**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 it's 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.

**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**

<table>
<thead>
<tr>
<th>Curriculum builds:</th>
<th>Key skills (e.g., facilitation) among new CHWs/Ps</th>
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</thead>
<tbody>
<tr>
<td>Training:</td>
<td>8 modules covering popular education, non-traditional methods, group discussions, advocacy, and critical thinking</td>
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<tr>
<td>Intended results:</td>
<td>CHWs/Ps will strengthen their skills in leadership, group dynamics, and collaboration between stakeholders</td>
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<tr>
<td>Evaluation:</td>
<td>Pre and post-training survey</td>
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</tbody>
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**CHW/P Training Curriculum Phase 2**

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

Phase 1: CHW/P Self-Efficacy and Confidence in Group Facilitation

Pre (n=31)  Post (n=28)

Phase 2: Increasing Toddler Obesity Knowledge
Percentage of CHWs/Ps that answered correctly:

Phase 2: Post Module Surveys

Pre (n=31)  Post (n=28)

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.