



MPH Internship Experience

City of Long Beach Department of Health and Human Services
Healthy Active Long Beach Program

Presented by:

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Background

- **Education**

- **Illinois State University**
- **Loyola University Chicago**
- **California State University, Northridge**

- **Work Experience**

- **Community and Economic Development Association of Cook County**
- **Volunteers of America Los Angeles**
- **Long Beach Unified School District**

- **Why an MPH?**



Healthy Active Long Beach

- **The Healthy Active Long Beach Project was developed in 2003 to address obesity and chronic disease rates in Long Beach**
- **Healthy Active Long Beach is funded by USDA's CalFresh/SNAPed program - thru the Network for a Healthy California's Nutrition Education and Obesity Prevention Grant**
- **A City-Wide project, with most activities taking place in Downtown, Central, West and North Long Beach**



Healthy Active Long Beach

- **Project Activities Include:**

- **Fun with Food and Play!**
- **Rethink Your Drink!**
- **Jr. Beach Runners Program!**
- **Kids in the Kitchen!**
- **Community Events – Fruit and Veggie Party!**
- **Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (cx3)**



Healthy Active Long Beach

- **NEW Activities!**

- **Healthy Active Long Beach School Program!**
- **Healthy Active Long Beach Retail Program!**
- **Healthy Active Long Beach Faith Based Initiative!**
- **LB Peace Garden!**
- **Community and Youth Engagement Programs**



Internship Goal

- **Learn the process of developing and implementing health education programs**
- **Objectives:**
 - **Aid in the development of a Healthy Retail Recognition Program**
 - **Assist in the development and implementation of a K-8 Youth Champions Program in partnership with Long Beach Parks & Rec and the Long Beach Unified School District**
 - **Create health education materials (including lesson plans and media/releases) and assisted with planning community health education events**



Objective #1

By the end of the internship I will have aided in the development of a Healthy Retail Recognition Program

- **Assisted Healthy Active Long Beach by reaching out to stores in designated CX3 neighborhoods to offer assistance and support**
 - **Provide nutrition education**
 - **Food demonstrations**
 - **Provide promotional materials**



Objective #2

By the end of the internship I will have assisted with the development and implementation of a K-8 Youth Champions Program

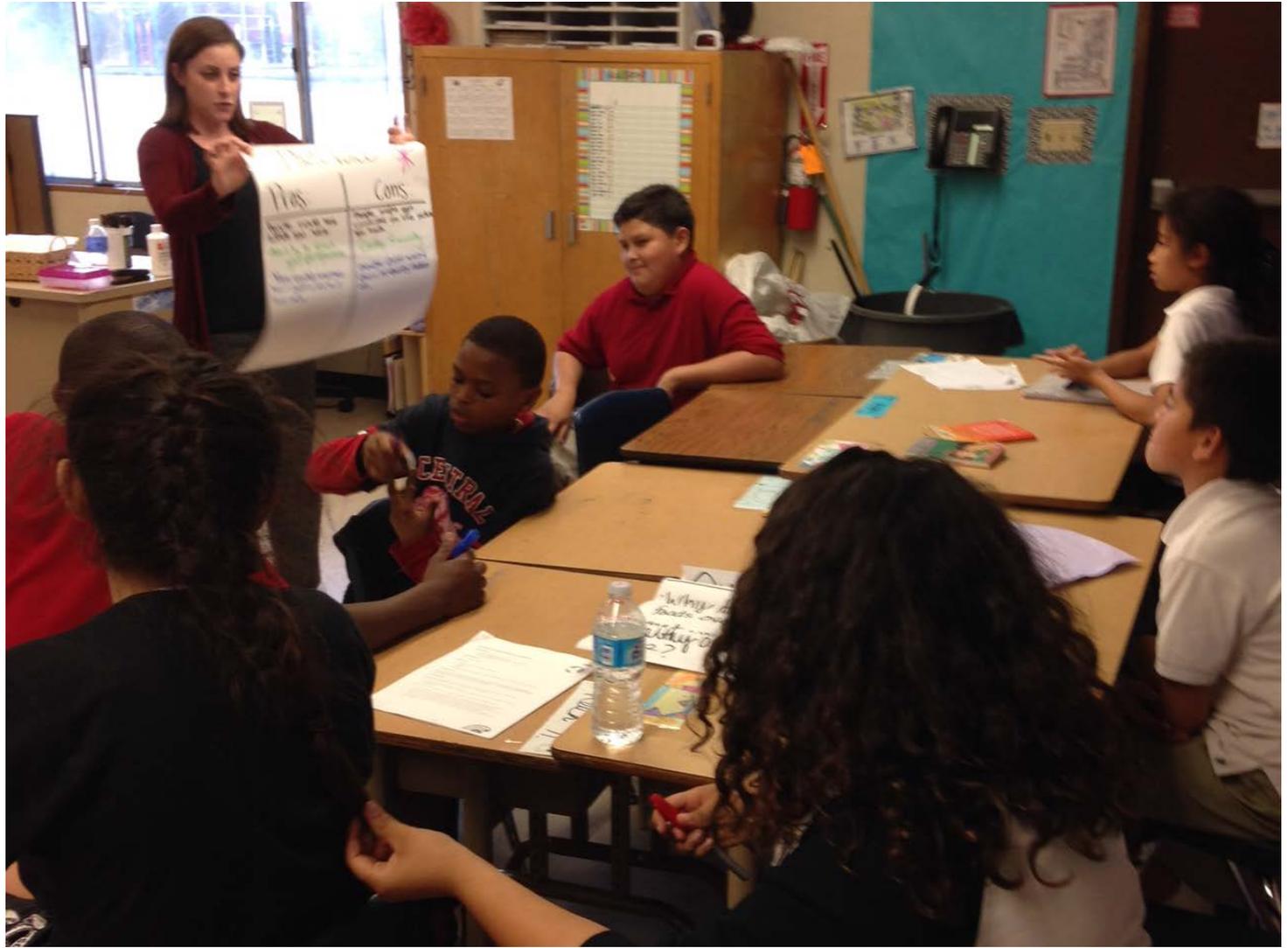
- In partnership with Long Beach Parks and Rec I co-lead the Hudson Youth Champions
 - Preparing materials for weekly meetings
 - Facilitated in helping the children decide on their area of research
 - Guided children in developing research tools



Objective #3

By the end of the internship I will have created health education materials and assisted with planning community health education events

- **Assisted Healthy Active Long Beach in creating materials to be used in the community**
 - **Create lesson plans for provider-based nutrition education trainings**
 - **MyPlate, How to Read a Food Label, Encouraging Patients to Consume More Produce**
 - **Train-the-trainer format**
 - **Veggie Scramble game for Kids in the Kitchen community event**













add more vegetables to your day
10 tips to help you eat more vegetables

6

THE RAINBOW OF FRUITS & VEGETABLES

Dark Green	Light Green	Orange	Red	Purple	White
Spinach, Kale, Broccoli	Cucumbers, Zucchini, Green Beans	Carrots, Sweet Potatoes	Tomatoes, Peppers, Onions	Eggplant, Purple Cabbage	Garlic, Potatoes, Corn



Summary

- **Wonderful experience**
- **Great combination of my nutrition background with community outreach**
- **I learned:**
 - **The amount of work required in planning community programs**
 - **How to branch out of my comfort zone**
- **Would have liked more hands-on experience with administrative aspects**
 - **Preparing budgets**
 - **Grant writing**



Recommendations

- For future MPH preceptors/mentors in a health department setting:
 - Provide options
 - Put us to work
 - Trust us with big assignments
 - Show us the big picture

Questions?

