

Charles R. Drew University of Medicine and Science

Move Your Feet Then Eat Program

City of Hope Healthy Living Conference



PA Program

Move Your Feet Then Eat at Amino Mae Jemison Charter Middle School

2 hour monthly event exposing young students to active and exciting dance routines and nutritional meals **centered around a specific culture** in efforts to motivate them become healthy engaged leaders within their community

Designed for CDU PA students to establish an early relationship with an underserved community with the objective of students **practicing in those communities**. PA students become mentors, educators and have better understanding of the disparities that this community faces.

Community Needs Assessment

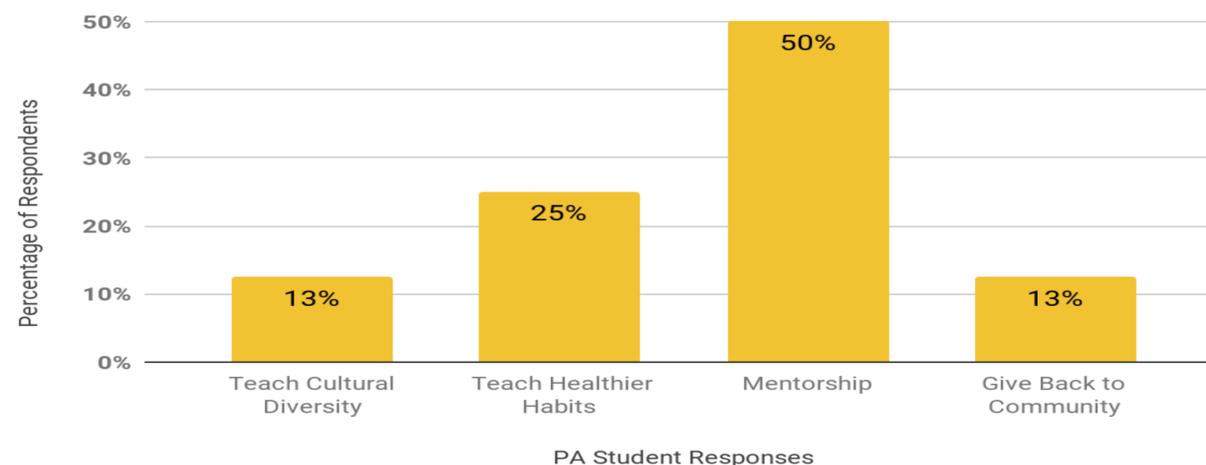
Childhood obesity in South Central (SPA 6) is highest compared to all of Los Angeles.
 - 28.9% of children in grades 5, 7, & 9 are obese
 - 34.1% of adults are obese

NCCPA Annual Report 2017

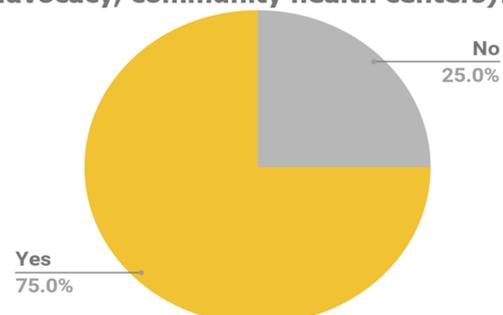
Location of Position Accepted	
Geographical Location	Number
Area where PA grew up	1,290
Area where PA program located	1,180
Area lived in prior to attending PA program	958
Area where PA wants to live	750
Rural area	478
Other area	334
Urban medically underserved area	268

*Note: Respondents were able to choose multiple locations.

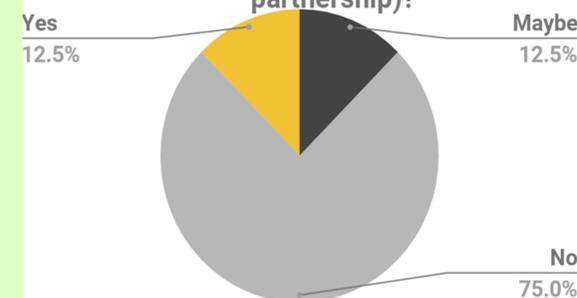
Why have you decided to volunteer with MYFTE?



Do you see yourself working at the community level (Non-profits, teaching, advocacy, community health centers)?



Are you interested in opening up your own community based practice (community partnership)?



Lessons Learned

- At first the plan was to measure outcomes of middle school students. Difficult due to inconsistent attendance or early departure from after school program.
- PA student ran! Difficult scheduling with PA school schedule. Lack of experience creating and implementing a public health community project. Difficult to find enough students willing to volunteer their time.

Conclusion & Plan

- Majority of CDU PA students joined MYFTE to provide mentorship.
- Plan to collect post-survey and follow up survey post graduation to compare results.
- Cooking and dance sessions introduced youth to different cultures and inspired them to start cooking at home.

PA Student Evaluation Comments

"We are educating them on healthy eating habits and exercise while also acting as role models. I also think it is vital for these kids to see a diverse group of young adults pursuing higher education."

"I think community involvement is essential to making a true difference. In order to have a true impact, you need to learn about the community you are serving, and there's no better way than to get involved and show your dedication."

"MYFTE serves as a great way to go out into the community to promote healthy and sustainable lifestyles and really gets students thinking about the ways they could live or start to be healthy. For example, by making better choices such as playing outside more and eating fast food less often, and taking on new things they may have not done before, like learning from MYFTE how to cook healthy, easy meals that they can share with their families at home."