



COMMUNITY-ENGAGED LEARNING

CHOW: CHOOSING HEALTHY OPTIONS FOR WELLNESS

PATHWAY: NUTRITION AND EXERCISE

Initiative Description

Choosing Healthy Options for Wellness (CHOW) is an outreach program where students teach community members about nutrition and help develop nutrition plans. The students also demonstrate how to prep and cook a healthy meal and some exercises.

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

Sara Rothenberg, 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