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

Amy Borg  
*University of Massachusetts Medical School*

Christina Haughton  
*University of Massachusetts Medical School*

Kevin J. Kane  
*University of Massachusetts Medical School*

See next page for additional authors

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Authors
Amy Borg, Christina Haughton, Kevin J. Kane, Stephenie C. Lemon, Lori Pbert, Wenjun Li, and Milagros C. Rosal

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**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.