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

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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.

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.

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.

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

Contact Information
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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

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.