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

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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™ Interventions

TIMELINE

CHILD DEMOGRAPHICS

CONTACT INFORMATION
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