

Evaluating Community Health Worker/Promotor Training in: Preventing Obesity Among Latino Preschoolers



The Concern:



The food and social environment play an important role in influencing obesity prevalence during the preschool years (2-5 years old). Approximately 25% of US preschoolers are overweight or obese. The prevalence of overweight Latino preschoolers is almost 50% higher than White preschoolers. There is a need for systematic evaluation of Community Health Worker/Promotor (CHW/P) training curricula as its a promising strategy to address obesigenic factors in home and neighborhood settings.



Guiding Question:

To what extent did the CHWs/Ps improve in their knowledge and self-efficacy to facilitate community discussions and promote healthy toddler food and physical environments in Latino Communities?

The Solution:



A two-phase Latino toddler obesity prevention curriculum was designed to build CHW/P capacity to create healthier home and neighborhood environments.

1 The first phase of the curriculum provided 19 CHWs/Ps with group facilitation skills.

2 The second phase focused on improving knowledge, perceived relevance and self-efficacy in order to implement home and neighborhood strategies.

Pre-and post-surveys were administered before and after each phase and process evaluation data was collected.



31

El Sol CHWs/Ps participated in this pilot study aimed at evaluating the promotor curriculum



- Predominantly female
- Spanish/English speakers
- Age range 17-59 (mean=41.4)

CHW/P Training Curriculum Phase 1

Curriculum builds:	Key skills (e.g., facilitation) among new CHWs/Ps
Training:	8 modules covering popular education, non-traditional methods, group discussions, advocacy, and critical thinking
Intended results:	CHWs/Ps will strengthen their skills in leadership, group dynamics, and collaboration between stakeholders
Evaluation:	Pre and post-training survey

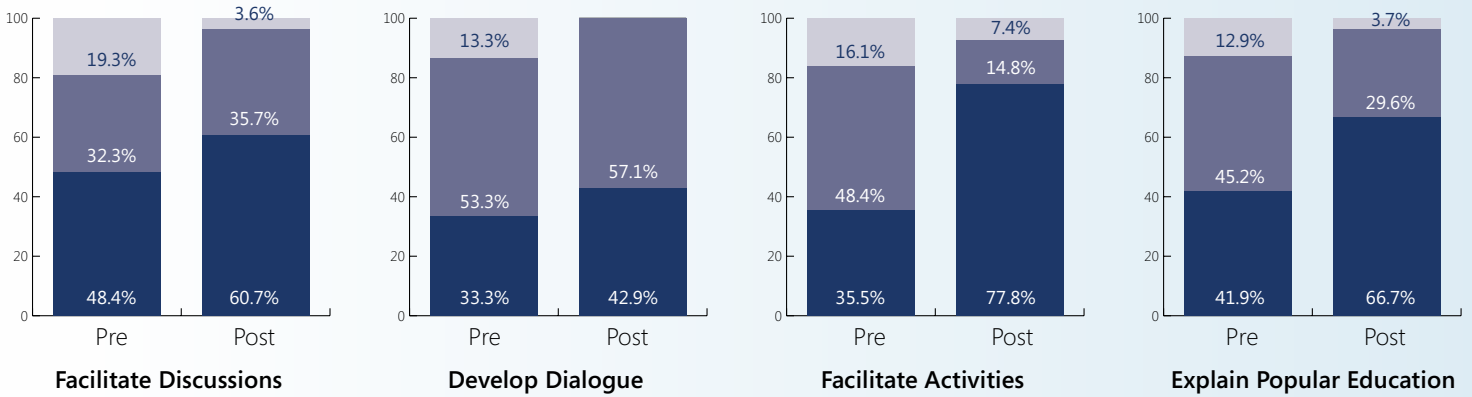
CHW/P Training Curriculum Phase 2

Curriculum builds:	CHWs/Ps toddler-obesity prevention skills
Training:	9 modules covering causes of toddler obesity and how to improve home and neighborhood food environments
Intended results:	CHWs/Ps will be able to facilitate toddler obesity interventions in the home and neighborhood environment
Evaluation:	Pre and post-training survey

Findings:

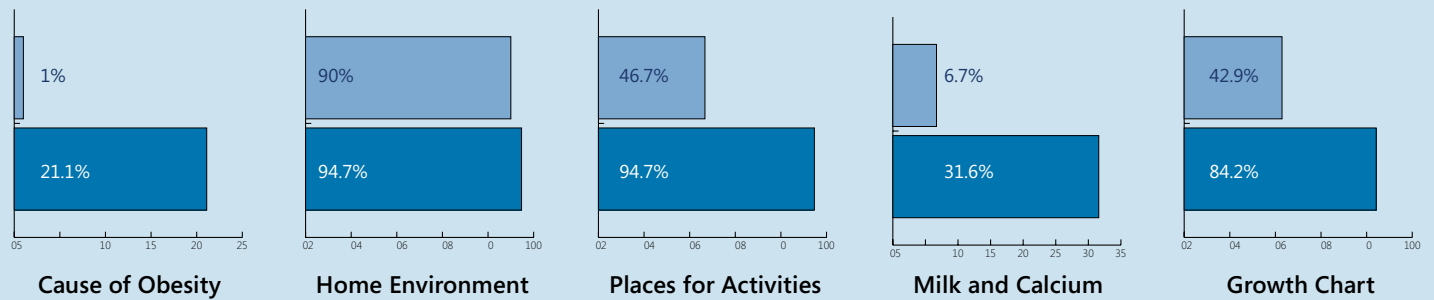
Phase 1: CHW/P Self-Efficacy and Confidence in Group Facilitation Pre (n=31) Post (n=28)

Very Confident Confident Insecure/Very Insecure



Phase 2: Increasing Toddler Obesity Knowledge Pre (n=30) Post (n=19)

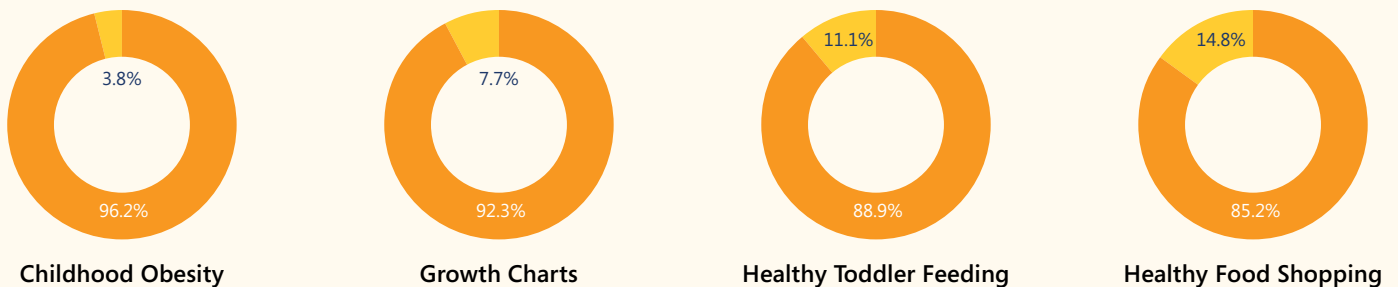
Percentage of CHWs/Ps that answered correctly:



Phase 2: Post Module Surveys Pre (n=31) Post (n=28)

CHW/P: How much did you learn about the following:

A Lot Not Much



Conclusion:



- The phase one curriculum resulted in significant gains in self-efficacy and group facilitation.
- Phase two results showed significant gains in knowledge and positive shifts in self-efficacy. By assessing the learning gains of participating promotores, this project addressed the lack of field-tested CHW/P training curricula.
- Having pre/post surveys in both phases allowed the evaluators to identify which phases contributed to greater knowledge and self-efficacy gains.
- The results from this evaluation can inform improvements to the CHWs/Ps training curriculum and document CHWs/Ps capacity gains