



Creating Policy, Systems, Environmental Change: A Success Story and Lessons Learned

Title

Employment Training Plus Nutrition Education Equals Greater Success

Intervention Summary

Ventura County, like many counties throughout the Nation, is working to combat an obesity epidemic. The Ventura County Public Health Nutrition Education & Obesity Prevention Program (NEOP) has been providing nutrition education class series at the Center for Employment Training (CET) over the course of the last two years to address this alarming health issue and to educate its program participants. This unique partner offers skills development and training for adults in a variety of career fields. In recent years the CET program director and instructors have requested that nutrition education classes be provided as part of this program's services. During FFY 2015, our NEOP team has provided a nutrition class series to those students in the Medical Assistants, Truck Drivers, Machinist Technology, Green Building Construction Skills, and Business Office Technology programs. Both staff and students at CET have been receptive to the opportunity for education in the area of good nutrition and health, knowing that it is for their own benefit much like the training they receive to increase their skills in the job market. More recently, CET has become involved in joining our NEOP program in participating in community events such as the NEOP Fruit & Veggie Fest, the La Colonia Community Walk, and Food Day 2015. In addition, CET is encouraging its students to volunteer at other Ventura County Health Care Agency programs within their particular fields of study. The CET program not only supports its program participants in the area of career development, it has taken the initiative in supporting the health of their students, as well as that of the community at large.

Description of Barriers Encountered and Identified or Proposed Solutions

The main barrier is that CET would like to have more nutrition education class series offered on an ongoing basis. A possible solution and next step would be to provide train-the-trainer style workshops, so that CET staff and/or students can then begin to conduct nutrition education activities to program participants on their own. The NEOP program can provide ongoing support, technical assistance, and training, as needed.

Future Directions/Sustainable Success

Looking at the potential for this collaboration to grow in the future, and in looking towards sustainable efforts, the goal would be to expand NEOP services by providing nutrition education class series to all CET career development programs, and continue to explore the possibility of CET staff taking on a more formal role in facilitating the nutrition education classes to its participants with the support and technical assistance offered by the NEOP program.

Contact information about this Narrative

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Grant #: 13-20498

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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.