

## Community Engagement Committee

### Beyer Elementary School

226 Willow Rd.  
San Ysidro, CA 92173

### Casa Familiar/Villa Nueva Apartments

119 W. Hall Ave.  
San Ysidro, CA 92173

### City of Chula Vista

#### Department of Recreation

276 4th Ave.  
Chula Vista, CA 91910

### City of San Diego

#### Park and Recreation Department

179 Diza Rd.  
San Diego, CA 92173

### Familias Sanas y Activas Trainer

#### MAAC Project

663 E. San Ysidro Blvd.  
San Ysidro, CA 92173

### San Diego City Council

#### Ben Hueso's Office, District #8

City Administration Building  
202 C St., 10th Fl.  
San Diego, CA 92173

### San Diego County Department of

#### Health and Human Services

#### South Bay Region

690 Oxford St.  
Chula Vista, CA 91911

### San Ysidro School District

4350 Otay Mesa Rd.  
San Ysidro, CA 92173

## Interdisciplinary Academic-Community Partnership

### San Ysidro Health Center

4004 Beyer Blvd.  
San Ysidro, CA 92173  
Phone: (619) 428-4463



### San Diego State University

Graduate School of Public Health  
9245 Sky Park Court, Ste. 221  
San Diego, CA 92123  
Phone: (619) 594-2322  
Fax: (619) 594-2998



SAN DIEGO STATE  
UNIVERSITY

### University of California, San Diego

Department of Family and Preventive Medicine  
8950 Villa La Jolla Drive, Ste. B122  
La Jolla, CA 92037  
Phone: (858) 457-7296  
Fax: (858) 622-1463



## Building Partnerships



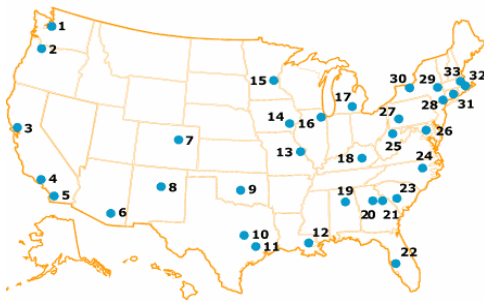
Promoting  
physical activity  
&  
well-being  
among Latinos

Center Directors  
John P. Elder, PhD, MPH  
Kevin Patrick, MD, MS  
Guadalupe X. Ayala, PhD, MPH

## What is a Prevention Research Center?

A Prevention Research Center (PRC) is an organization that aims to improve the nation's health by preventing diseases and promoting health strategies. There are 33 PRCs throughout the U.S. funded by the Centers for Disease Control and Prevention (CDC).

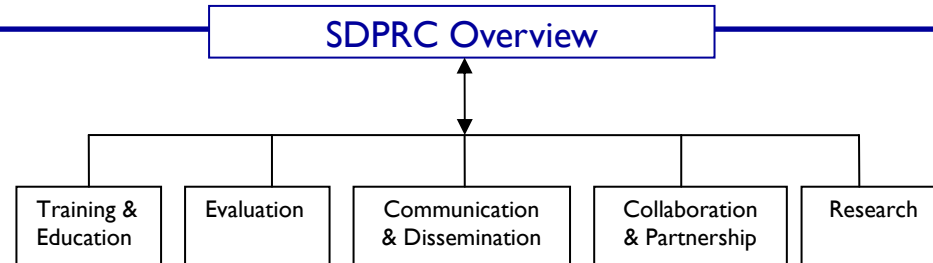
All PRCs follow a model that promotes university researchers, community members, and public health officials working together for a common goal.



### SDPRC MISSION

The San Diego PRC is an interdisciplinary academic-community partnership committed to conducting research and education to promote physical activity and improve the health of Latino populations. We seek to translate research into practices that are meaningful to Latino communities and that can be sustained through formal and informal community networks.

## San Diego Prevention Research Center



**Training & Education** plans the SDPRC's annual conference to increase the understanding of physical activity, its relationship to obesity, and how to promote physical activity in the Latino community. Training aims to promote and enhance collaborative working relationships within and among health agencies in South San Diego County. The Training & Education Division also provides opportunities for students to engage in community-based research activities through internship opportunities. For more information, please contact Lindsay Dillon at (858) 457-7281 x 244.

**Evaluation** sets goals and objectives for each of the divisions, as well as for the SDPRC as a whole. We use these goals and objectives to measure how well we are meeting our overall mission. The Evaluation division of the SDPRC is responsible for tracking activities within the entire SDPRC, as well as monitoring our successes. Some of the things we are tracking include, publications, presentations, and grants. For more information, please contact John Fontanesi, Ph.D. at (619) 594-2322

**Communication & Dissemination** involves website development to disseminate information about physical activity programs and physical activity measures used in Latino communities. This division will use the PRC Latino Health Network to work within existing health networks and agencies with similar interests in physical activity and will share activities and projects that have been effective in Latino communities. For more information, please contact Elva Arredondo, Ph.D. at (619) 594-3481.

**Collaboration & Partnership** is building a strong Community Advisory Board (CAB) from a variety of agencies in San Ysidro. The role of our CAB is to provide input on the PRC intervention and evaluation activities. Our CAB Members are presented on the backside. For more information, please contact Lisa Hoffman at (619) 594-8319.

**Research** is working with community organizations to develop effective methods for promoting physical activity and well-being among Latino community members. Research has developed a train-the-trainer curriculum and toolkit to promote physical activity in the Latino community. Program activities are being evaluated using survey and observational data. For more information, please contact Guadalupe X. Ayala at (619) 594-6686 or Lisa Hoffman at (619) 594-8319.

**Building PARTNERSHIPS**