



Ending Childhood Obesity (ECO) Project

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Acknowledgement

A \$1.35 million gift from one of the most respected nutritional advocates in the U.S. is helping National College of Natural Medicine (NCNM) educate Oregon families about healthy food choices and eating habits. Bob and Charlee Moore, founders of Bob's Red Mill Natural Foods, have had a lifelong interest in nutrition. In January, 2011, they chose NCNM's physicians and medical students to lead in finding solutions to address the health problems affecting children caused by poor nutrition.

The Moore family gift – the largest donation that North America's oldest accredited naturopathic college has received in 55 years, is funding the pilot ECO project and will establish a research and teaching kitchen on NCNM's campus. The ECO Project (Ending Childhood Obesity), is a free community based nutrition program aimed at reducing chronic disease and morbidity associated with childhood obesity by promoting

healthy food choices and empowering families through education and training.



Bob and Charlee Moore are using their gift as a catalyst to promote health and nutrition among populations that have been marginalized. NCNM began with inspiration and action. With their gift NCNM reached out to families at risk of serious illness and death due to obesity in the greater Portland area, teaching families in English and Spanish, and bringing hope to neighborhoods where hypertension and diabetes are tragically rampant.

Thanks to the Moores' shared belief that food is medicine, ECO is creating a vibrant curriculum and committing time, energy, enthusiasm, and expertise to change many lives through whole foods eating! We are confident that the knowledge and training offered by the ECO Project has begun to turn the tide of looming illness in the lives of adults and children toward optimal health and wellness. This will continue on and grow larger as we continue to reach out in Portland, Oregon and across the country with our ECO Next projects involving many states in the USA. The Moores' gift will impact thousands of families with knowledge, hope and well-being. It wouldn't have happened without them.

David John Schleich

David J. Schleich, PhD

NCNM President

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Ending Childhood Obesity (ECO)

COURTNEY JACKSON, ND
LEAD PHYSICIAN FOR ECO PROJECT



Dr. Courtney Jackson organizes fresh fruits and vegetables to create snack plates at Mt. Olivet Baptist Church.

“THE DOCTOR OF THE FUTURE WILL GIVE NO MEDICINE, BUT WILL INTEREST HER OR HIS PATIENTS IN THE CARE OF THE HUMAN FRAME, IN A PROPER DIET, AND IN THE CAUSE AND PREVENTION OF DISEASE.”

— THOMAS A. EDISON

INTRODUCTION

NCNM’s ECO Project is a collaboration between Bob’s Red Mill, the internationally known whole-grain company based in Oregon, and NCNM (National College of Natural Medicine), the nation’s oldest and most respected naturopathic medical school in the country, based in Portland, Oregon. The partnership between Bob’s Red Mill and NCNM grew from a shared concern regarding the increased prevalence of childhood obesity and, more importantly, the associated rise of disease affecting children, like diabetes and hypertension and liver disease. The mission of the ECO Project is to reduce chronic disease and morbidity associated with childhood obesity by empowering children, families, and communities through education to make and have access to healthy choices.

There are many contributing factors influencing our children’s health. One of these factors is, of course, food choice. We believe that poor food choices due to problems of access and education have played a role in this epidemic. The Standard American Diet is calorie rich, nutrient poor, highly processed and low in whole foods. Whole foods are foods that have not been highly processed or changed, such as fruits, vegetables, legumes, fish, poultry, eggs, and whole grains like oats, rice, wheat, and corn. The opposite of whole foods are highly processed foods like fast food, packaged baked goods, sodas, many canned foods, and fried foods. These foods tend to be our country’s biggest sources of high fructose corn syrup, trans fats, saturated fats, and excess calories, all which have been implicated in the obesity epidemic. We believe that choosing a whole-foods, plant-based diet can be a part of the solution to improve the health of our children and our communities. We also recognize that to create this shift in our relationship with food, it will take a community-based effort.



METHODS

In the fall of 2010, Dr. Courtney Jackson, lead physician for the ECO Project, and a team of naturopathic medical students created nutrition curriculum and implemented twelve health education workshops. An environmental needs assessment identified local communities at greater risk of childhood obesity and chronic disease, like heart disease and diabetes. Dr. Jackson worked with communities that had an established relationship with NCNM through NCNM's teaching clinics. If a community expressed interest in the resources of the ECO Project, then the project team located a kitchen and pleasant eating area to carry out the experiential cooking and health education workshops. The optimal number of participants per workshop was determined to be 15-20 participants. This number was arrived at due to advice from other cooking demonstrators. It was agreed that this number of participants is ideal to allow for a sense of community as well as for experiential learning to take place for all participants.

Community-based inspiration and support was essential to the success of the ECO Project. In North Portland, at the Mt. Olivet Baptist Church location, members of the Daily Bread Ministry, who do most of the cooking for the church, offered their support and expertise to support the ECO Project. Additionally, the Health Ministry at the church provided inspiration and motivation to church members to attend these workshops. Mt. Olivet church has a beautiful industrial kitchen and eating area for the workshops. Wallace Medical Concern in Gresham is the location of one of NCNM's teaching clinics that serves a predominantly Hispanic population. Due to this relationship, Wallace Medical Concern invited Dr. Jackson and her project team to share the ECO Project with their Latino Patient Alliance. Members self-selected to participate in the Winter ECO Project carried out entirely in Spanish at Gresham High School in the home-economics room. The third location was initiated through

Cy Fisher, an NCNM student, demonstrates his cutting-edge skills.



collaboration with Doernbecker's Healthy Lifestyle clinic's director, Dr. Natasha Polenchek. Dr. Polenchek referred Dr. Jackson to the White Shield, which is the Portland Salvation Army's resource for pregnant teen girls. The Director of the White Shield surveyed the young women and discovered their high interest in participating in a whole foods teaching class.

By January 2011, the ECO Project completed the preparation phase and began workshops on location at Mt. Olivet church and at Gresham High School. Each workshop was administered by the ECO Team, which was comprised of a Naturopathic Physician and/or a team of 2-3 naturopathic medical students. The ECO Team carried out workshops in Spanish at Gresham High School. Whole foods were provided for these workshops due to generous donations from Bob's Red Mill and New Seasons Market. Every participant was provided a

notebook with the ECO Project curriculum and recipes. These materials were available in English and Spanish. Bob's Red Mill provided a bag of whole grains for participants to take home at the end of every workshop so that each participant could continue to explore the recipe from a particular workshop. Participants paid no money to attend the workshops. At the first workshop, participants were encouraged to attend the majority of the 12 workshops. Those who attended 9 out of 12 workshops were recognized at the end of the series with a gift bag from Bob's Red Mill. Participants were asked to fill out behavioral surveys administered on Week 1, 6, and 12. The second 12-week workshop series began in April 2011 at Mt. Olivet, Gresham High School, and at White Shield.

ECO PROJECT WORKSHOP TOPICS

WORKSHOP	TOPIC	RECIPE
1	Nutrition 101	Beans, Greens, and Rice
2	Label Reading 101	Vegetarian Chili and Gluten-Free Cornbread
3	The Benefits of Breakfast	Oatmeal on the Go
4	How to Create your Plate: Addressing Portion	Squash and Broccoli over Quinoa
5	Your Portland/Gresham Shopping Guide, Super Foods	Black-eyed Peas and Collard Greens with Sweet Potato Cornbread
6	Movements for Life	Raw Cookies, Protein Bars, Hard-boiled Eggs, Celery and Nut Butter
7	Finding Pleasure with Food: Addressing Emotional Eating	Fennel Apple Potato Soup with Whole Grain Toast
8	Greens and Grains of Traditional Diets	Quinoa Black Bean Salad
9	Cooking for Heart Health and Diabetes	Millet with Chick Peas and Sautéed Chard
10	Delicious, Nutritious Homemade Snacks	Whole Grain Banana Butter Sandwiches, Cucumber Turkey Roll-ups, Hummus and Nuts, Veggies and Fruit Kabobs
11	Exploring Natural and Artificial Sweeteners	Breakfast Veggie Scramble and Sweet Treat Golden Delicious Granola
12	Healthy Substitutions on the Go	Rainbow Nachos

RESULTS

Approximately 88 community members began the ECO Project: 8 from White Shield, 30 from Gresham High School, and 50 from Mt. Olivet. The girls from White Shield, whose average age was seventeen, only participated in six out of the twelve workshops due to logistical obstacles and did not participate in the behavioral surveys. From the Mt. Olivet and Gresham High School sites, participants ranged in age from one to seventy years old, with the average of thirty-seven years. Of the other 80 participants from Mt. Olivet and Gresham High School, approximately 60 successfully completed at least 8 of the 12 workshops.

The goal of the behavioral surveys was to assess key obesity-related behaviors and to see how they changed over the duration of the 12-week ECO Project (“Office-based strategies for the Management of Obesity”. American Family Physicians. June 2010, Vol 81, No. 12, 1449-1455). The behaviors assessed included:

1. Level of physical activity
2. Consumption of soft drinks and other sweet beverages
3. Consumption of fast food
4. Frequency of eating dinner with family
5. Skipping breakfast
6. Watching TV



Cory Szybala and Cy Fisher get their hands well oiled along with the young ECO attendees as they prepare to bake kale chips.

MT. OLIVET RESULTS

Details in Appendix 1

- Based on averages, the following changes were noted from Week 1 to Week 12:
 - Dinners at home per week reduced from 5 to 4
 - Breakfasts per week increased from 3 to 4
 - Hours of screen time per day increased from 3 to 4
 - Vegetables per day increased from 3 to 4
 - Sense of Well-Being increased from 3 to 4
- Taking into account the minimum and maximum reported value of a behavior from Week 1 to Week 12:
 - The maximum weekly visits to fast food restaurants reduced from 7 to 3.

Participants from Mt. Olivet reported the following benefits from their participation with ECO Project (28 completed “Benefits” surveys):

MT. OLIVET: BENEFITS EXPERIENCED WITH ECO	
Nutrition Understanding	71%
Creativity with Meals	64%
Energy	64%
Movement	54%
Sense of Well-Being	54%
Mood	46%
Community/Fam Connection	43%
Sleep	43%
Confidence in Kitchen	36%
Digestion	32%
Blood Sugar Balance	29%
Blood Pressure Control	29%
Stress Management	29%
Skin	21%

The overwhelming favorite workshop at Mt. Olivet was “Benefits of Breakfast” and favorite meal was “Rainbow Nachos.”

COMMENTARY

Sense of community is high at Mt. Olivet church. The ease of communication between participants and ECO Team members flowed well. There was a well-communicated interest in learning more about nutrition, from understanding the role of macronutrients to how food influences blood sugar regulation and mood. One teenage participant who was home-schooled and attended the ECO Project with her mom was able to use the ECO Project curriculum to account for part of her health education credits due to the robust information included in the workshops. The participants of Mt. Olivet were particularly keen about how a behavior as simple as eating a breakfast soon after waking could confer so many health benefits, including weight loss, improved mood, and improved performance at work and school. Individuals shared their own stories of weight loss success when they began eating breakfast regularly. As a group, participants worked through options how to overcome obstacles to eating a healthy breakfast in the morning.

As for the popularity of the Rainbow Nachos, prior to making these vegetable-heavy nachos, most of the Mt. Olivet participants had a prejudgment that nachos were chips and cheese. They expressed delight with our Rainbow version first and foremost because they tasted delicious. Secondly, they expressed an interest in just how many vegetables could be packed onto chips, including kale.

Below is another Mt. Olivet participant's personal story of success from the "Benefits of Breakfast" workshop:

Dear Eco Project,

It was wonderful to be part of something that felt just so right from the get go. Thanks to this group our family's eating habits have never been better. Each week my family has the opportunity to go and try new foods and cooking styles and learn to eat better. I have become more conscious of the origins of my family's food and of the tremendous varieties that exist right in my own area and to explore new recipes that enrich our diet with locally grown product like Bob's Red Mill. This course has been totally wonderful. Our 10 month old son can even eat the food that is made each week and he LOVES it! I think a LOT of mothers would appreciate how yummy and healthy the classes are! Thank you for making such wonderful products! We started eating Bob's Red Mill Oatmeal every morning and cutting out all the sugary cereals. My husband started feeling more energized and more refreshed for his long days of work and school. Oatmeal is now his favorite breakfast.

THANKS SO MUCH ECO PROJECT.

The Roberts

GRESHAM HIGH SCHOOL RESULTS

Details in Appendix 1

- Based on averages, the following changes were noted from Week 1 to Week 12:
 - Breakfasts per week increased from 2 to 6
 - Vegetables per day increased from 3 to 6
 - Whole grains per day increased from 2 to 5
 - Hours of screen time in last day decreased from 3 to 2
 - Dinner at home in last week increased from 5 to 6
 - Sense of Well-Being increased from 3 to 4
- Taking into account the minimum and maximum reported value of a behavior from Week 1 to Week 12:
 - The minimum number of dinners eaten at home in a week increased from 0 to 5
 - The maximum number of sweet drinks per day reported reduced from 7 to 3
 - The maximum number of fast food visits in last week reduced from 5 to 3

Participants from Gresham HS reported the following (14 completed “Benefits” surveys):

GRESHAM HS: BENEFITS EXPERIENCED WITH ECO	
Energy	79%
Nutrition Understanding	79%
Sense of Well-Being	71%
Blood Sugar Balance	50%
Confidence in Kitchen	50%
Creativity with Meals	50%
Mood	50%
Digestion	43%
Community/Fam Connection	43%
Movement	29%
Blood Pressure Control	29%
Sleep	14%
Skin	7%
Stress Management	7%

The favorite workshop at Gresham High School was “Introduction to Nutrients” and the favorite meals were “Oatmeal on the Go” and “Rainbow Nachos.”

COMMENTARY

The perceived benefit of increased energy while participating in the ECO Project is a very interesting one, as fatigue is a common complaint of numerous patients across doctor's office. Hispanic participants expressed a high level of interest in particular about how nutrition can impact blood sugar balance, blood pressure, and cholesterol. Many of the Hispanic participants were either directly dealing with diabetes, hypertension, or hyperlipidemia or had a family member who had one of these conditions. I believe part of the reason why a perceived benefit of increased energy and sense of well-being occurred was that nutrition knowledge was conveyed in Spanish and in a comfortable environment that allowed for questions and commentary to occur. Language barriers and lack of time are common barriers for this particular population in medical offices. Our participants felt empowered and energized to come to class weekly, speak in their native language, and have some long-standing questions finally answered about nutrition and health issues by naturopathic medical students and a Naturopathic Doctor.

The Hispanic participants generally expressed a lack of eating breakfast regularly in their days. For the adults, a typical daily diet often began with Pan y Café (bread and coffee) in the morning followed by a big “comida” or lunch late in the day. This eating behavior is strongly associated with obesity. For the children, breakfast would often be eaten at school or would include a sugary cereal with milk and fruit juice. “Oatmeal on the Go” was a favorite recipe because it provided a relatively quick and a delicious option to get high fiber as well as healthy fat and protein (via flax seeds and nut butter) into the body to provide proper fuel for the rest of the day and to encourage balanced metabolism. Similar to the Mt. Olivet workshops, “Rainbow Nachos” were a big hit. Perhaps in addition to their deliciousness, they demonstrated a creative way to prepare some common Hispanic staples of corn and beans.



An ECO toddler gets ready for some healthy snacks with his mom and Dr. Jackson.

COMBINED REPORTED BENEFITS

COMBINED BENEFITS EXPERIENCED WITH ECO (42 TOTAL RESPONSES)	
Nutrition Understanding	74%
Energy	69%
Creativity with Meals	60%
Sense of Well-Being	60%
Mood	48%
Movement	45%
Community/Fam Connection	43%
Confidence in Kitchen	40%
Blood Sugar Balance	36%
Digestion	36%
Sleep	33%
Blood Pressure Control	29%
Stress Management	21%
Skin	17%

CONCLUSION

The ECO Project's pilot series were successful in terms of the high level of continued participation, the positive anecdotal stories shared weekly with ECO team leaders from members regarding healthy behavior changes and improved health outcomes, and the self-reported perceived benefits from participants. Nutrition knowledge increased significantly for many participants, which may have contributed to some positive behavior changes. On average, our participants reported increases in consumption of breakfasts, servings of vegetables, and servings of whole grains, as well as a heightened sense of well-being by the end of the twelve-week workshops. All of these are behaviors that support improved health outcomes.

The experiential education provided was pivotal to transitioning the theory of healthy cooking into hands-on experience with whole foods and healthy meal preparation.

Experiential learning also contributed to the increased confidence and creativity in the kitchen our participants acknowledged. The ECO Project also found success with family-based participation. It is well known that the best program addressing childhood obesity is family-based (Krause. Food, Nutrition, and Diet Therapy. 2001).

The importance of community-driven participation in a project like ECO cannot be overstated (Freudenberg et al. “A Tale of two ObesCities”. The role of municipal governance in reducing childhood obesity in New York City and London. *Journal of Urban Health*, 2010.). In order to have individuals commit to weekly workshops and commit to making lifestyle changes, community support is essential. Community members can assist with transportation obstacles that come up as well as share workshop stories to those who had to miss a class. There was a constant connection to the ECO Project workshops for those in a tight-knit community, whether through sharing stories at church, during a casual phone conversation, or by simply asking a friend to take notes or to pick up the sample grain for a missed class. The ECO Project experienced a significant drop in participation during the early weeks of the spring series at Gresham High School. Perhaps this was due to the fact that participation was selected from families and individuals who had no earlier connection to one another as opposed to our winter workshop where participation was drawn from the Latino Patient Alliance. These spring workshop individuals had no previous shared interest in health as a group prior to the start of the workshop. Perhaps they were not as able to rely on one another for transportation support or to feel a sense of connection to the workshops when they missed a class. Community support can come in many forms: churches, schools, co-workers, cultural centers, and after-school programs.

In the future, the ECO Project will be to continue to work with established communities over time with the goal of training internal community members in the ECO curriculum so that they may run the ECO Project with the support of NCNM. Participants in the ECO Project would fare well to expand their physical activity level, either within an expansion program of ECO or within another community resource aimed at increasing physical activity. Further exploration of reported benefits of improvements in blood pressure and blood sugar control should be pursued, as these are two risk factors strongly associated with chronic disease. The ECO Project can also provide a rich source of research opportunities to assess biomarkers associated with obesity and chronic disease with the support of NCNM’s Helfgott Research Institute. The possibilities are grand, and the momentum is strong.

Acknowledgements: Dr. Jackson would like to express gratitude to Cory Szybala, a naturopathic medical student and ECO Team member, who was instrumental in organizing and managing the data collected from the ECO Project behavioral surveys. Dr. Jackson would also like to recognize the other original ECO Team members from NCNM who contributed to the development of a bilingual ECO Project curriculum, in particular Nathalie Paravicini, and whose commitment to this pilot project was truly inspirational:

Dawn Ley, Julie Briley, Jessica Brandes, Karmen Scott, Lauren Ward, Melissa Wenzel, Annah Shapiro, Shawnte Yates, Cy Fisher, and Susanna Farahat.

APPENDIX 1

Below is a demonstration of survey results that took into account key behaviors associated with obesity. The number on top represents the average of the responses while the range of numbers below (expressed as 0>X) represents the minimum and maximum reported value:

COMBINED KEY BEHAVIOR TOTALS

COMBINED TOTAL	WK1	WK6	WK12
# DIFFERENT TYPES OF MOVEMENT	3 0>11	4 1>10	4 1>10
# HRS MOVEMENT PAST WEEK	3 0>9	4 1>9	3 0>9
# SWEET DRINKS AVERAGE/DAY	1 0>7	1 0>5	1 0>3
# FAST FOOD VISITS PAST WEEK	1 0>7	1 0>8	1 0>3
# DINNERS AT HOME PAST WEEK	5 0>7	5 1>7	5 0>7
# BREAKFASTS <1-HR WAKING PAST WEEK	3 0>7	5 0>11	5 0>7
# HRS SCREEN TIME LAST 24 HOURS	3 0>7	3 0>7	3 0>7
# DIFFERENT TYPES OF VEGGIES EATEN	7 1>14	8 2>13	8 3>13
# VEGGIES EATEN LAST 24 HOURS	3 0>9	4 0>9	5 0>9
# DIFFERENT TYPES OF GRAINS EATEN	4 1>8	4 0>8	5 2>8
# SERVINGS OF GRAINS LAST 24 HOURS	2 0>7	3 0>7	3 0>8
SENSE OF WELL-BEING	3 1>5	4 1>5	4 1>5

MT. OLIVET KEY BEHAVIOR TOTALS

COMBINED TOTAL	WK1	WK6	WK12
# DIFFERENT TYPES OF MOVEMENT	4 0>11	4 1>10	4 1>10
# HRS MOVEMENT PAST WEEK	3 0>9	4 1>9	3 0>9
# SWEET DRINKS AVERAGE/DAY	1 0>4	1 0>5	1 0>3
# FAST FOOD VISITS PAST WEEK	1 0>7	1 0>8	1 0>3
# DINNERS AT HOME PAST WEEK	5 0>7	5 1>7	4 0>4
# BREAKFASTS <1-HR WAKING PAST WEEK	3 0>7	5 0>7	4 0>7
# HRS SCREEN TIME LAST 24 HOURS	3 1>7	3 1>7	4 1>7
# DIFFERENT TYPES OF VEGGIES EATEN	7 1>14	8 2>13	8 3>13
# VEGGIES EATEN LAST 24 HOURS	3 0>9	4 0>9	4 0>9
# DIFFERENT TYPES OF GRAINS EATEN	4 1>8	4 0>8	5 2>8
# SERVINGS OF GRAINS LAST 24 HOURS	3 0>7	3 0>7	3 0>5
SENSE OF WELL-BEING	3 1>5	4 2>5	4 1>5

GRESHAM HIGH SCHOOL KEY BEHAVIOR TOTALS

COMBINED TOTAL	WK1	WK6	WK12
# DIFFERENT TYPES OF MOVEMENT	3 1>4	3 1>5	3 1>5
# HRS MOVEMENT PAST WEEK	5 1>9	5 1>9	5 1>9
# SWEET DRINKS AVERAGE/DAY	2 0>7	0 0>1	1 0>3
# FAST FOOD VISITS PAST WEEK	1 0>5	1 0>2	1 0>3
# DINNERS AT HOME PAST WEEK	5 0>7	7 5>7	6 5>7
# BREAKFASTS <1-HR WAKING PAST WEEK	2 0>7	5 0>7	6 2>7
# HRS SCREEN TIME LAST 24 HOURS	3 0>7	2 0>3	2 0>4
# DIFFERENT TYPES OF VEGGIES EATEN	6 2>9	7 6>11	8 6>10
# VEGGIES EATEN LAST 24 HOURS	3 0>9	6 1>9	6 3>8
# DIFFERENT TYPES OF GRAINS EATEN	3 1>6	4 2>6	5 2>8
# SERVINGS OF GRAINS LAST 24 HOURS	2 0>7	5 1>7	5 2>8
SENSE OF WELL-BEING	3 2>5	5 1>5	4 2>5

APPENDIX 2

English-speaking participants from Mt. Olivet church left the following comments on their final surveys:

- Maybe have more accountability with the homework. Maybe give out little reminders to help people remember them.
- This was really good for me to come. My only complaint about the workshop was the commute.
- This ECO project was wonderful, enlightening, educational and fun. I don't see much room for improvement. We were late a lot, maybe move it up to 7pm instead of 6pm.
- All Good (workshops). All good (Recipes). Shorter time- less weeks.
- It would be nicer to have class closer to (SE Portland). Thank you for your hard work and great information. Loved this class!!

-
- Make sure recipes are created for families of 4-6.
 - I was very happy each time. I had a class very anxious to come to class. Love all food. Sorry no suggestions... You guys are great... Thank You Soo Much!
 - I think everything was great.
 - More personal interaction between meals.
 - Location great, time good. Allow for time to converse after meal (which happens, but while instructors are having to clean). Great with kids. Class journal about meals. Try a few more way to incorporate kids when not prepping meal.
 - Make all recipes without gluten, eggs & dairy. This way students with allergies or intolerances can eat all things prepared & their trying substitutes they don't normally cook with or try like tofu, flaxseed for eggs, etc.
 - Closer drive to meetings. I came because my daughter goes to church here and was coming to these classes. I really enjoyed the program and fellowship.
 - We should have class for those who want to return for another class. Have a class on Saturdays.
 - Recipes are too big (family of 2). I loved the class. The teachers were friendly and warm, very informative and patient. Thanks for the opportunity to teach our community about healthier options.
 - Not much improvement needed.
 - I really don't know. I thought the class was done very professionally and the info provided was so very informational. Thank you all for putting this class together.

Spanish-speaking participants from Gresham High School left the following comments (Dr. Jackson's translation in parentheses following Spanish.)

- Tal vez con videos (Perhaps with videos)
- Estoy contenta por este proyecto porque al saber preparar en alimentacion sobre diabetes y presion alta. Gracias. (I am happy with this project because of learning how to prepare nutritious meals for diabetes and high blood pressure. Thank you.)
- Para mi todo esta muy bien. Muchas gracias por todos. (For me, everything was very good. Thank you very much for everything.)
- Evitar mas gentes. (Invite more people.)
- Un comentario que me gustaria agregar es acerca de crear alguna receta sobre hongos. Gracias por compartir sus concocimientos con la comunidad.
- Realmente no se como podrian mejorar los talleres ya que para mi todo estuvo perfecto y bastante interesante. (Really, I don't know how you could improve the workshops because everything was perfect and very interesting.)
- Me gusta las clases de comida y que sigan dando clases de comidas si se puede me gusto mucho las clases (I like the cooking classes and hope that you continue having these classes.)
- Que el proximo ano tengamos las mismas clases aqui en la escuela de Gresham (Next year, have the same classes here in Gresham.)
- Todo esta muy bien. (Everything is very good.)
- Si los hizieran en el finades semana en la manana. (Have workshops on the weekend and in the mornings).



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