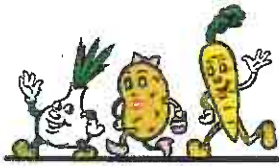




Student Health Center

San Luis Obispo (805)546-3171

North County (805)591-6200



NEAT (Nutrition Education Action Team) Program

Peer Program Agreement and Permission to Participate Form

- The **purpose** of the **NEAT** program is to educate participants about nutrition and to help them with positive nutrition and lifestyle changes. Peer educators, under the supervision of a professional mentor, serve as an educational resource and referral agent on issues related to nutrition and the impact of nutrition on health and wellness.
- I, as a participant of the **NEAT** program, acknowledge that I am an active participant in the process and that the information that I provide for my peer educator will guide the appointment and the recommendations delivered. While nutritional education can be an important compliment for medical care, I understand that nutritional counseling is not a substitute for the diagnosis, treatment, or care of disease by a medical provider.
- All records related to the **NEAT** program are confidential, with legal constraints, and are not part of the student's academic records. Records will not be released without the student's consent. I understand that the **NEAT** team members are mandated reporters and give the **NEAT** program permission to make necessary referrals for medical/psychological care, if needed.

Student Name

900

Student ID #

Student Signature

Date

- Any registered student under the age of 18 will be required to have a parent/guardian give signed permission to participate prior to making an appointment with the **NEAT** team.

Parent/Guardian Name

Parent/Guardian Phone #

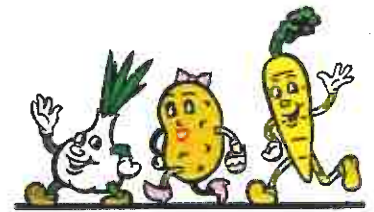
Parent/Guardian Signature

NEAT (Nutrition Education Action Team) Program

24-hour Recall and Pre-Appointment Questionnaire

Welcome to NEAT...

We will help you learn about Nutrition and set goals for positive nutrition and lifestyle changes.



Please complete and submit a minimum of 48 hours before your appointment:

Name _____

Date _____

Email _____

Reason for Appointment Request: _____

Information needed for Computer Diet Analysis:

Birthdate _____

Gender (if female, then are you pregnant or lactating?) _____

Height _____

Weight _____

Weight Gain or Loss desired? _____

Activity Level: (High, Medium, Low) _____

How many minutes a week do you exercise moderately or vigorously? _____

Do you follow a specific type of diet and/or have any allergies? _____

What do you feel you do especially well concerning your food choices? _____

What do you think you could improve on nutritionally? _____

Are there any specific nutrition-related topics you would like to know more about? _____

Do you often feel hungry? Y (If yes, please answer the questions below) _____

Do you ever feel too hungry to study? _____

Do you have access to a kitchen? _____

Is your food supply low at the end of the month? _____

NEAT (Nutrition Education Action Team) Program

HELPFUL HINTS FOR LISTING FOODS

1. Be sure to write down foods as you eat them so that you can record the amounts accurately.
2. Write down specific information on how the food was cooked (fried, baked, broiled, steamed).
3. Write down whether the food was freshly prepared, frozen, canned, or otherwise processed. Canned foods should include the type of liquid in which the food was packed (heavy syrup, oil-packed, water).
4. Many common mixed dishes, such as chili, macaroni and cheese, or tuna noodle casserole, can be found in the database. If you ate a more unique dish, however, you will need to list the individual foods in the recipe. For example:

2 cup vegetable stew =	0.25 cup potato
	0.50 cup carrot
	0.25 cup onion
	1.00 cup tomato sauce

If you ate $\frac{1}{4}$ of the recipe, be sure to list only $\frac{1}{4}$ of the amount of the ingredients.

5. Use measuring cups and spoons to determine how much was eaten.
6. Prep means prepared and ready to eat. For example: "Fruit Juice, Orange, frozen concentrate, unsweetened, prep" means that the frozen concentrate has been diluted with water to make juice.
7. Dry means uncooked or unprepared. Examples: oatmeal, dry or rice, dry means uncooked and expand to double or triple when cooked.
8. 8 oz. is not 1 cup for dry items such as cereal. Use oz. primarily for liquids or meat, unless you get information from the package.

NEAT Proposal for Peer-to-Peer Education Pilot

Name of project	NEAT (Nutrition Education Action Team)
Purpose	To educate peers about Nutrition to help them with positive nutrition and lifestyle changes
Start Date	January 2017
Who	3 Peer Educators (Camilla, Courtney, Ian) Spring 2017, mentored by Cherie Moore, Nutrition Department
Training	12-hour BACCHUS certification at Cal Poly
Hours of Service	2 hours per week per student (6 hours total)
Process for Peer Educators (Pilot will run January-May 2017)	<ol style="list-style-type: none"> 1. Cuesta College student submits online form answering questions and listing 24-hour food recall. 2. Health Center schedules half hour appointment a minimum of 48 hours prior to appt. 3. Health Center alerts mentor and Peer Educator a minimum of 48 hours prior to appt. 4. Peer Educator enters the personal information and food recall (foods and amounts) into the ESHA Research program (Nutricalc) and prints the report 5. Peer Educator meets with mentor to prepare for the peer-to-peer session 6. Peer Educator meets with student using peer-to-peer techniques and props, giving diet recommendations based on the student's goals and computer dietary analysis, and offering handouts/resources 7. Peer Educator reports back to mentor about the session 8. Peer Educators are paid an hourly rate for the peer-to-peer session (1-hour work per appt. which includes, computer diet analysis prep, mentor meeting, and 30-minute appt.) 9. Peer Educators will volunteer creating and implementing one outreach effort each month (i.e. newsletter, Board or Trustees appearance, tabling, news article, etc.) and create peer education materials as needed.
Future Peers in Training	<ol style="list-style-type: none"> 1. In August '17, up to 3 additional potential peer educators will be selected through an application process 2. Peers in Training will have earned the Cuesta College Nutrition Certificate. 3. Peers in Training will attend BACCHUS training at Cal Poly 4. Peers in Training will shadow current peer educators Fall '17 semester 5. Peers in Training may earn ½ unit Independent Study credit (NUTR 247) 6. Peers in Training will not be paid until they become "Peer Educators" the following semester (Spring '18)