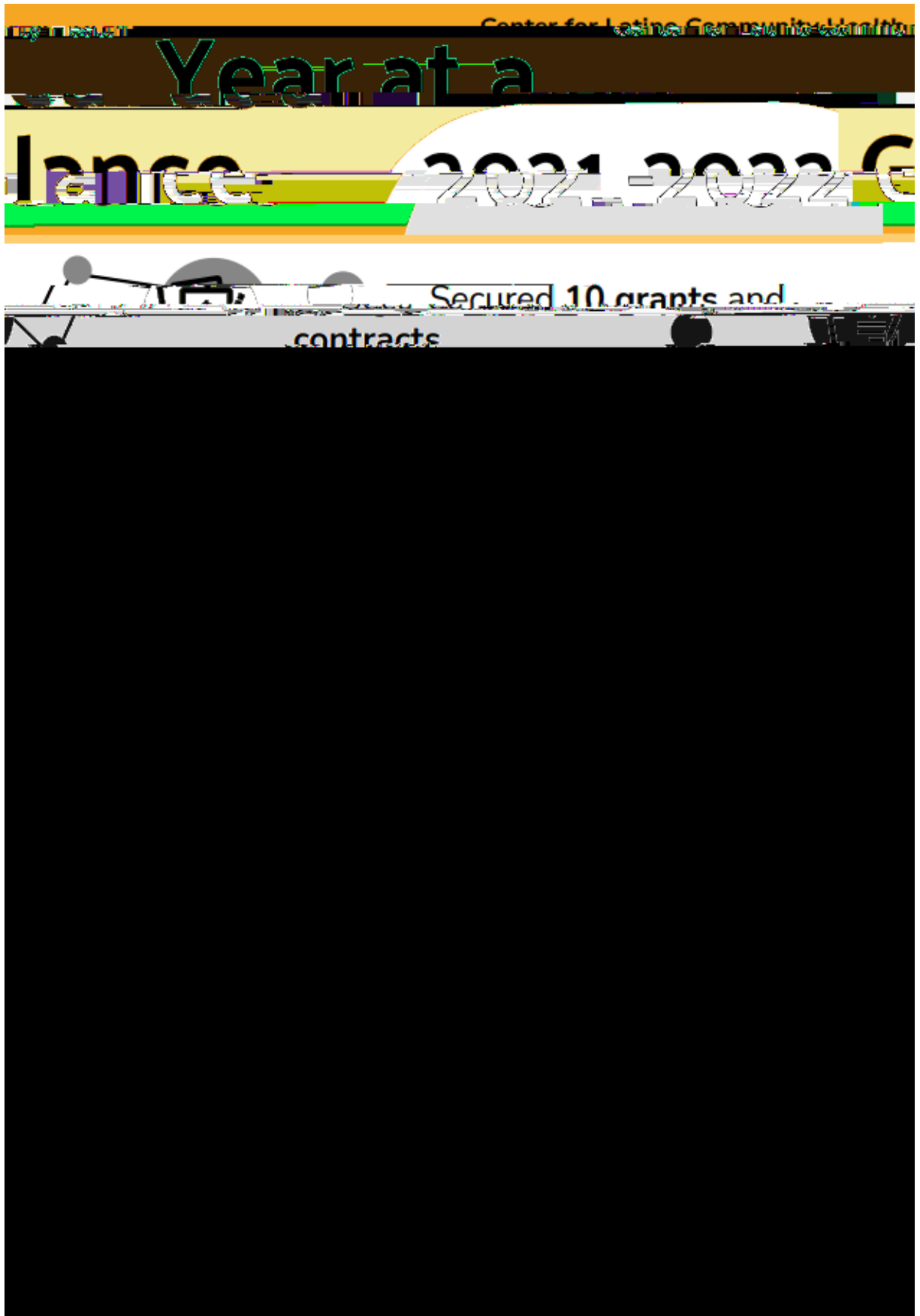




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Supporting Student Success @ The Beach

Who do we serve and train?

- f* Undergraduate and graduate students pursuing a degree in the fields of nutrition, health science, kinesiology, healthcare administration, sociology, social work, and other related health fields.
 - f* Underrepresented students (e.g., first generation, financial need, members of racial/ethnic minority groups, with a disability).
 - f* Interested in working to improve the health and well-being of the Latino community.
-

What do we provide?

- Competencybased trainings



Training topics offered 2021 - 2022

Latino Nutrition & Chronic Disease Prevention

- Introduction to the Importance of Latino Nutrition
- Nutrition-Related Chronic Diseases Affecting Latinos
- Nutrition for Health Professionals

Culturally Responsive Nutrition Education

- Developing Interventions and Programs
- Social and Cultural Aspects of Food
- Culturally Responsive Nutrition Education Programs

CommunityBased Participatory Research

- CommunityBased Participatory Research Overview
- Promotores de Salud (Community Health Workers) History & Panel
- CommunityBased Intervention Implementation

Research Methods

- Introduction to Mixed Methods Research
- Qualitative Methods
- Quantitative Methods
- Biopsychosocial Research
- Understanding Scientific Literature
- Responsible and Ethical Conduct
- Informed Consent Procedures
- Anthropometric Measurements
- Data Interviewing Techniques
- Data Entry and Management
- Follow-up calls Data Collection Procedures

Professional Development

- Culture Capital: Strengths & Values
- Professional Etiquette
- Job and Salary Negotiation
- Graduate School Planning
- Resumes and CVs
- Elevator Speech
- Goal Setting & Campus Connection
- Developing Abstracts
- Developing Scientific Posters





Funding Agency United States Department

ÁNDALE Latino Research Training Program



Funding Agency United States Department of Agriculture (August
2021-2025) Award # 20217704034904



Contracts

Comprando Rico y Sano Evaluation

Funder: Walmart Foundation

Funding period: December 1, 2020 - March 31, 2022



Purpose: Assess the effectiveness of the Comprando Rico y Sano (translated as “Buying Healthy and Flavorful Foods”) program. Comprando Rico y Sano is a promotores de salud program developed by UnidosUS Health and implemented at 27 sites across the U.S. The program has several goals and activities:

- 1) provide nutrition education to Latino communities to instill healthy shopping and eating habits
- 2) provide enrollment assistance for the Supplemental Nutrition Assistance Program (SNAP) and other federal assistance programs
- 3) increase food access and service delivery to reduce hunger and food insecurity

The program uses a culturally and linguistically appropriate educational intervention designed to promote a healthier lifestyle through increased knowledge of healthy eating and shopping strategies, federal nutrition assistance programs, primarily SNAP, and its eligibility requirements; increased efficacy to maximize SNAP benefits to increase household’s food access (i.e., safety for food security); increased intent to consume and actual consumption of more vegetables and fruits, and the prepared healthy meals.

Center role: Develop evaluation plan and evaluation instruments, data entry, tracking, and management, collect follow-up telephone data from community member participants, data analysis and reporting.

Project milestones



928 participants completed evaluation surveys

26,629 Latinos across the U.S. received enrollment assistance for the supplemental nutrition assistance program

24(4)-2684-0071 (N) 3114 (h) 336-258-074-5 (15) 28361768 271 (13)





Food Insecurity among Latinos: A Formative Research Study

Funder: Edelman and Knorr

Funding period: November 2, 2021-September 30, 2022

Purpose: Understand the severity of food access and impact food insecurity has on Latinos living in rural or remote communities in United States. Research activities will include: 1) a review of the literature; 2) in-depth interviews; 3) focus groups; 4) development and dissemination of report and White Paper

Center role: Design study instruments, implement formative research focus groups and interviews, conduct qualitative data analysis, and reporting.

Project milestones:

TM



Contracts

Mi Vida Cuenta (My Life Matters) COVID-19 Latinx Health Initiative

Funding period August 2021 October 2021

Purpose: The *Mi Vida Cuenta* (My Life Matters) COVID-19 Latinx Health Initiative originated through the Long Beach City Council action to allocate sufficient resources to provide ongoing health education,

and to establish a COVID-19 Latinx Health Initiative. The initiative is a partnership between the City of Long Beach and the Long Beach Latinx Health Initiative. The initiative is a partnership between the City of Long Beach and the Long Beach Latinx Health Initiative. The initiative is a partnership between the City of Long Beach and the Long Beach Latinx Health Initiative.



July 2021–June 2022 Fiscal Data

Grants and Contracts (Continued from previous year funding)

Name of Project	Funder	Amount	Award Start/End Date
General Mills Online Grocery Shopping	UnidosUS	\$11,286.00	4/1/2021 - 11/30/2021
Long Beach Activating Safe Communities Program	Long Beach Department of Health and Human Services	\$24,999.00	4/1/2021 - 12/31/2021
Comprando Rico y Sano Program Evaluation 20	UnidosUS	\$139,578.00	11/1/2020- 3/31/2022



Publications

- Rascon, M., Garcia, M.L, Nguyen, Rodriguez, S.T., Galvez, G., Gepp, A., Carillo, E., & Carreon, R. Comprando Rico y Sano: Increasing Latino nutrition knowledge, healthful diets, and food security through a national community-based intervention. (2022) American Journal of Health Promotion. doi: 10.1177/08901171211073956
- Gatdula, N., Costa, C.B., Rascon, M.S., Deckers, C.M., Bird, M. (2022). College students' perceptions of telemental health to address their mental health needs. Journal of American College Health.



Acknowledgments

We would like to express our deepest gratitude to all the undergraduate and graduate students, staff, faculty, and community collaborators and community members who allowed us to



CSULB Faculty Collaborators

- f Amber Johnson, Associate Professor, Health Science
- f Christine Costa, Associate Professor & PMHNP Program Coordinator
- f Claire Garrido-Ortega, Full time Lecturer, Health Science
- f Elizabeth Barnett, Part time Lecturer, Human Development
- f Eric Marinez, Associate Professor, Chemistry & Biochemistry
- f Erlyana, Erlyana Department Chair, Healthcare Administration
- f Gail Frank, Professor & Director of Internship Program, Nutrition & Dietetics
- f Guido Urizar, Professor, Psychology
- f Iveris Martinez, Archstone Endowed Chair & Director of the Center for Successful Aging
- f Jackie Dawson, Assistant Professor, Physical Therapy
- f Jana Fogaca, Assistant Professor, Kinesiology
- f Kamiar, Alaei, Department Chair, Health Science
- f Kellie Walters, Assistant Professor, Kinesiology
- f Leilani Madrigal, Assistant Professor, Kinesiology
- f Maria Claver, Professor & Director of Gerontology, Family and Consumer Sciences
- f Michelle Barrack, Associate Professor, Nutrition and Dietetics
- f Michelle Taylor, Assistant Professor, Family and Consumer Sciences
- f Natalie Cheffer, Part time Lecturer, School of Nursing
- f Selena Nguyen-Rodriguez, Associate Professor, Health Science
- f Virginia Gray, Associate Professor, Nutrition and Dietetics

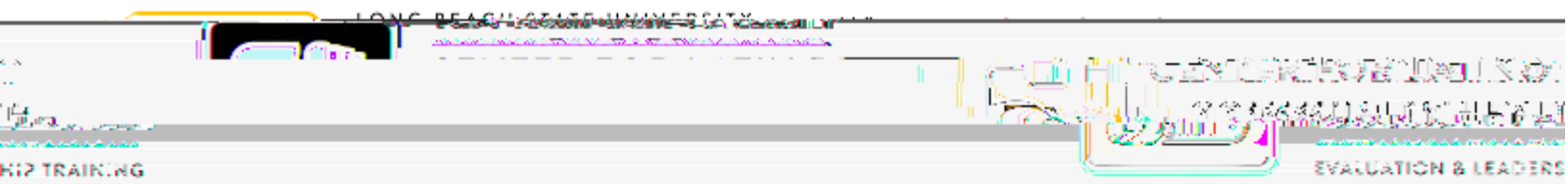
External Faculty Collaborators:

- Lilia Espinoza, Associate Professor, Public Health, Cal State Fullerton
- Rita Higgins, Professor, Nutrition and Foods, Fullerton College
- Sarah Mathot, Nutrition & Foods, Santa Ana College
- Jennifer Musick, Kinesiology/ Health Education, Long Beach City College
- Jazmir Hurtado, Adjunct Counselor & Professor, Santa Ana College



CommunityPartners

- f* Adam Lara, Violence Prevention Manager, Long Beach Department of Health and Human Services
- f* Adrian Toledo, Violence Prevention Initiative Coordinator, Long Beach Department of Health and Human Services
- f* Alma Orozco, Program Director, YMCA
- f* Ana Carricchi Lopez, Community Impact Division Officer, Long Beach Department of Health and Human Services
- f* Connie Rivera,



Community Health, Evaluation, and Leadership Training
California State University, Long Beach

Center for Latino Communities
California State University, Long Beach

