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

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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™ Intervention

TIMELINE

CHILD DEMOGRAPHICS

CONTACT INFORMATION

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Healthy Kids & Families™ is the applied research project of the UMass Worcester Prevention Research Center Cooperative Agreement Number U48DP005031, US Centers for Disease Control and Prevention.