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

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Ft al.

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Healthy Kids & FamiliesTM

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













Community Meals 5.8%

Family/friends, no rent 3.2%

Homeless/Shelter 1.2%

1 Year-2 Years 18.2%

2 Years-4 Years 28.2%

Number of moves in past 2 years

of times child changed schools in

5+ Years 25.8%

Only another language 12.3%

Employment status

Never 25.6%

PARENT DEMOGRAPHICS

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 & FamiliesTM 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.

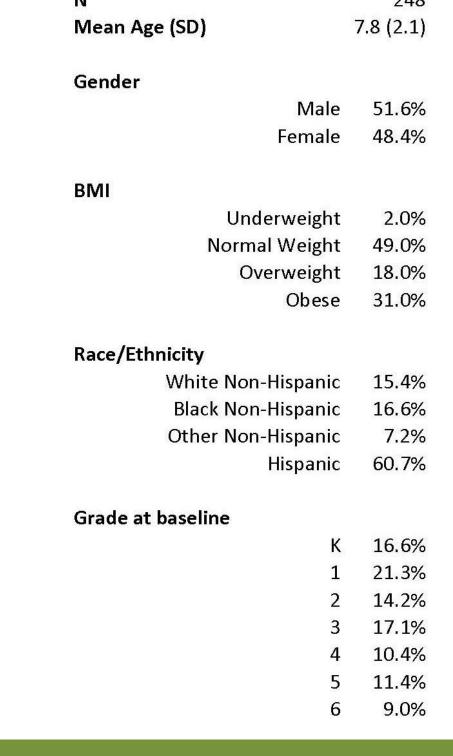
HEALTHY KIDS & FAMILIESTM

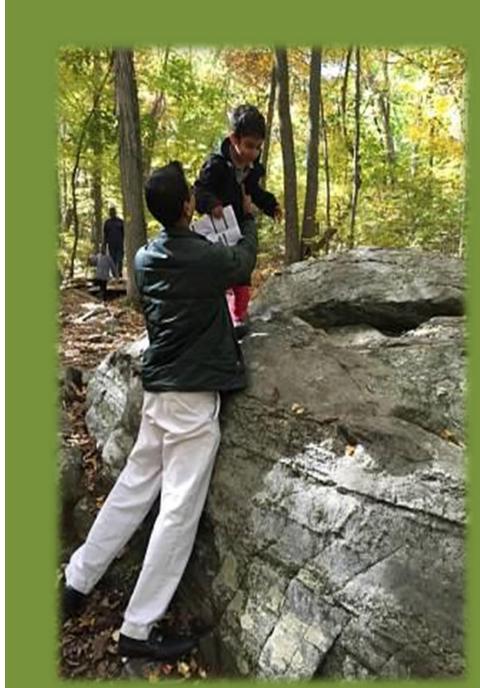


TIMELINE







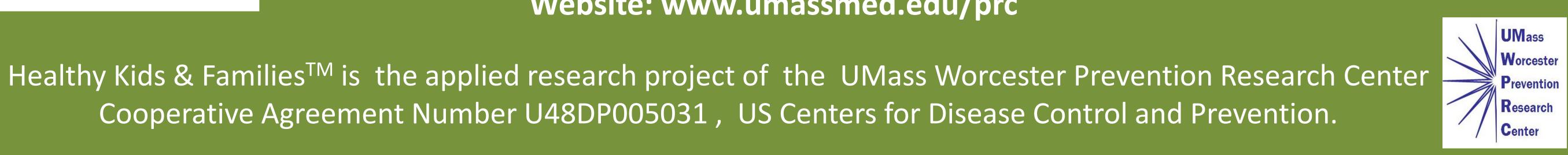


CONTACT INFORMATION

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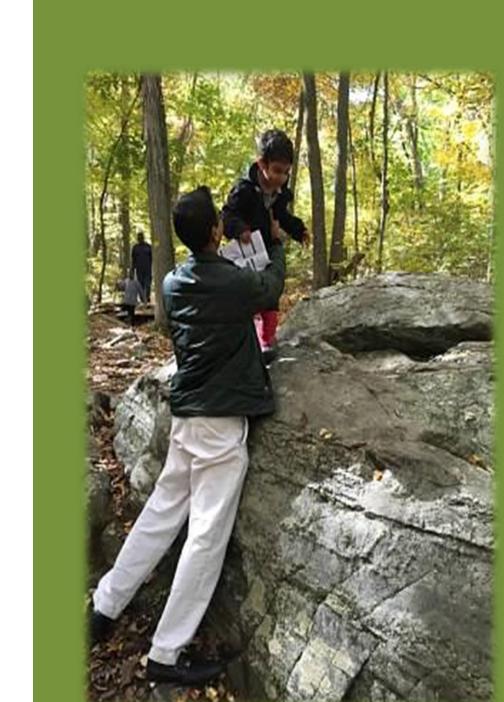
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INTERVENTION

CHILD DEMOGRAPHICS



Principal Investigators:

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