

TITLE: Abuela, Mama y Yo: Advancing Latino Food Equity in Oregon

AUTHOR(S): Rebeca Marquez, Briana Arnold, Izzy Ventura Meda, Dawn M. Richardson

PRESENTER(S): Rebeca Marquez

STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: policy makers, researchers, educators, foundations, and health system professionals

ABSTRACT: Abuela, Mama y Yo (AMY) is a science-based, multi-level intervention increasing nutritional resiliency in Latino families, enhancing Latino community capacity, and creating system-level change. With OHSU's Moore Institute, AMY was developed by Familias en Acción, partnering with Latino families and Latino-serving organizations to disseminate epigenetic research and the developmental origins of health and disease (DOHaD) concept, promoting nutritional health equity in Oregon's Latino community. AMY strategies include: individual-level education through community-based-and-placed classes; group-level emphasis through a cohort-based approach and training-of-trainers model; community-level efforts through a highly engaged community council; and structural-efforts through an emphasis on social determinants of health and efforts building participants capacity for policy engagement and advocacy. The program has begun training of trainers to begin implementing community classes emphasizing healthy eating, impacts of stress on pregnancy, generational impacts of stress, decolonization of food and food systems, and issues of food access. Through AMY's Community Council, partnerships have been created by engaging Latino parents, community groups, and agencies throughout Oregon. AMY will train 50+ community leaders to deliver the AMY curriculum, which will engage 350 Oregonian Latinos in 2019. The presenter will share the program's evidence-base, process of curricular development, overarching objectives, curriculum, current status, and future goals.

OBJECTIVE(S): Describe how a Latino-serving community-based organization can partner with an academic institution and research organization to advance health equity, using AMY as a concrete example. Describe how a state-wide intervention has been established and implemented. List the ways that outreach to Latino communities can be undertaken. Describe how DOHaD informs the AMY curriculum. Discuss the elements of new curriculum that educates Latino community members to advocate for food equity. Identify key stakeholders that create policy change around food equity for Latino communities in Oregon.
