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

Amy Borg  
*University of Massachusetts Medical School*

*Et al.*

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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

### Background

The UMass Worcester Prevention Research Center (UMass PRC) was funded (2014-2019) to implement interventions to promote health and well-being among families.

Its core project, The Healthy Kids & Families study is implemented in collaboration with 9 Worcester Public School system schools, located in economically distressed areas .



### Program Outcomes

Families are involved in the intervention for 2 years, and assessed at baseline, 6-, 12-, 18- and 24-months. The study outcomes are:

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

### Target Population

N= 244 parent-child dyads

#### Inclusion criteria :

- Dyads of parent and K-6th grade child at participating schools
- Access to a telephone
- English or Spanish speaking
- Plans to live in the area for 2 years.

#### Exclusion criteria:

- Medical condition or advice from a doctor that precludes the child from walking or eating fruits and vegetables.

### HEALTHY KIDS & FAMILIES INTERVENTION



### Collaborators

This project is led by the UMass Worcester Prevention Research Center at UMass Medical School.

Collaborating partners include:

- Worcester Public Schools, and
- Oak Hill Community Development Corporation

### Contact Information

Principal Investigators:

Milagros C. Rosal, PhD  
and Wenjun Li, PhD

Email: [umwprc@umassmed.edu](mailto:umwprc@umassmed.edu)

Phone: 508/856-4685

Website: [www.umassmed.edu/prc](http://www.umassmed.edu/prc)

### Program Goals

To test the impact of a community health worker (CHW)-delivered intervention aimed at helping families overcome barriers to childhood obesity prevention. The intervention addresses social, environmental, and family barriers to healthy choices. The intervention is compared to a comparison condition consisting of a CHW-delivered intervention aimed at helping families improve positive parenting skills.

