

NUTRITION SERVICES

CHINATOWN PUBLIC HEALTH CENTER

San Francisco Department Of Public Health



Nutrition Services offer nutrition classes, medical nutrition therapy via individual counseling, and public health nutrition programs. Nutrition and physical activity messages are promoted to the public through community workshops, press releases, radio and television interviews, and public service announcements. Culturally appropriate nutrition education resources are available to both clients and community partners. Various public health nutrition interventions are developed, implemented and evaluated using the spectrum of prevention model (i.e. individual consumer empowerment, provider education, community outreach, coalition building, and policy setting/advocacy).

PUBLIC & PROVIDER EDUCATION

- Individual Nutrition Counseling
- Nutrition Classes
- Nutrition Consultation/Training Programs
- Community Talks & Outreach
- Media Outreach

COMMUNITY INTERVENTION PROGRAM

Public health nutrition campaigns are launched to help prevent and reduce the prevalence of chronic diseases by encouraging the public to adopt healthy eating practices and active lifestyle.

■ Chinese Body, Mind & Soul

Chinese Body, Mind & Soul is a wellness program under the Nutrition Education and Obesity Prevention Chinese Project of Chinatown Public Health Center, San Francisco Department of Public Health, partially funded by the United States Department of Agriculture SNAP-Ed Program. It is developed to support Chinese faith-based organizations in San Francisco to help their members reduce the risk of obesity and other chronic diseases. The Chinese Body, Mind & Soul program is made up of three pillars: 1) committed church pastors/leaders who promote healthy eating and active living 2) church activities that promote healthy eating and active living, and 3) church environments that promote healthy eating and active living.

Goal: To empower church members to learn and practice healthy eating habits and active lifestyles to achieve a healthy body, mind & soul. The program has partnered with low-income churches in San Francisco to conduct different church activities including healthy eating and physical activity workshops, health fairs, healthy cooking classes, healthy Sundays, and food committee trainings.

Project Partners:

Chinese Independent Baptist Church
Chinese Lutheran Church
Chinatown Public Health Center
Chinatown YMCA
San Francisco Evangelical Free Church
San Francisco Chinese Alliance Church



■ Teen HEAL Program

Teen Healthy Eating and Active Living (HEAL) Internship Program, co-sponsored by Chinatown YMCA, and funded through the Chinese Community Health Care Association (CCHCA) grant, is designed to empower youths to improve their nutritional and physical well-beings as well as fostering leadership skills. During the internship, interns will be taught 8 nutrition skills: building a healthy plate, shopping smart, making healthy snacks, eating out right, managing your weight, staying active, exploring food and nutrition beyond the basics, and healthy cooking. They will also learn various leadership skills, such as program planning, goal setting, public speaking, communication strategies, and social awareness, etc. Interns will utilize their nutrition and leadership training to serve their peers by leading a HEAL club at their schools to promote healthy cooking, healthy eating habits and active lifestyles. During 2021-2022, they were trained on 8 nutrition skills, 6 leadership skills, and served the community via conducting 4 Zoom club meetings, 10 community workshops, and 2 media interviews! And through the 6 HEAL clubs in Galileo, Lick Wilmerding, Lowell, Mission, St. Ignatius, and Washington High School, conducted a total of 54 trainings and 670 encounters!



■ Adult HEAL Program

Adult Healthy Eating and Active Living (HEAL) Program is a bilingual nutrition and physical activity campaign focusing on obesity prevention in the Chinese community. The campaign helps families to stay at a healthy weight through improving food choices, increasing physical activity and reducing screen time. The focus is to use the traditional Chinese family concept and have the whole family involved in learning and adopting healthy eating and living an active lifestyle. The workshop series includes a concurrent parent and youth sessions that teach youth ages 8 to 13 and their parents and/or caregivers on healthy eating and active living skills via small group discussions, interactive games, food tasting and physical activity.

Goal: To provide the community with strategies and bilingual resources for healthy eating and a physically active lifestyle, in order to maintain a healthy weight and reduce the risk of becoming overweight and other chronic diseases.

■ Media Outreach

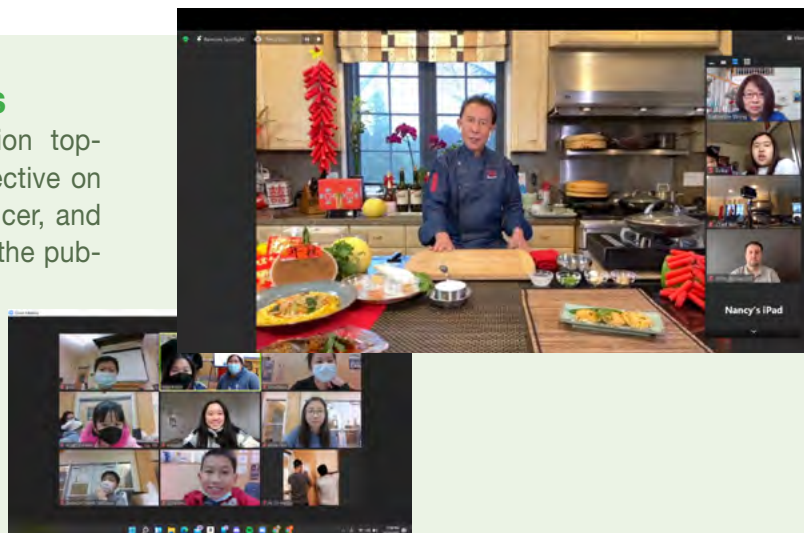
- Assist with the video production of KTSF weekly nutrition program “營養知多少”. This 5-minute nutrition program discuss various nutrition topics and trends. Topics are identified according to latest research, common nutrition myths, diet trends, etc.

- Monthly nutrition article on Herald newspaper, with a circulation of 40,000 copies in the bay area, in newspaper and website.



■ Online Zoom nutrition workshops

Bimonthly Zoom nutrition workshops on nutrition topics including Traditional Chinese Medicine perspective on healthy eating, healthy cooking, heart health, cancer, and other needed topics. The workshops are open to the public to empower the general Chinese population on healthy cooking, shopping wise, food label reading and physical activity.

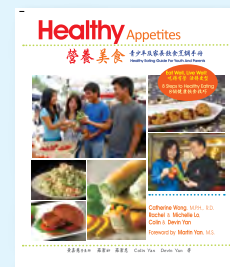


■ Nutrition Education Materials



“Healthy Chinese Cuisine – Using Fruits and Vegetables” features healthy cultural recipes in a bilingual booklet

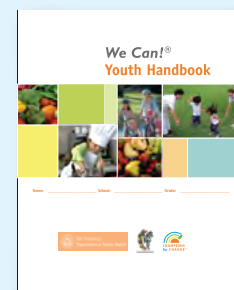
Healthy Appetites/Healthy Eating Guide For Youth And Parents– 154-page bilingual cookbook describing 8 nutrition skills and 33 recipes. It is the curriculum textbook used in the Teen HEAL program



Wisdom Of Nutrition – 302-page compilation of Chinese nutrition articles written for the Chinese Christian Herald Crusades newspaper. It appeared on the monthly nutrition column “Healthy & Delicious”. The articles cover a wide range of topics, from the wisdom of buying, cooking and eating, to some common health problems in the Chinese population, such as cancer prevention, pre-diabetes and diabetes, high blood pressure, GERD, osteoporosis, overweight, and metabolic syndrome.



We Can!® Youth Handbook – English handbook designed for youth ages 8 to 13 on key nutrition messages including healthy plate, smart energy in, fruits and vegetables, physical activity, food label reading, reducing sugar consumption in drink and snacks.



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