Mar 3rd, 8:00 AM

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

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*

Follow this and additional works at: [https://escholarship.umassmed.edu/chr_symposium](https://escholarship.umassmed.edu/chr_symposium)

Part of the Civic and Community Engagement Commons, Community-Based Research Commons, Community Health and Preventive Medicine Commons, and the Translational Medical Research Commons

Borg, Amy; Haughton, Christina; Kane, Kevin J.; Lemon, Stephenie C.; Pbert, Lori; Li, Wenjun; and Rosal, Milagros C., "Healthy Kids & Families: Overcoming Social, Environmental and Family Barriers to Childhood Obesity Prevention" (2017). Community Engagement and Research Symposia. 2.

[https://escholarship.umassmed.edu/chr_symposium/2017/posters/2](https://escholarship.umassmed.edu/chr_symposium/2017/posters/2)

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Community Engagement and Research Symposia by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
Presenter Information
Amy Borg, Christina Haughton, Kevin J. Kane, Stephenie C. Lemon, Lori Pbert, Wenjun Li, and Milagros C. Rosal

Keywords
Worcester Public Schools, childhood obesity prevention, community health workers

Creative Commons License
This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License.
Healthy Kids & Families™
Overcoming Social, Environmental and Family Barriers to Childhood Obesity

Amy Borg, MPH, MEd, Christina Haughton, MPH, Kevin Kane, MS, Stephenie Lemon, PhD, Lori Pbert, PhD, Wenjun Li, PhD, Milagros Rosal, PhD

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

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

Contact Information
Principal Investigators:
Milagros C. Rosal, PhD and Wenjun Li, PhD
Email: umwprc@umassmed.edu
Phone: 508/856-4685
Website: www.umassmed.edu/prc

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.