

Enhance community capacity to conduct health promotion and disease prevention:

The Leaders in Health (LIH) program strengthens community nutrition and physical activity initiatives through an introductory training on the fundamentals of community-based participatory research (CBPR) and nutrition, physical activity, and obesity prevention among children and youth.

Topics covered during the Leaders in Health Program include:

- Public Health Principles & Practice
- Community-Based Participatory Research
- Health Equity
- Nutrition & Food Systems
- Physical Activity & Built Environment
- Project Development, Implementation, & Evaluation
- Public Speaking & Policy Advocacy

LIH Partners:

- Harvard Catalyst
- Boston Collaborative for Food and Fitness

During an 8-week course, participants attend weekly 2-hour interactive training sessions and complete assignments to reinforce the key learning objectives of the class. Members identify nutrition-or physical activity-related projects that they are working on and think could be enhanced by LIH topics. Over the second half of the program, participants create action plans, construct logic models, and apply evaluation and implementation concepts to help translate their new public health knowledge to their daily work.

Increase number of skilled public health professionals and community members

In its first three years, LIH has helped to build the skills of 26 community members who work or volunteer in the fields of nutrition and physical activity. The program serves individuals with no formal public health training and participants are diverse in terms of race, race, ethnicity, gender, education, neighborhood, and experience.

LIH Participants:

Individuals who live or work in Boston and are currently involved with a nutrition- or physical activity-related program or project (on either a work or volunteer basis) are eligible to apply. Participants attend interactive training sessions, complete assignments, and receive support to create an action plan to enhance their current work.

"I actually felt powerful. I felt more confident because I learned more skills and I felt like I, myself, could make a difference as being one person to make that change with like, let's say the vending machines. I just went in there and I said I need these vending machines changed...I feel more confident to make any change."

Past Participants:

2013

- Mary Beth Byrnes, Ohrenberger Community Center
- Alveta Haynes, *Peoples Baptist Church*
- Chien-Chi Huang, *Asian Women for Health*
- Robert Kordenbrock, *Boston Chinatown Neighborhood Association*
- Jennifer Munoz, *Mother Caroline Academy*
- Irene O'Hayer, *Brookside Community Health Center*
- Daisy Ortega, *Healthy Resources in Action, Strong Women Strong Girls*
- Michael Peck, *Boston Public Schools Food and Nutrition Services*
- Caroline Prieto, *Sociedad Latina*
- Vickey Siggers, *Mattapan Food and Fitness Coalition*

2012

- Mary Barber, *The Home for Little Wanderers*
- Jennifer Beniquez, *South End Community Health Center*
- Aurora Cenolli, *Latin American Health Institute*
- Daryl Golston, *Codman Square Neighborhood Council*
- Marilyn Fulani Haynes, *The Village for Education and Training*
- Bill Loesch, *Codman Square Neighborhood Council*
- Karen Morson, *Dorchester Neighborhood Service Center After School Enrichment Program*
- Ana Marina Vaquerano, *Latin American Health Institute*
- Wenjun Zhai, *Boston Chinatown Neighborhood Association*

2011

- Linda Brandon, *Smart from the Start Program*
- Brandy K. Cruthird, *Body By Brandy and Body By Brandy 4 Kidz*
- Hector Cruz, *Neighborhood of Affordable Housing (NOAH)*
- Judith Ellen, *UMass Boston*
- Jen French, *Bowdoin Street Health Center*
- Anne Greenbaum, *Sportsmen's Tennis & Enrichment Center*
- Carmen Johnson, *Boston Public Health Commission*

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Program Manager: Rebekka Lee
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