



California SNAP-Ed Works

Learning from the Champions- Peer to Peer Educators in the Community

The Need



- Peer educators have become recognized local leaders inspiring behavior change through delivery of engaging nutrition and physical activity education.
- To increase capacity and deliver services to SNAP Ed eligible communities in a culturally appropriate manner, the Los Angeles County Department of Public Health conducted key informant interviews with peer educators throughout LA County.

The Work



- Ten key informant interviews were conducted with peer educators that received training on nutrition topics, of which MyPlate and How to Read a Nutrition Facts Label were reported as most useful topics taught during the trainings. They also indicated that conducting cooking demonstration and how to find nutrition and exercise classes in their communities are skills that would make them more effective as community educators.

The Impact

Participants were interested in learning how to connect communities to nutrition assistance programs such to address the rising rates of food insecurity.

Participants also requested continuing education opportunities, access to relevant resources and materials, and opportunities to connect with local organizations seeking health educators.



The Future

Results will be used to improve trainings and outreach that meet the needs of diverse SNAP-Ed audiences to disseminate key messages including healthy beverage consumption, increased fruit and vegetable consumption, and increased knowledge of how to better link communities to nutrition assistance programs.



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The mission of the California Supplemental Nutrition Assistance Program Education (SNAP-Ed) is to inspire and empower underserved Californians by promoting awareness, education and community change through diverse partnerships to result in healthy eating and active living.

California SNAP-Ed is administered by the California Department of Social Services in partnership with the California Department of Public Health, UC CalFresh Nutrition Education Program the California Department of Aging, and Catholic Charities of California, Inc. *Funded by USDA SNAP-Ed, an equal opportunity provider and employer.