



COMMUNITY-ENGAGED LEARNING

CHOW: CHOOSE HEALTH OPTIONS WISELY

PATHWAY: NUTRITION AND EXERCISE

Project Description

- ❑ Previous CHOW leaders developed a framework for nutrition and exercise classes using evidence based materials from the American Heart Association (AHA).
- ❑ Community members are given free cooking classes and health education focused on balanced diet and diabetes education.

Annual Student Activities

- ❑ 8–15 students per cohort
- ❑ Students lead a 2 hour fitness and nutrition class monthly at both Young Terrace Community Center and Chesapeake Care Clinic
- ❑ CHOW hosts a Healthy Treat Table at the Haunted Hallway EVMS event

Community Outcomes/Results

- ↓ AIC in target audience
- ↑ Self-reported good nutrition and exercise practices
- ↑ Access to nutritious foods
- ↑ Target audience knowledge of positive nutrition and exercise effects

FACILITATOR

Maryanne Gathambo, MPH

PARTNERS

- ❑ Young Terrace Community Center
- ❑ Chesapeake Care Clinic
- ❑ American Heart Association (AHA)
- ❑ EVMS Department of Family and Community Medicine
- ❑ Virginia Cooperative Extension
- ❑ Foodbank of Southeastern Virginia

ROOT CAUSE

- ❑ A food desert surrounds EVMS
- ❑ A knowledge gap exists relating to good nutrition and exercise

THE NEED

- ❑ Diabetes II Prevalence in Eastern Virginia=14.5%
- ❑ National Prevalence=9.6%
- ❑ Low (Colorado)=6.3%

CERTIFICATION OR QUALIFICATION

EVMS Developed Competency-Based Qualification in Nutrition