

## Healthy Kids & Families<sup>TM</sup>

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



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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 & Families<sup>TM</sup> 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:**

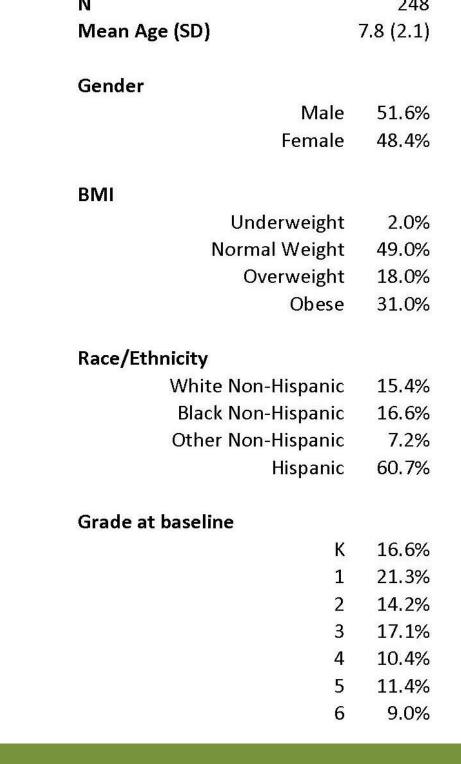
Medical condition that precludes the child from walking or eating fruits and vegetables.

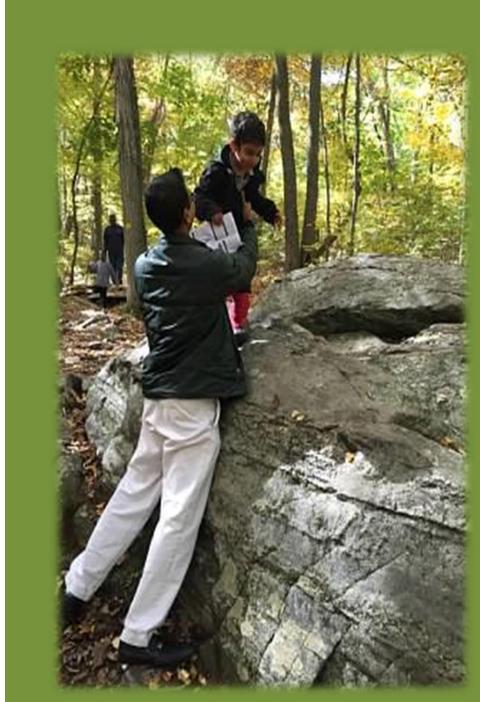
## HEALTHY KIDS & FAMILIESTM







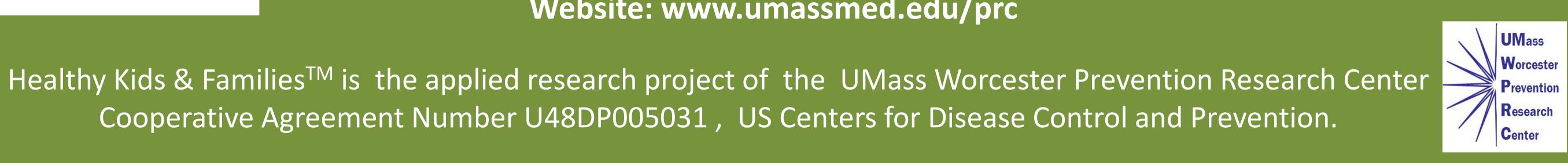




## CONTACT INFORMATION

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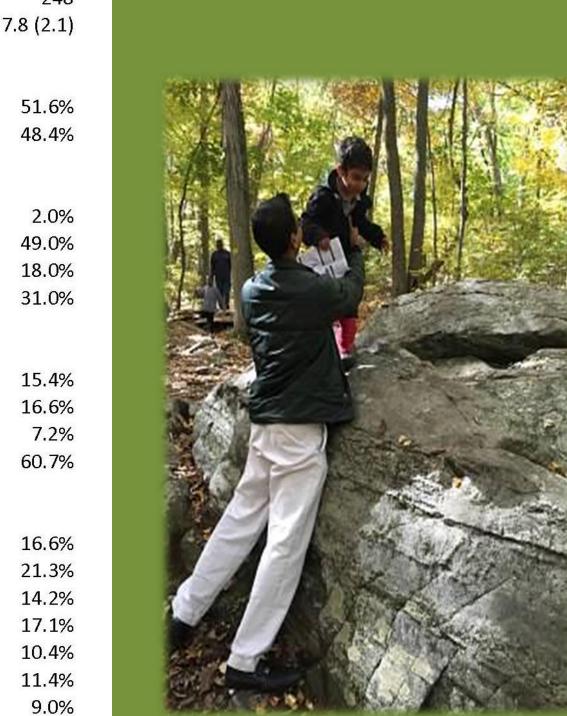




## INTERVENTION

## TIMELINE

## CHILD DEMOGRAPHICS



**Principal Investigators:** 

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