



NEWSLETTER

We've had a busy Spring semester implementing one of our community nutrition programs, developing student abstracts and posters, and publishing a manuscript. Enjoy reading what we've been up to!

IMPROVING VEGETABLE INTAKE AND SUGAR-SWEETENED BEVERAGE CONSUMPTION IN LONG BEACH

Five student research fellows and 6 interns implemented **24 program sessions** with **children in 3rd, 4th, and 5th grade and their families** in the City of Long Beach as part of a USDA funded grant Harvesting Healthy Habits in Long Beach. Participants learned about gardening and how our food grows, nutrition and it's impact on long-term health, and made healthy affordable snacks. The program served **204 community members** in the Spring semester. Preliminary data results demonstrate child participants are improving their nutritional knowledge, nutrition label reading skills, increasing their daily vegetable intake, and reducing their consumption of sugary drinks.



LONG BEACH LATINX COMMUNITY HEALTH NEEDS ASSESSMENT

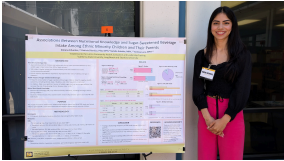
Our Center is leading the 2026 *Mi Vida Cuenta* Latinx Needs Assessment in partnership with the City of Long Beach Department of Health and Human Services. The assessment aims to better understand the health needs and barriers to accessing resources and services among the Latinx community in Long Beach. To date, 178 surveys have been completed by community members in collaboration with Centro Cha, Casa Guerrero, Latinos in Action, and Puente Latino Association. Listening sessions will be held in June to obtain qualitative data with a final report and work plan to be developed by September.



3rd ANNUAL STUDENT RESEARCH SYMPOSIUM

We hosted the 3rd Annual Student Research Symposium as part of **CSULB's Week of Research, Scholarly, and Creative Activity (RSCA)** on **Friday, April 24, 2026**. Undergraduate and graduate students conducting research with CHHS faculty presented their research posters. Congratulations to the research competition winners!

UNDERGRADUATE RESEARCH COMPETITION WINNERS:



1st Place: Ximena Sifuentes, Public Health student. Poster titled "Associations Between Nutritional Knowledge and Sugar-Sweetened beverage Intake Among Ethnic Minority Children and Their Parents"



2nd Place: Sabrina Momoh and Tonii Adedipem, Public Health students. Poster titled "Black Infant Health Media Campaign"

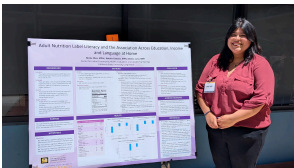


3rd Place: Katelyn Chu, Nutrition and Food Science student, Poster titled "Residential Area and its Association with Fruit and Vegetable Intake Among Children in Long Beach"

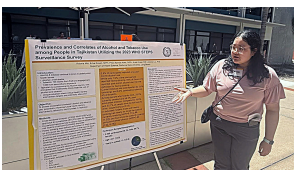
GRADUATE RESEARCH COMPETITION WINNERS



1st Place: Primavera Garcia Trabanino, MPH student. Poster titled "Nutrition Parenting Practices as Predictors of Vegetable Intake Among Children Aged 7-11"



2nd Place: Nicole Olea, MPH student. Poster titled "Adult Nutrition Label Literacy and the Association Across Education, Income and Language at Home"



3rd Place: Victoria Min, MPH student, Poster titled "Prevalence and Correlates of Alcohol and Tobacco Use among People in Tajikistan Utilizing the 2023 WHO STEPS Surveillance Survey"



NEW PUBLICATION!

Learn more about the development of the Eat, Play, Go! curriculum published in the Journal of Health Education and Behavior. The culturally tailored curriculum addresses obesogenic risk factors with topics on nutrition and physical activity for youth 10-13 years old and their caregiver.

Buenrostro, P.T., Garcia, M.L., Luna, A., Leon-Cruz, G., Tovar, S. (2026). Development of Eat, Play, Go! culturally tailored curriculum addressing Latino youth obesity. *Health Education and Behavior*. doi.org/10.1177/10901981261428144

CONGRATULATIONS TO THE CLASS OF 2026!

11 students from our Center are graduating! We celebrate them on this milestone. ¡Felicidades!



Yeraldine Polo, Master of Public Health

Primavera Garcia Trabanino, Master of Public Health

Nicole Olea, Master of Public Health

Lesli Arenivar, Master of Public Health

AnaKaren Gonzalez, Master of Public Health

Abigail Ramirez-Rivera, Bachelor of Science, Public Health

Katherine Ayala, Bachelor of Science, Public Health

Natalia Samora, Bachelor of Science, Public Health

Camili Rivas, Bachelor of Science, Public Health

Heather Dietrick, Bachelor of Science, Nutrition & Food Science

Katelyn Chu, Bachelor of Science, Nutrition & Food Science



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