

Tulane Prevention Research Center



THE MISSION of the Tulane Prevention Research Center (PRC) is to reduce or prevent overweight and obesity in the Greater New Orleans Area by addressing the physical and social environmental factors influencing physical activity and diet. The PRC accomplishes this through participatory research; collaboration with community partners and policy makers; communication about environmental factors related to physical activity and diet with public health practitioners, policy makers and community partners; and training of public health professionals, paraprofessionals and community members. Founded in 1998, the Tulane PRC is one of 26 centers funded by the Centers for Disease Control and Prevention.

Movin' for LIFE

The overall goal of the Movin' for LIFE (Lasting Improvements for Fitness and Energy) program is to improve the health of residents by focusing on increasing health-related behaviors, such as healthy eating and being more physically active. Residents of the Upper and Lower Ninth Ward and New Orleans East will participate in the program. A variety of strategies will be used to promote active and healthy lifestyles. Lessons learned will be used to create a model toolkit for other neighborhoods in New Orleans and beyond.

Active Living Projects

Safe Routes to School

Under a Safe Routes to School grant, the Tulane PRC is partnering with New Orleans City Council's School Transportation Safety Committee to update the New Orleans Police Department's Crossing Guard Manual and promote safe walking and biking opportunities in communities and around schools. The PRC has also provided technical assistance to schools applying for Safe Routes to School grants and acted as the lead organization for the KidsWalk Coalition, a New Orleans-based coalition dedicated to improving the health of New Orleanians by creating opportunities for physical activity.



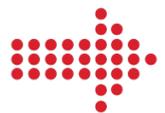
Healthy Eating Projects

Makin' Groceries

The Makin' Groceries project was designed to assess the impact of a new supermarket in a low-income neighborhood where the nearest supermarket is more than one mile away. The study aimed to examine the impact of additional health programming and services onsite at the new supermarket and healthy food retail project. Household shoppers in the neighborhood where the new supermarket and health programming are located have been surveyed in addition to household shoppers in a matched control neighborhood that does not currently have a supermarket within one mile.

School Salad Bar Evaluation

In New Orleans, the United Fresh Produce Association (UFPA) provided salad bars to 43 schools through the "Let's Move Salad Bars to Schools" program. Under a grant from the Centers for Disease Control and Prevention, the Tulane PRC conducted an evaluation study to examine the functioning, maintenance, and effectiveness of the salad bars in New Orleans school lunch programs. The knowledge gained from this study may contribute to increased salad bar use in New Orleans schools and assure higher levels of use and sustainability, thereby increasing access to fresh fruit and vegetables by New Orleans students.



New Orleans Food Policy Advisory Committee

The Tulane PRC leads the New Orleans Food Policy Advisory Committee (FPAC), an advisory body to the New Orleans City Council, which is made up of diverse members from the public, private, and civic sectors. In partnership with FPAC, the PRC directed policy research for the city's Fresh Food Retailer Initiative to improve access to grocery stores, farmers markets, and other fresh food retail outlets in neighborhoods. A second FPAC initiative has worked to improve school food and child nutrition in a context that also supports local farmers.

Edible Schoolyard Evaluation

The Edible Schoolyard New Orleans (ESYNOLA), which has garden and kitchen-based programs at five FirstLine charter schools in New Orleans, selected the PRC to lead an evaluation of its activities during the 2013-2014 school year. PRC staff, with the help of public health graduate students, conducted surveys with students and parents and led focus groups with students, parents, and teachers. The PRC was selected to lead another year of evaluation for the 2014-2015 school year.

For more, visit our website

<http://prc.tulane.edu>



Community Engagement Projects

Health Promotion Practicum Program

The Tulane PRC regularly offers practicum internship opportunities for exceptional public health students at Tulane University. The PRC selects qualified community partners to host students in practica that incorporate critical-thinking skills and address specific public health competencies, such as communication and informatics, diversity and culture, leadership, program planning, and systems thinking. PRC staff support students and host organizations throughout the internship process.

Neighborhood Ambassador Program

In early 2011, the Tulane PRC launched its Neighborhood Ambassador Program to connect neighborhood groups to health-related resources and programs, depending on each community's needs and goals. Assistance from the PRC includes providing skills to support neighborhoods to initiate and maintain future health-related activities, including walking groups, health fairs, cooking demonstrations, and community gardens.

Seminars and Trainings

Community partners, students, staff, and faculty are invited to the Tulane PRC's annual series of seminars and workshops. One series features the latest Innovations in Public Health Research and Practice with invited seminar leaders from New Orleans and beyond. Another series teaches valuable communications skills that can be directly applied to research and public health field work. A third series is targeted toward community partners' needs in career and organizational development, such as grant writing, facilitation skills, and program planning and evaluation. And a fourth series is hosted as an online webinar and highlights research and health promotion topics related to the PRC's mission.

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