

Nutrition Education Connections
Across Cultures
and
Across the Life Cycle

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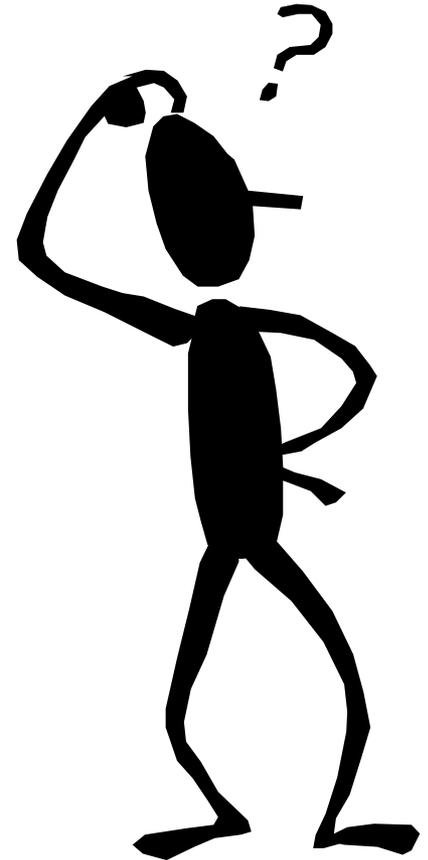
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Objectives

- Describe the The **Baltimore City EDUC** (Cardiovascular Disease Enhanced Dissemination and Utilization Centers project funded by NIH-National Heart, Lung & Blood Institute)
- Describe how nutrition education in an urban setting:
 - must consider culture
 - benefits from considering the life cycle & intergenerational linkages

What is the Baltimore City EDUC?

- Community-based participatory project to enhance the dissemination & utilization of NHLBI-CVD education materials and messages to at-risk populations
- First and only EDUC administered through a Public Housing Authority



EDUC Partnership

- Baltimore City Coalition
 - Housing Authority of Baltimore City
 - Morgan State University
 - Public Health Program
 - Engineering
 - BC Housing & Urban Development
 - Parks & Recreation Department



EDUC

Community-based participatory

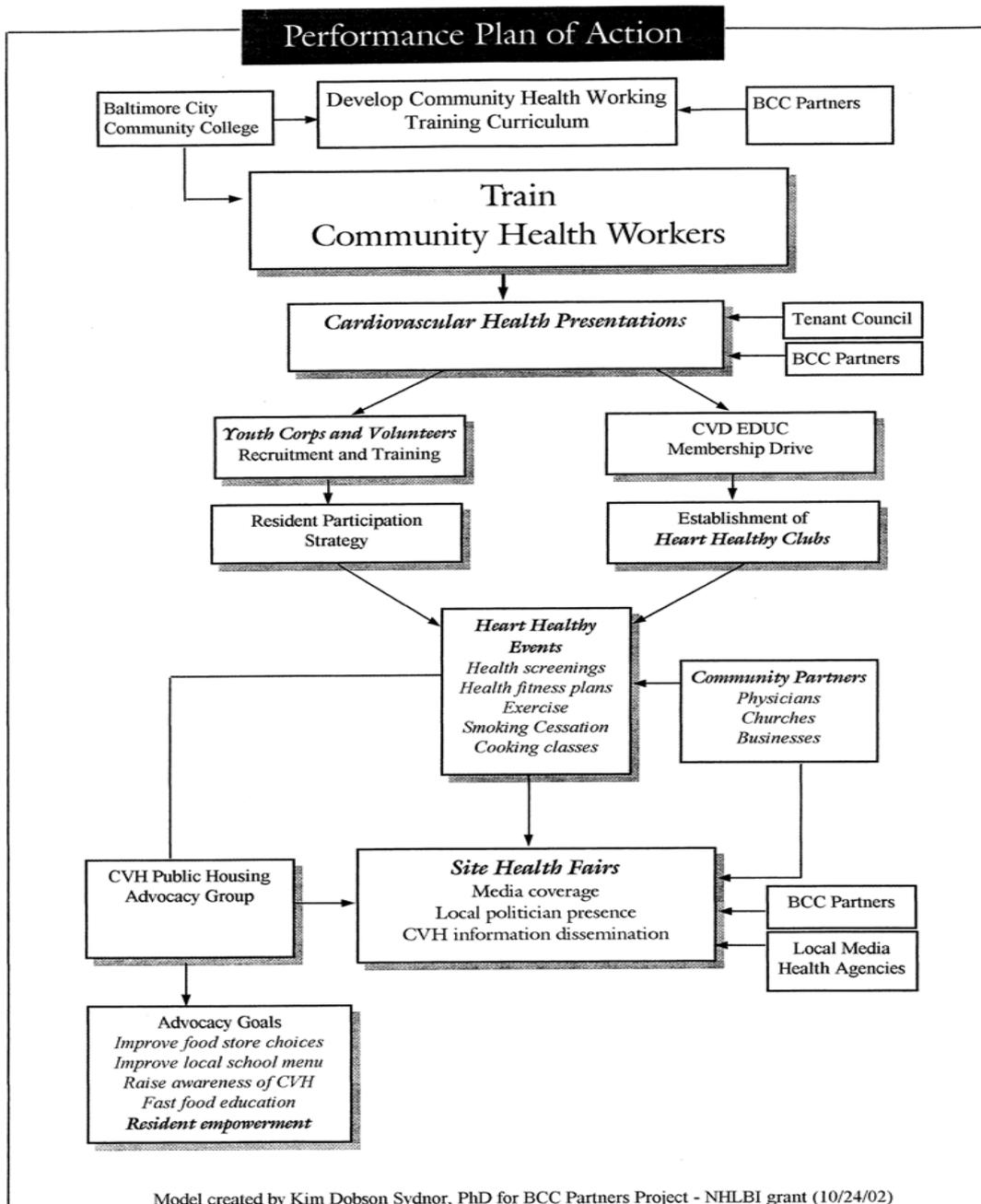
- Use strategies derived from the people.
 - **18 months pre-project period**
 - **build relationships**
 - **conduct qualitative research to understand what the residents wanted for implementation activities**
 - **resident review of existing materials to assess cultural appropriateness**



Community Health Worker Model

- Live among the people
- Learn from the people
- Work with the people
- Start with what the people know
- Build on what the people have
- Teach by showing, learn by doing
- by, James Y.C. Lin





Aspects of Culture to Consider when working in Urban Settings

- Cultural attitudes, beliefs and practices of **residents** & **project team**
 - ethnicity
 - length of time in setting
 - religion
 - education (assumptions Vs reality)
 - health literacy
- Economic divide
- Technology divide
- Personal bias



Nutrition Education throughout the Lifecycle

- Preconception
 - School programs
 - Food Stamps
- Prenatal, Infancy, early childhood
 - WIC
 - Head Start
 - Food Stamps
 - Summer programs



Nutrition Education throughout the Lifecycle

- Childhood and Adolescence
 - School programs
 - Summer programs
 - Food Stamps



Nutrition Education throughout the Lifecycle

- Adults (family health)
 - Food stamps
 - + all previous programs that address other members of the family



Nutrition Education Throughout the lifecycle



- Older adults
 - Meals on Wheels
 - Adult Day Care
 - Food Stamps
- live healthy not just live long

The Long View for Nutrition Education: The Intergenerational Linkages

- Early **diet** and **physical activity** habits influence the onset and course of later disease:
 - Cardiovascular disease
 - Hypertension
 - Cancer
 - Diabetes
 - Osteoporosis
 - Others

