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## ARCC Seed Grants

### Community-Academic Partnerships to Improve Community Health:

#### NuFit: Nutrition and Fitness Peer Education

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Peer education has been proven to be a successful model in adolescent risk reduction and health promotion. At Roberto Clemente Community Academy (RCCA), Youth Empowering Strategies (Y.E.S.!) has provided in-class training to RCCA students on teen pregnancy prevention, violence prevention and just recently introduced a nutrition and fitness (NuFit) component. These trainings have been lead by our trained peers and co-facilitated by our health educators for the past three years. The Y.E.S.! program is a component of the Roberto Clemente Wildcats Student Health Center (RCWSHC) which provides easy access to free, confidential, culturally sensitive health care to adolescents in their school environment. Services that are provided are Primary Health, Mental Health and Prevention Education.

In the past year, Y.E.S.! piloted the NuFit program using an adaptation of the EatFit curricula at RCCA.

The 2003 Sinai Institute survey documented the risk of overweight was 19% in the West Town community that RCCA is located. The national prevalence of childhood overweight is 10%, for Chicago 20% and in our West Town community almost 50%!

We are seeking funding to evaluate if the use of Eatfit curricula will improve the choices students make about nutrition and fitness. We would offer a one year training to three cohorts: peer educators, sophomore culinary students and sophomore achievement academy students. We will train 10 – 15 students as peer educators in an intensive seven week summer program. During the 2008-2009 school years, they will provide ten-45 minute comprehensive NuFit lessons to our two cohorts of 200 students.

Students will be asked to complete a pre- and post-intervention survey. Peers will also complete the survey in addition they will journal their individual progress. We will use these surveys, journals, class attendance and completion rates as measures of our success. In addition, we will work with local community based organizations and Northwestern University, through Dr. Virginia Bishop, to facilitate, evaluate and adapt the EatFit curriculum for our RCCA students.