

TOPIC: Project ideas

Hi Peer Educators,

We hope preparations for finals are going well and that you stay healthy and strong as you get through the next couple of weeks.

Before going into the subject of today's email, we would like to share with you another webinar opportunity from the Office of Minority Health, our federal partner in the PPE program.

Title: Fatherhood

Date: Thursday, December 13, 2012

Time: 12:00 PM - 1:00 PM PST

Space is limited. To reserve your webinar seat and for details about the webinar, [click here](#). **We've been informed that you must register to be able to access the webinar later on.**

As preconception peer educators (PPE), you have an important role to fulfill. After being trained in preconception health, you are now equipped with basic knowledge to raise awareness about preconception health in your school and in your greater community.

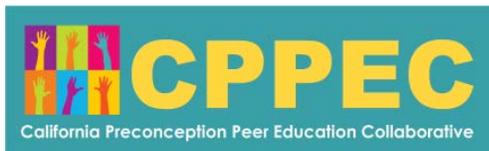
As you start to develop your organization or fold into an existing one, you may be wondering about what kind of outreach activities you would like to do. A good place to start is on your own campus. Here are some thoughts to get you started.

Draw from experience

Why reinvent the wheel? California State University, Northridge's (CSUN) PPE program has been established for some time, so take a look at what they have done. Some examples of projects that CSUN PPEs were involved with (aka success stories) include:

- On campus trainings/seminars about preconception health and infant mortality (take a look at this [archived article](#))
- First Annual Southern California Preconception Peer Educators Conference on the CSUN campus in which CSUN PPES learned and worked together with other campuses
- Local high school health fair
- Collaborative work with other campus organizations

For more information about CSUN's program, take a look at our [developing page about CSUN's PPE program](#).



Plan an outreach activity for Folic Acid Awareness Week

One idea to consider is planning an outreach event around a health observance. A few upcoming and relevant health observances are **Birth Defects Prevention Month (January 2013)** and **Folic Acid Awareness Week (January 6-12, 2013)**. As a reminder, all women of childbearing age need to get 400 mcg folic acid daily for overall health and to prevent serious birth defects should they get pregnant. Start thinking now about any ideas you might have to increase awareness about folic acid and preconception health during this time or during other health observances.

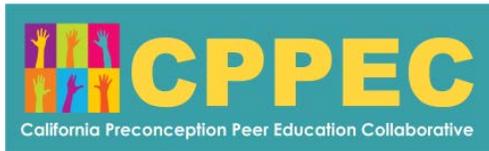
Remember, you have resources available to you. You have your classmates and your friends, as well as educational materials to disseminate health information in your outreach activities. Selected resources are listed below:

- **Resources available through the Every Woman California website.**
 - **Bookmarks and wallet cards** with preconception health messages, including a folic acid recommendation. Available in English and Spanish.
 - **Easy-to-read preconception health information sheets** on 20 topics, including folic acid. Available in English and Spanish.
 - **Additional preconception health resources for the public** (with some in **Spanish**)
 - Electronic/Social Media: www.everywomancalifornia.org, www.cadamujercadadia.org, and the Preconception Health Council of California's **Twitter** and **Facebook** pages
- **English and Spanish pamphlets and posters entitled Folic Acid: Every Woman, Every Day.** These materials are for: 1) raising awareness about the role of folic acid in preventing birth defects and 2) providing information on how to consume adequate folic acid. Download these materials and read more on folic acid [here](#).
- **The National Center on Birth Defects and Developmental Disabilities, CDC has plenty of free printed educational materials available for order, including many posters in Spanish.** Because of budget cuts, CDC will be phasing out some of these educational materials over the next few months. Once depleted, these materials will continue to be available online in PDF format for printing at your organizations. Please feel free to contact us at flo@cdc.gov with any questions.

Do you have any ideas? Please share them!

Many of you are in the target age group and all of you are in or recently were in the college setting. This means you can serve as idea generators and pilot testers. What would be a good outreach activity that would work for you? Please do not hesitate to get creative!

Share your ideas with info@everywomancalifornia.org, or better yet, post online in the forums on www.everywomancalifornia.org to instantly send a note to all the peer educators registered online.



See the attachment for directions to post in the forums, but do not hesitate to send us an email if you have problems logging in.

Username = the email address used to receive this email

Password = **Preconception** (if you have not already personalized it)

We are online!

Please visit www.everywomancalifornia.org on a regular basis to find important resources and stay updated on upcoming events. Check out the resources available, including a [section of the website](#) just for Peer Educators! [Log in](#) for collaborative tools AND to contribute to the Every Woman California website.

Please 'Follow/Retweet' [@PHCCalifornia on Twitter](#) and 'Like' [California Preconception Health on Facebook](#) so that you can stay informed of important updates AND spread the preconception health message—this is also an avenue for you to publicize your own work! Contact us for details.

Questions?

We will do our best to help. Please email info@everywomancalifornia.org.

Thank you for your dedication to the health of women, men and families in California!