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## Healthy Kids & Families: Overcoming Social, Environmental and Family Barriers to Childhood Obesity

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# Healthy Kids & Families™

## Overcoming Social, Environmental and Family Barriers to Childhood Obesity



Amy Borg, MPH, MEd, Christina Haughton, MPH, Kevin Kane, MS, Stephenie Lemon, PhD, Lori Pbert, PhD, Wenjun Li, PhD, Milagros Rosal, PhD



### UMass Worcester PRC

**Our Vision:** Optimal health of individuals, families and communities.

**Our Mission:** To promote health and prevent disease and disability through: real-world research, evidence-based practice, and education.

### APPLIED PROJECT

**Objective:** The Healthy Kids & Families™ study is testing a parent-focused community health worker led intervention that seeks to overcome social, environmental and family barriers to childhood obesity.

**Research Design:** Quasi-experimental study design. The intervention will be compared to an attention-control comparison condition consisting of a parent-focused CHW-led intervention aimed at helping families improve positive parenting skills. Assessments occur at baseline, 6, 12, 18 and 24 months.

- Outcomes:**
- Body Mass Index (BMI)
  - Dietary behaviors
  - Physical activity
  - Sedentariness

- Community Collaborators:**
- Worcester Public Schools
  - Oak Hill Community Development Corporation

**Target Population**  
240 Parent-child (K-6th grade) dyads recruited through nine public schools in socioeconomically disadvantaged areas of Worcester, MA.

**Inclusion criteria:**  
Access to a telephone  
English or Spanish speaking  
Plans to live in the area for 2 years.

**Exclusion criteria:**  
Medical condition that precludes the child from walking or eating fruits and vegetables.

### HEALTHY KIDS & FAMILIES™ INTERVENTION



### TIMELINE



### CHILD DEMOGRAPHICS



Child N	248
Mean Age (SD)	7.8 (2.1)
Gender	
Male	51.6%
Female	48.4%
BMI	
Underweight	2.0%
Normal Weight	49.0%
Overweight	18.0%
Obese	31.0%
Race/Ethnicity	
White Non-Hispanic	15.4%
Black Non-Hispanic	16.6%
Other Non-Hispanic	7.2%
Hispanic	60.7%
Grade at baseline	
K	16.6%
1	21.3%
2	14.2%
3	17.1%
4	10.4%
5	11.4%
6	9.0%



### PARENT DEMOGRAPHICS

Mean Age (SD)	36.3 (7.4)	Weekly hours worked of	6.5%
Gender		Employed part time	93.5%
Male	8.5%	Household income	
Female	91.5%	<20k	24.6%
BMI		20-50k	35.5%
Underweight	1.3%	>50k	8.5%
Normal Weight	15.3%	Income Missing	31.4%
Overweight	27.5%	Received food assistance	
Obese	55.9%	Yes	71.2%
Race/Ethnicity		No	18.8%
White Non-Hispanic	22.6%	Sources of assistance	
Black Non-Hispanic	16.9%	WIC	6.9%
Other Non-Hispanic	7.6%	Food Stamps/SNAP/EBT	56.1%
Hispanic	52.8%	Food Pantry	31.2%
Single parent household		Community Meals	5.8%
Yes	47.6%	Worried about having enough \$ to	
No	52.4%	Usually	22.0%
Highest level of education		Sometimes	34.2%
Less than High School	19.0%	Rarely	18.3%
High School/GED	63.3%	Never	25.6%
Associates Degree or Higher	17.7%	Housing	
Confidence filling out medical forms		Own home outright	7.3%
Very Confident	80.1%	Paying on a mortgage	4.5%
Somewhat/Not Confident	19.8%	Rent	80.2%
English	90.7%	Family/friends, no rent	3.2%
Spanish	47.2%	Homeless/Shelter	1.2%
Other	16.9%	Length of time in current location	
Language primarily spoken at home		< 6 Months	14.1%
English	70.9%	6 Months-1 Year	13.7%
More another language than English	16.8%	1 Year-2 Years	18.2%
Only another language	12.3%	2 Years-4 Years	28.2%
Employment status		5+ Years	25.8%
Employed/Self-Employed	58.6%	Number of moves in past 2 years	
Looking for work		None	20.0%
Unemployed	19.8%	Once	46.4%
Homemaker	13.8%	Twice	16.4%
Disabled	7.7%	Three times	10.0%
# of times child changed schools in past 2 years		Four times or more	7.3%
Never	74.6%		
Once	16.0%		
Twice	7.8%		
Three times	0.8%		
Four times or more	0.8%		



### CONTACT INFORMATION

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