

Champion Alliance Program Partner Updates

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Mission (started in 1929):

- ❑ To provide accessible, compassionate, quality, comprehensive and integrated primary care and to promote wellness to San Franciscans of all ages, with attention to the poor and immigrants with limited English proficiency.
- ❑ We believe in transforming primary care, advocating for the community, forging community partnerships, pioneering innovations, advancing scientific knowledge, impacting public policy, and training future health professionals.

Services:

- ❑ Community health education, outreach to refugee, asylee and newcomers, podiatry, optometry, pediatric dentistry and audiology, medical nutrition therapy and public health nutrition, Women, Infant and Children Supplemental Nutrition, mental and behavioral health, and primary, preventive and chronic care.
- ❑ Serves 6,000 active patients, many of whom are socioeconomically disadvantaged and/or culturally isolated.

Progress & Impact

Number of presentations given:

- ❑ We Can Chinese Families Workshop Series at Chinatown YMCA – 6 workshops, reached 70.
- ❑ Life Enrichment at San Francisco Evangelical Free Church (SFEFC) – 22 classes, reached 440 clients (duplicated).
- ❑ Nutrition & Yijin classes at Presbyterian Church in Chinatown (PCC) – 3 classes, reached 70 clients (duplicated).



Progress & Impact

Champion Training:

- ❑ 5 champions were trained on April 13 and April 20.

Champion presentations:

- ❑ 2 classes at Presbyterian Church in Chinatown – reached 60 clients (duplicated).
- ❑ 1 class at Lady Shaw Senior Center – reached 60 clients.
- ❑ 1 class at SFEFC Summer Youth Program – reached 38 youth.
- ❑ 2 classes at CIBC Summer Youth Program – reached 28 youth.

Pending:

- ❑ 2 classes at Presbyterian Church in Chinatown, 3 classes at SFEFC, 3 classes at YMCA.



Progress and Impact

We Can 2016 Class Series Pre and Post test

Results:

- ❑ 28% improvement of clients consuming 4 or more cups vegetables.
- ❑ 18% improvement on reading food labels when shopping for food.
- ❑ 23% improvement on decrease of sweeten drink consumption.

Challenges & Solutions

Challenges:

- ❑ Difficult to recruit Champions, because they have other life priorities.
- ❑ Most of our clients are elders with low literacy and have short attention span.

Solutions:

- ❑ Engage the clients with simple and user friendly messages, with food demonstration and food tasting to illustrate certain nutrition messages.

Cultural Insights

- ❑ Champions share their success stories during workshops to inspire and recruit other Champions/Clients.
- ❑ Empowering champions with 10 culturally-specific healthy eating and physically active skills so they can impact others.
- ❑ Using local Chinese media, for example, TV channel and other social media to impact change.



KTsf - great family interview with Dare's family.

Our Champions





Joana da Rosa

Champion Mom

- Chiropractor teaching Yijin exercises From Macau, China.
- Recruited from collaboration with CPHC.
- Now she eats a mix of brown and white rice, pays attention to her portion sizes, and eats more vegetables.
- Results: eating less added sugars. and reading food labels.
- Encourages her patients to have daily physical activity.



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Champion Mom

- As a mother of 4 children, she realized that her lifestyle was not too healthy after her first child was born and decided that she needed to make changes.
- Graduate of our Chinese We Can Chinese Families Workshop Series and was empowered to make changes.
- She conducts community outreach in SF by working at YMCA, Wu Yee, CYC, CAA, and CPA is originally from Macau, China.
- Now goes grocery shopping everyday for fresh foods to maximize the amount of nutrient intake and strives to provide healthy and nutritious foods for her family.
- Results: promotes healthy eating and nutrition knowledge to the people she encounters at work.

Questions?

