## Orange County Parent Champions for Change Nutrition Education Initiative

## **Overview**

The Parent Champion Initiative was implemented to increase the number of parents, especially low income parents, who participate in school and community nutrition education efforts and subsequently advocate for improved access to nutritious, affordable food and active neighborhoods. The project has grown each year and is now supported by many local partners.

**Objective 1** – Coordinate parent nutrition education efforts being conducted by multiple local partners to ensure quality messages are being delivered in an efficient manner.

**Goal:** Coordinate with 5+ nutrition education and advocacy training partners. As of 2011, 18 partners coordinated to leverage training opportunities in nutrition, physical activity and community advocacy.

**Objective 2** – Increase the number of parents who have a basic understanding of the role nutrition and physical activity play in improving health status.

Goal: Provide 100 parents with educational workshops (20 South, 40 Central, 40 North). As of 2011, seven workshops were conducted reaching 284 attendees (20 South, 60 Central, 120 North).

**Objective 3** – Mentor parent leaders and "Champion Moms" who will be able to influence others in the community to improve access to healthy foods and opportunities for physical activity.

**Goal:** Mentor Champion Moms to share their nutrition knowledge and advocate for changes at 10+ events. *As of 2011, local Champion Moms and parent leaders participated in 48 events.* 



**Orange County Nutrition & Physical Activity Collaborative (NuPAC)** 

www.ochealthinfo.com/nupac/nupac.htm www.cachampionsforchange.net





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