



Teacher & Youth Worker Lay Health Ambassador Training Package

Working Together to Build A Healthier Community

Dear Lay Health Ambassador:

Welcome to the Philadelphia Ujima: Mind Spirit Body Health Collaborative Project!
We are so excited that you are interested in our Teacher/Youth Lay Health Ambassador (LHA) program.

You are probably asking “what does Ujima mean? “Ujima “is one of the 7 principles of Kwanza. It means: Collective Work and Responsibility, which is to build and maintain our community, while working with others to solve our problems. Our project is appropriately named *Philadelphia Ujima* because we work with communities across the region to help people develop healthy behaviors that will last a lifetime. As a Philadelphia Ujima LHA you will be instrumental in helping us to achieve that goal. You will play a key role in helping us to improve the health and educational outcomes of children.

As I reflect on the many gifts, talents, and abilities that the community has, I am convinced that there is nothing that we cannot achieve together without hard work, persistence, and commitment. I'm humbled and thankful that you have decided to join us in this exciting movement.

Sincerely,

Ana Núñez, MD

Director, Women's Health Education Program, Drexel University College of Medicine



What Is Philadelphia Ujima?

Mission and Vision

The mission of the Philadelphia Ujima Coalition for a Healthier Community:

INFUSE the voice and strength of our communities into our organic, innovative coalition of care that is woven into the fabric of our social connections and makes sense to each person, family and neighborhood.

ENGAGE, innovate and use practical solutions to wellness and health education to serve as a catalyst for change – from the individuals to the groups in which we live and contribute;

CO-CREATE our unique model of health promotion that helps each member, each partner, our families and Philadelphia

Our vision is to develop a robust and organic collaborative network with a shared commitment to health using a gender focused, community participatory approach to health education and promotion that results in a replicable model for healthier organizations and people.

We train teachers, afterschool administrators, social workers, and other youth workers on nutrition, fitness and related resources and ways to incorporate health messages into the curriculum or program. What is novel about this project is its collaborative network that creates culturally appropriate approaches and models to promote health advocacy and change.



What Philadelphia Ujima Offers

Health Education

Philadelphia Ujima provides people with the knowledge, skills, and support needed to prevent disease and manage health. Our team of clinicians and health educators teach people about their own health risks and risk reduction strategies so they can make healthy lifestyle choices. We offer health education workshops in the following areas:

- Disease Specific Prevention and Support

 - Heart Disease

 - Blood Pressure

 - Cholesterol

 - Diabetes

- Nutrition Education

- Fitness

- Sexual Health

- Healthy Relationships

- Role of gender in health



So What Does a Lay Health Ambassador Do?

- Promote health among groups that have traditionally lacked access to adequate health.
- Promote nutrition and fitness education and activities within your curriculum or program.
- Educate and counsel in groups or one-on-one as well as distribute resource guides in an effort to increase knowledge and awareness.
- Role model, mentor, lead, and/or coach by promoting and encouraging positive health behaviors among peers.
- Apply knowledge of the language, cultural norms, beliefs, etc. to assist with health promotion activities in the community and/or organization, refer as needed, and network in the community with peers.



Your Involvement Is Key!

Roles and Responsibilities of Teacher/Youth Worker Lay Health Ambassador

With the rising obesity rates and increasing prevalence of diabetes in youth we need to take action now! Philadelphia Ujima offers opportunities for teachers, afterschool program administrators and other youth workers to become Lay Health Ambassadors.

- Attend a 6 hour training on nutrition, fitness and related resources and ways to incorporate health messages in your curriculum.
- Develop a specific action plan at the end of the training of how you plan to incorporate these health messages into your curricula or programming.
- Implement at least one lesson or activity per month that will have some kind of nutrition or fitness related health message.
- Complete a monthly evaluation.
- Participate in monthly conference calls.