

Development of Healthy Eating Resources in Newark, NJ

Students: Zainab Bahrainwala, School of Public Health

Rachel Morales, New Jersey Medical School

Community Preceptors: Renee Kee, MS and Michele Robinson

Academic Preceptors: Derek Shendell, D.Env., M.P.H and Pauline A. Thomas, M.D.



Bridging the Gap Focus Areas/Healthy People 2020:

Educational Advancement/Literacy, Environmental Health, Health Communication Nutrition and Weight Status, Physical Activity and Fitness



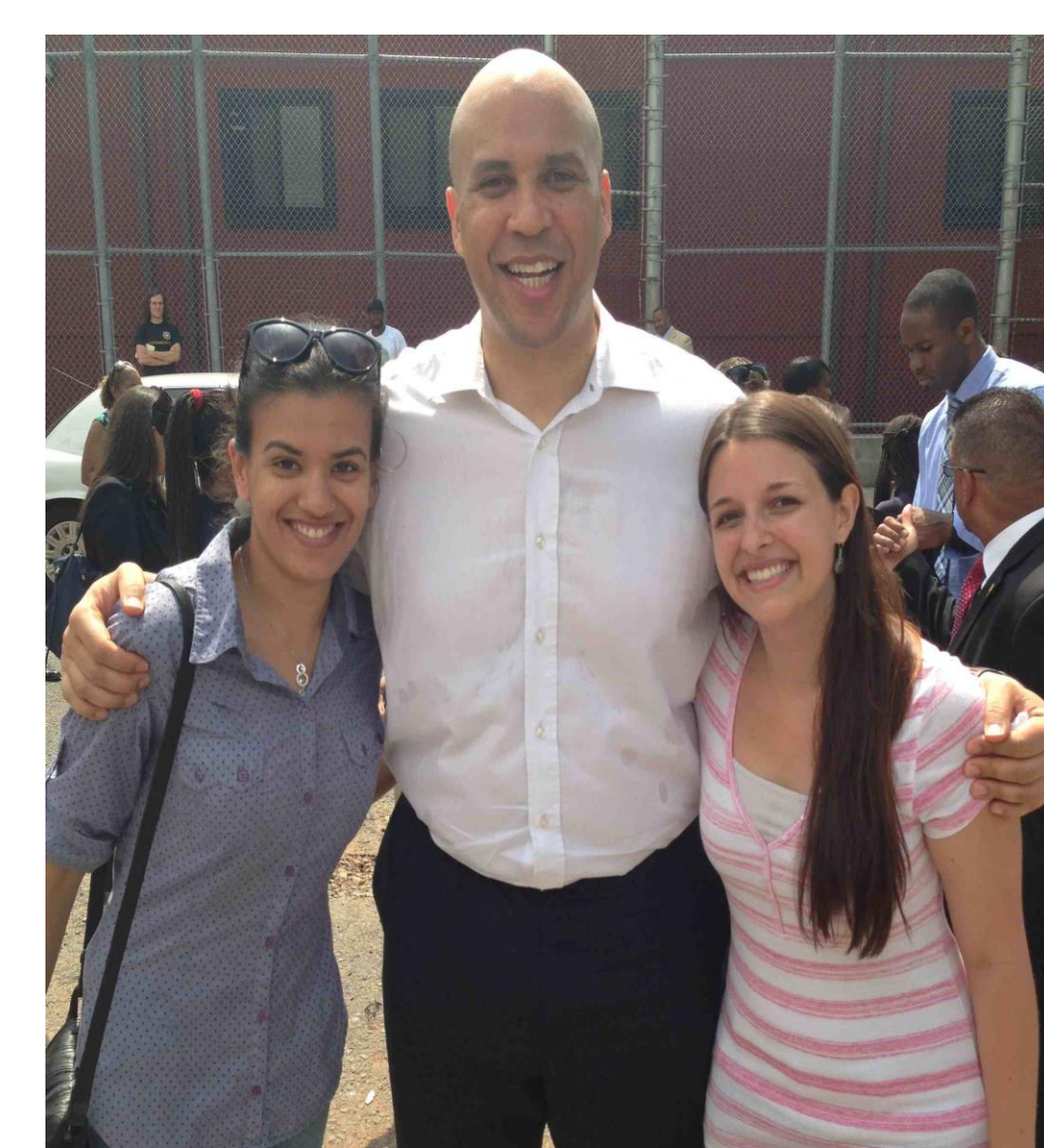
The Greater Newark Conservancy

The Greater Newark Conservancy promotes environmental stewardship to improve the quality of life in New Jersey's urban communities through community gardening, beautification of neighborhoods, job training opportunities, environmental justice advocacy and environmental education. The conservancy's guiding principles are to foster a lifelong appreciation of our natural world and to encourage and highlight community pride, empowerment and self-sufficiency.

Introduction

Under the guidance of Renee Kee, the Nutrition Education Program Coordinator at the Greater Newark Conservancy, we worked to promote healthy eating and lifestyle. To this end, we developed educational literature to accompany an entertaining and empowering documentary. We researched current nutrition recommendations, administered a survey to determine the community's needs, and formatted the information into a simple and poignant booklet.

In spite of being a food desert, majority of the residents conveyed to us that it is possible and affordable to eat and live healthy in Newark.



What we did

1. Nutrition Assessment

Survey results:

- Average motivation to eat a healthy diet (scale of 1-10): **8.44**
- Average confidence to eat a healthy diet regularly (scale of 1-10): **8.38**
- The most important factors in planning and preparing a meal were **personal taste, portion size, convenience, time, and self-confidence.**

2. Nutrition Resource Development

- Researched current nutrition guidelines
- Chose most relevant information
- Formatted in an easy-to-read booklet
- Spread awareness about healthy eating through documentary interviews
- Created fun fruit cards with easy recipes for students in grades 1-8

Community Outreach

During the program, we were able to participate in a number of community outreach events.

- Helped organize a hands-on educational activity to teach children the health benefits of different fruits.
- Attended parent-student nutrition workshops.
- Interviewed Newark residents in Weequahic Park about healthy lifestyle for film
- Volunteered as judges in the community gardening contest

Future directions

- Complete the documentary on healthy living in Newark
- Print the companion nutrition booklet
- Screen film and distribute booklets at local schools, community centers, and other venues



NEW JERSEY
PUBLIC HEALTH
TRAINING CENTER
NJPHTC.ORG