

Lakeysha S.

Champion Mom
San Diego, CA



"I share my story to empower other parents to adopt healthy eating practices. I strive to help them realize that healthy changes start one small step at a time. When mothers speak up, that's when we can really start to see changes in our community!"

Lakeysha is a wife and mother of three with a passion for children's health and a get-it-done attitude that comes from eight years of service in the U.S. Navy.

She works on the frontlines of the obesity epidemic and is currently the Faith-Based Wellness Program Manager for UC San Diego-Center for Community Health where she works to improve the health of the low-income African American community by providing education about healthy eating and physical activity.

Lakeysha's family has a history of high blood pressure and type 2 diabetes, and she has lost multiple family members due to illness. This has helped inspire Lakeysha to not only fight for healthy changes at home, but in schools and her community.

She teaches by example and motivates others to make healthy choices. She received her certification as a personal trainer in order to help her family, church members and community get in

shape. In addition, Lakeysha helps moms understand that healthy changes start one small step at a time. She doesn't just tell them, she shows them by encouraging them to attend physical activity and nutrition education classes. She also shares recipes and conducts healthy cooking demonstrations to show moms how to change the way they prepare and serve food.

In her children's school, Lakeysha has pushed for healthier food in the cafeteria and organized walk-a-thons. And at home, she has made it a tradition for her family to participate in at least two 5K races per year.

Lakeysha continues to inspire moms to make healthy changes for themselves, their families and communities, and encourages everyone to speak up for healthy change.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.