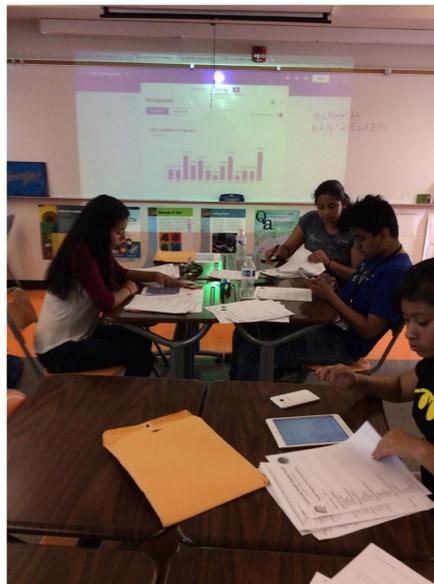


Background

- The inspiration for Community Health Catalyst Project (CHCP) was a speech by Dr. Rishi Manchanda about working upstream from a problem, focusing on social determinants of health that contribute to poor health outcomes.¹
- The goal of CHCP is to engage young people, within their own community, to go out and determine what health habits, risks, and social issues may be affecting their community's health.
- During this second year of CHCP, student participants chose to go beyond their Mendez High School community and survey Boyle Heights as a whole.



Objectives

- To assess the health attitudes and health needs of the Boyle Heights community.
- To create a student-driven intervention based on survey data.
- To educate CHCP participants on public health and its benefits.
- To inspire CHCP participants to continue to engage in public health initiatives and community advocacy work as part of their future careers.

Methods

Community Survey

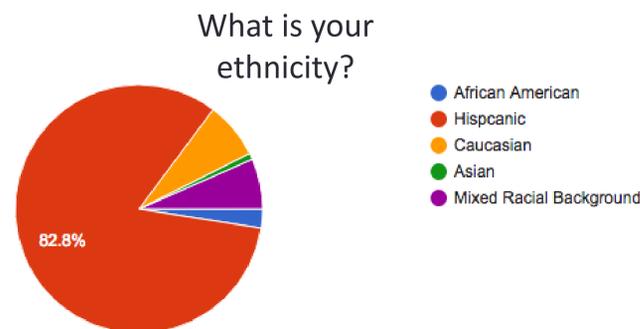
- Cross-sectional study with convenience sampling.
- Each survey taker was given a 20 question survey, available in both English and Spanish.
- CHCP participants went out into the community and asked business owners, families, students and other residents to participate.
- Survey was anonymous to encourage honest participation.
- Survey was comprised of multiple choice, Likert-scale, and open ended questions.

CHCP Evaluation Survey

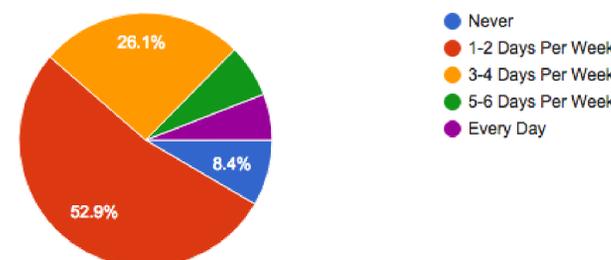
- Two identical surveys were given to CHCP members before and after participating in CHCP.
- Survey was comprised of multiple choice, Likert-scale, and open ended questions.
- Survey was anonymous to encourage honest participation.
- Data collected was to help in evaluating effectiveness of CHCP.

Results

- 123 surveys collected.
- Large age range of survey takers.
 - More young people ages 13-25 than older adults took survey.
- More female (56%) than male (41%) survey takers.
 - 3% identified as transgender and gender fluid.



How often do you exercise for at least 30 minutes?



Discussion

- CHCP started the year with a group of 15 MHS student participants who learned about the importance of public health, community advocacy and social justice.
- Those 15 students helped create and distribute surveys to the Boyle Heights community asking about health practices, and social determinants of health.
- Students input and analyzed the data from the 123 surveys.
- Based on survey results, students decided to address nutrition, nutrition education, and exercise habits.
- Students created a nutrition flyer to distribute at the Mariachi Plaza Farmer's Market and wrote a letter to the parent group at MHS about adequate lunch time nutrition.
- CHCP student participants were given a pre survey and post survey to evaluate CHCP. After CHCP:
 - 60% of students, "agreed," or, "strongly agreed," that they knew how to use a needs assessment.
 - 69% of students, "agreed," or, "strongly agreed," that they could use data to create an intervention.



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References

1. https://www.ted.com/speakers/rishi_manchanda