

April 2012



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Community- Academic- Policy Partnership

HEALTHIER COMMUNITIES TOGETHER

We are making a difference in our community!

The mission of the CAPP grant is to improve community health through the development of long-term, research-driven, collaborative relationships among community, government, and university partners.

Our efforts are bearing fruit! Take a look at the ways our CAPP partners have addressed issues related to obesity, nutrition, exercise, and health policy advocacy in our communities:

LAUSD-Carson High School

- Instant Recess — Carson High School Health Occupation Students of America (HOSA) received training in a 10 minute physical activity break program (“Instant Recess”), and they are now leading Instant Recess (IR) breaks with Carson High staff and students and are planning an IR break for the Carson City Council.
- CHAMPS Camp — Students from Carson High School Health Academy are teaching Caroldale Learning Community middle school students about healthy eating and engaging them in fun exercise routines twice a week after school.

Carson Boys & Girls Club — UCLA researchers and Boys & Girls Club staff have partnered to evaluate the effectiveness of the Club’s Healthy Habits Program.

Gang Alternatives Program — UCLA REACH and GAP staff are working together to bring nutrition and exercise activities to the staff and students in GAP’s after school programs in Wilmington and Carson.

City of Carson — UCLA/RAND Prevention Center and CAB partners are working with the city of Carson to adopt a nutrition standards policy for vending machines located in city facilities.

Providence Little Company of Mary — UCLA REACH and PLCM have partnered to expand the PLCM’s Hawthorne Instant Recess (IR) Project. The initial project introduced 10 minute IR breaks into the K-5 daily public school schedule. Expansion activities include IR breaks in district offices, public library, and PLCM staff offices.

PAUL’S PERSPECTIVE

The first 18 months of this grant have been incredibly successful. Our seed grant program has gotten three community-partnered projects off the ground; we are providing community research trainings for local organizations; we have embarked on a healthy eating, active living policy project with the City of Carson; and we have strengthened our relationships with local schools. I can’t wait to see what the next 18 months bring! Thanks to everyone for their enthusiasm and support!

Paul J. Chung, MD, MS, Principal Investigator, CAPP Project and Co-Principal Investigator for UCLA/RAND Prevention Research Center

*“Alone we can do
so little; together we
can do so much.”*

Helen Keller

COMMUNITY VOICE: Kim Richards

The Boys & Girls Club of Carson (BGCC) received a CAPP SEED grant to evaluate the impact of their Healthy Habits program. The project is now complete and we spoke with Kim Richards, the Executive Director of the BGCC, about her experience participating in this project.

Why did you decide to apply for the SEED Grant?

Due to the BGCC's commitment to quality programming, we began evaluating our activities three years ago. Although we initially collected subjective data, we later did pre- and post-tests to measure what the kids learned from us about living a healthy lifestyle. However, I wanted to take our work one step further—to learn more about the impact we were having on both students and their families. The SEED grant allowed us to evaluate our program in greater depth and detail by exploring the impact our Healthy Habits program had on specific behaviors of both students and parents. We also saw this as a catalyst to look at all of our programs to see beyond the numbers and to identify what kind of

change was actually happening.

What are some of the highlights of your experience working with university researchers, like Burt Cowgill?

Burt and his team were great! They provided guidance in developing a process for research, assisted us in identifying the appropriate research questions and he gave us a measurement tool that we can use in the future. This project establishes a new level of best practices for the Boys & Girls Clubs, challenging us to go to new levels to measure the impact of our programs and to inspire all the clubs to do this level of research.

What did you learn about the research process that is new for you?

I didn't know that bringing a research project such as this to the BGCC would be so successful in creating positive attitudes about data collection with our staff. It excited our staff that the data could make a difference in what we do and reaffirmed in a concrete way the effect the staff and the programming have on our students and

families. It also increased their enthusiasm for their role in making an impact on the behavior of students.

How do researchers and community members look at the research process differently?

I was surprised that Burt was willing to look at the project from our perspective. It was helpful that he could see what we wanted and assisted us in adapting our questions to get at the information we needed. He took the time to look at the program curriculum to understand what we were after. He really “got” what we were trying to do and he made a big effort to see our perspective.

What has been the outcome of the research?

As a result of completing the Healthy Habits program, our youth report increased time spent in physical activity and consumption of healthy foods. In addition, youth and parents report significant decreases in soda consumption and amount of time spent watching television. Needless to say, we are very happy with the results.



2012: SEED GRANT – CAN CHESS PREVENT ADOLESCENT SUBSTANCE USE?



*Building the Public
Research Base with
Community
Partners*

That is the question UCLA researcher, Dr. Burton Cowgill, and Behavioral Health Services (BHS) / National Council on Alcohol and Drug Dependence (NCADD) South Bay Chief Strategy Office and Divisional Director, Mike Ballue, asked themselves when discussing BHS/NCADD South Bay's chess program, Train of Thought. BHS/NCADD South Bay has been awarded the 2012 CAPP SEED Grant to study the Train of Thought chess program and its effectiveness in preventing substance abuse

among adolescents. Train of Thought is an enrichment program that teaches young people the rules, discipline, strategy and etiquette of chess and it has been hypothesized that adolescents may be able to apply to other domains the problem solving skills they learn in chess. Mike Ballue tells us that the project is now underway and the research proposal has just received approval from the UCLA IRB. We look forward to receiving updates on this valuable project.

EVALUATION TRAINING FOR COMMUNITY PARTNERS

Based on the UCLA/RAND Prevention Research Center's Community Advisory Board's input, a new training series is being offered to the CAB's members as well as anyone employed by or affiliated with CAB organizations.

identify areas for improvement. These skills will be taught across a series of five 4-hour long sessions, which began on April 27th.

The first session provided an overview of evaluation for those who were not familiar with it or needed a refresher. It included topics such as why evaluation is carried out, how evaluation is done, and developing a logic model for your organization.

learning and will dig deeper into outcome measurement, evaluation with limited resources, effective data collection methods and analysis, and using data to inform program development and communicate program impact.

For more information about this exciting training opportunity, contact Lindsey Thompson at: lindseythompson@mednet.ucla.edu

Future sessions will continue to build on previous

This training series revolves around evaluation, outcome measurement, and research – it is designed to provide community-based organizations with the tools they need to provide evidence that their programs work and to help them

*Health is not
relative:
a community, or
nation, is only as
healthy as its least
healthy member.*

– UNKNOWN

CAB HAPPENINGS

Centinela Youth Services announced the grand opening of the Everychild Restorative Justice Center on April 18, 2012 . The Center is half of a block from the Inglewood Juvenile Courts and is co-located at the South Bay One-Stop Business & Career Center. It will provide meditation, education, employment, and training services to vulnerable youth, 14 to 18 years of age.

OUR PARTNERSHIPS

Boys & Girls Club of Carson
Behavioral Health Services/NCADD South Bay
Carson Family Resource Center
Carson High School
Centinela Youth Services
City of Carson
City of Los Angeles Council District 15
Gang Alternatives Program (GAP)
Los Angeles County Department of Health Services
Los Angeles Unified School District Wellness Centers

Los Angeles County Department of Public Health, Service Planning Area 8
Providence Little Company of Mary Hospital
South Bay Family Health Care Center
South Bay Center for Community Development
UCLA/RAND Prevention Research Center
UCLA School of Medicine, Department of Pediatrics
UCLA School of Public Health
The Youth, Family, School, and Community Partnership in Action (YFSC-PIA)

TO YOUR HEALTH – Healthy Reads to Increase Your Health IQ

Read here for the latest in health research, innovations, and news that really matters.

Childhood Obesity Magazine: www.liebertpub.com

This magazine explores effective strategies for obesity prevention in children and adolescents, with in-depth coverage on education, policy, health disparities and cultural sensitivities.

RAND: <http://www.rand.org/topics/children-and-families.html>

This extensive list of research projects conducted by RAND experts covers a full range of topics on children's issues, including early childhood, elementary age, adolescents, smoking, obesity, and asthma.

Robert Wood Johnson Foundation News Digest: <http://www.rwjf.org/healthpolicy/digestlist.jsp>

The RWJ news bulletin highlights the latest health policy news from around the country.

UCLA Center for Health Policy Research: www.healthpolicy.ucla.edu

This UCLA online journal presents written articles and policy documents covering nutrition, health behaviors, physical activity, and obesity. Click on *Health Promotion/Disease Prevention Issues* to view the journal.

UCLA RAND Prevention Research Center: <http://www.ph.ucla.edu/prc/yab/resources.html>

This webpage gives information and resources developed by and for teens to assist them in keeping a healthy mind and body. It also includes information on education and violence prevention.



We're on the Web !
www.ph.ucla.edu/prc

Questions? Comments?

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UCLA / RAND Prevention Research Center

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