



## **The CEED@Chicago Healthy Eating and Physical Activity Curricula**

### **CURRICULUM OUTLINE (10 three-hour workshops)**

#### **Healthy Eating Modules**

- Family Food Traditions
- Healthy Eating - Basic Nutrition 1
- Shopping for Me and My Family
- Healthy Eating – Basic Nutrition 2
- Preventing Diabetes and Heart Disease
- Reducing Stress

#### **Physical Activity Modules**

- Fitness 101 - Basic Physical Activity
- Physical Activity Through the Life Cycle

#### **Core Competency Modules**

- Ways of Teaching and Learning ; Computer Research Workshop
- Advocacy to Improve Community Opportunities for Healthy Eating and Physical Activity

### **CEED@CHICAGO HEALTH EATING AND PHYSICAL ACTIVITY CURRICULUM (30 hours)**

#### **What is unique? This Training-for-Trainers curriculum will**

- Provide a facilitator manual for CHWs to use with clients or CHW Trainers to use with CHWs
- Highlight community health workers' ideas and experience, using focus group anecdotes, intervention stories, and photos of CHWs at work
- Enhance CHW competencies in teaching, assessing learning and community advocacy
- Enhance CHW competencies in mentoring and training CHWs
  
- Engage experienced CHWs through participatory learning and popular education methods
- Incorporate CHW co-teaching of curriculum activities into class sessions
- Assist CHWs in adapting activities and materials to use in their work situation
  
- Support CHWs in changing personal behavior to create healthier eating and physical activity habits to enhance CHWs as effective role models
- Support CHWs helping clients change their social environment to create more opportunities for healthy eating and physical activity

## **Purpose**

The purpose of the HEAL Guide is to provide important information on healthy eating and physical activity and their relationship to health. The HEAL Guide was developed as a training tool by and for community health workers (CHWs) and other peer educators. It can be used in a training-of-trainers format to train experienced CHWs and it can be used by those experienced CHWs to train other CHWs. The activities and information sharing techniques can also be used with clients who need information to improve their health

## **Program Description**

HEAL is a 30-hour curriculum on healthy eating and physical activity for community health workers (CHWs) and their clients. It reflects the commitment of a coalition of community organizations, health care providers, and government agencies in Chicago who came together to tackle the epidemic of obesity, diabetes and cardiovascular disease in low-income Latino and African American communities.

There are lots of curricula out there on healthy eating. HEAL brings together elements of successful educational programs and adds some new features.

- ✚ HEAL is a combination healthy eating and physical activity curricula, integrating both topics into each class session.
- ✚ HEAL is about CHWs and for CHWs and reflects their voices. CHWs were members of the CEED@Chicago Health Literacy/CHW committee that oversaw HEAL's development. Their challenges and successful experiences as health educators shaped the activities.
- ✚ HEAL focuses on teaching skills as well as content. It shows how to teach using interactive and engaging strategies.
- ✚ HEAL is based on an adult learning and popular education principle approach that recognizes that we are all teachers and learners.

## **Using the HEAL Guide**

HEAL was developed with two uses in mind: to train experienced CHWs to train other CHWs, and to train CHWs who will use it immediately in their work with clients. HEAL can also be helpful to other health educators and social service providers with an interest in increasing healthy eating and physical activity among their clients.

## **Accessing the Curriculum**

We are glad you are interested. If you agree, access can be provided at no charge. In order to access HEAL, you will need email and access to the internet. Access is through the University's file and storage system BOX, similar to DROPBOX. You will need to create an account to begin using it. We ask to stay in contact with you so we may learn about your experiences using HEAL.

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