



Parents & Communities Making a Difference:

An introduction to CHANCE & Healthy Children, Healthy Families

Presented by Tisa Hill, MPH, Cornell University Division of Nutritional Science

Welcome!

A couple of notes before we get started...

Your feedback is valuable to us! Please fill out the survey provided at the conclusion of the presentation. A link will be provided in the chat box

During the last 10 minutes of this presentation Tisa will address your questions! Please submit them in the chat box and she will answer as many questions as time allows. If you have additional questions please direct them to healthy_food_choices_in_schools@cornell.edu



Please enter your email address in the chat box if you wish to receive updates from Healthy Food Choices in Schools.



Cornell University
Division of Nutritional Sciences



Webinar Objectives

- Learn how to support parents in making healthy choices easier for their families
- Discuss how parenting skills can be used in the classroom and school environments to support children's healthy eating and active play

BACKGROUND ON OUR PROJECT



- Prevention of unhealthy weight gain among low-income children aged 3-11 years
- Promotion of healthy eating and activity by parents, caregivers, and other influential adults
- Expansion of existing nutrition education program (NYS)
- Address influence of parenting, home, and other environments

CHANCE

Collaboration for Health Activity and Nutrition in Children's Environments



To prevent unhealthy weight gain and to promote healthy eating and activity habits among low-income children, through dialogue and collaboration with parents and influential other adults who shape the environments where children live, learn, and play

Why?

- Most children do not get the daily recommended amounts of all nutrients
- Only 50 - 66% of youth are vigorously active
- Kids watch ~3 hours/day of TV (5.5 of media)
- Widespread problems:
 - relevant to all children
 - consider environmental influences / solutions

Pilot Project + beyond

Program

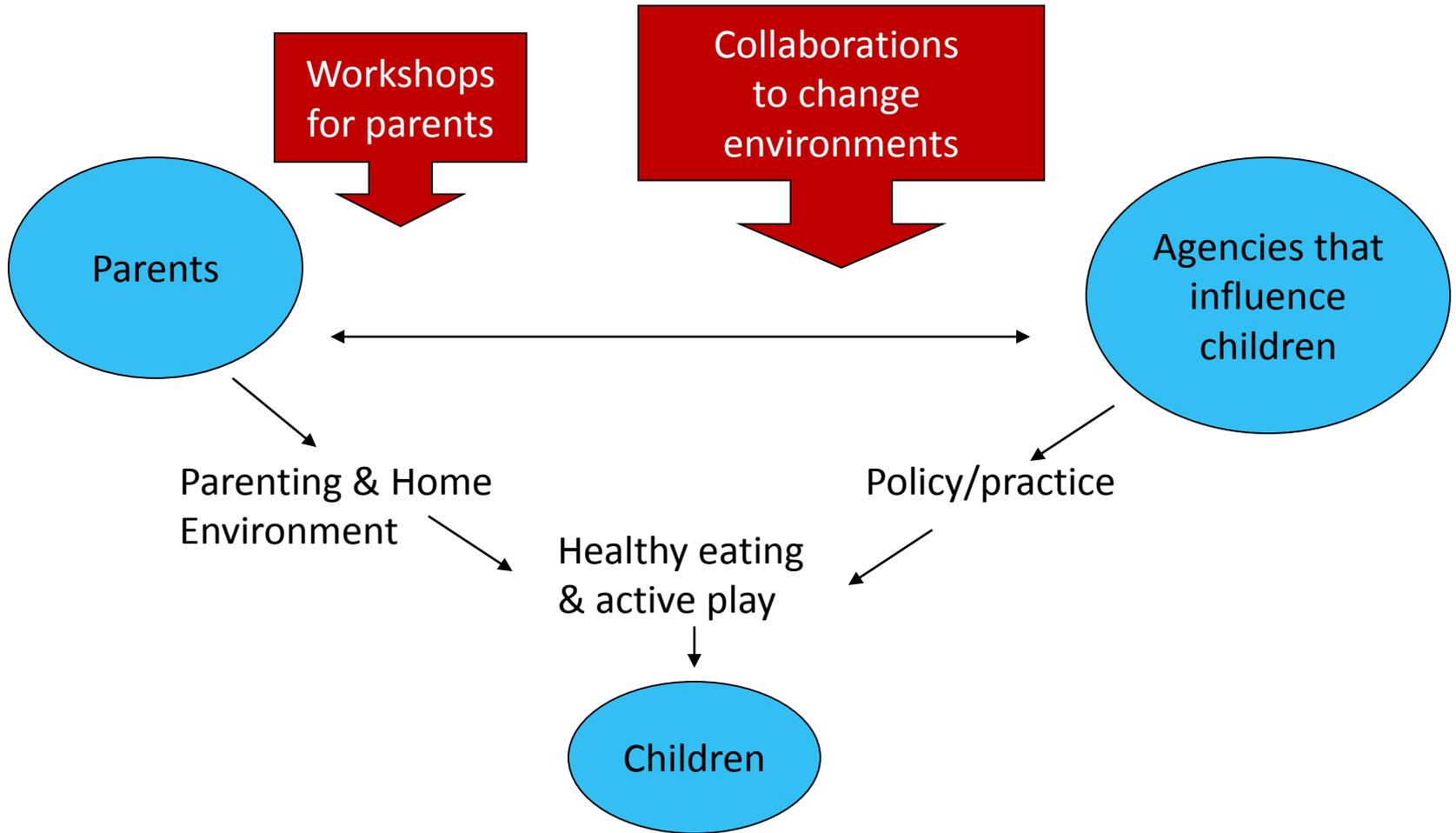
- Expanded Food and Nutrition Education Program (EFNEP) (later expanded to broader use)
- low-income audience ($\leq 185\%$ of poverty level)
- paraprofessional educators
- national infrastructure

Research

- evidence-based approach and curriculum
- testing new intervention
- evaluating process and feasibility
- evaluating effectiveness
- identifying “best practices”



CHANCE



CHANCE Workshops:

Healthy Children, Healthy Families: Parents making a difference!

*Brief overview
of HCHF content
& results of pilot*



Lent M, Hill T, Dollahite J, Wolfe W, Dickin K. Healthy Children, Healthy Families: Parents Making a Difference! A Curriculum Integrating Key Nutrition, Physical Activity, and Parenting Practices to Help Prevent Childhood Obesity. **Journal of Nutrition Education and Behavior.** [Volume 44, Issue 1](#), Pages 90-92, January 2012.

Dickin KL, Hill TF, Dollahite JS. (2014) Practice-Based Evidence of Effectiveness in an Integrated Nutrition and Parenting Education Intervention for Low-Income Parents. *Journal of the Academy of Nutrition and Dietetics*, 114 (6);945-950.

Nutrition + Active Play + Parenting

- **Nutrition** – food activities, tasting, recipes, snacks
- **Active play** – fun activities that parents can do at home with their children



- **Parenting** – role-playing new ways to interact with children (in food and activity situations)
- **Behavior change** – choosing something new to try at home

PATHS TO SUCCESS

healthy children, healthy families

- ➡ Drinking Water or Milk Instead of Sweetened Drinks
- ➡ Eating More Vegetables and Fruits
- ➡ Playing Actively
- ➡ Eating Fewer High-Fat and High-Sugar Foods
- ➡ Limiting TV and Computer Time
- ➡ Having Sensible Servings



I just don't bring soda into our home anymore.



I keep cut-up veggies and fruit in the fridge — easy to grab when the kids need a snack.

I used to give my kids servings that were way too big. Now I let them serve themselves... They are happier at the table and seem to know when they are full.

I turned off the TV and my children didn't care. They went off and played. I didn't think it would be that easy!

The kids have fun helping, so it doesn't take that long to make healthy family meals that taste better than fast food!

Instead of just going for a walk, we walk to the playground, to school, or to the store. Now my kids are asking me to walk places.



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SHOWING

Teach by Example

- show your children the behaviors you want
- eat smart and play actively with your children

GUIDING

Offer Choices within Limits

- let children decide how much to eat and how active to be
- tell children what they can do, not what they can't do
- involve children in making decisions



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KEYS TO SUCCESS

help make healthy habits happen

SUPPORTING

Help Children Feel Good About Themselves

- tell your children when they do something you like
- respect your children's feelings



SHAPING

Make Healthy Choices Easier

- change the environments where children live, learn, and play
- find solutions with others in your family and your community
- create family routines that build healthy habits

PATHS TO SUCCESS

healthy children, healthy families



➔ **Drinking Water or Milk Instead of Sweetened Drinks**

I just don't bring soda into our home anymore.

➔ **Eating More Vegetables and Fruits**

I keep cut-up veggies and fruit in the fridge — easy to grab when the kids need a snack.

➔ **Playing Actively**



Instead of just going for a walk, we walk to the playground, to school, or to the store. Now my kids are asking me to walk places.

➔ **Eating Fewer High-Fat and High-Sugar Foods**

➔ **Limiting TV and Computer Time**

➔ **Having Sensible Servings**

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RESULTS OF PILOT WITH PARENTS



Implementation

- 52 groups in 5 sites, 30 months
- Increases seen in:
 - Group size and graduation rate
 - Educator self-efficacy, comfort, and expertise
- Participants recruited through partner agencies
- Positive response from participants, agency staff
- Feasible with experienced nutrition staff, training & mentoring, and adequate time



Measuring behavior change

- Behavior checklist, pre-post intervention
 - 16 items, 5 pt frequency scale
 - Based on food, activity, and parenting behavioral objectives

For more info on development and testing of tool:

Dickin, Katherine L., et al. "Developing a measure of behavior change in a program to help low-income parents prevent unhealthy weight gain in children." *Journal of nutrition education and behavior* 44.1 (2012): 12-21.

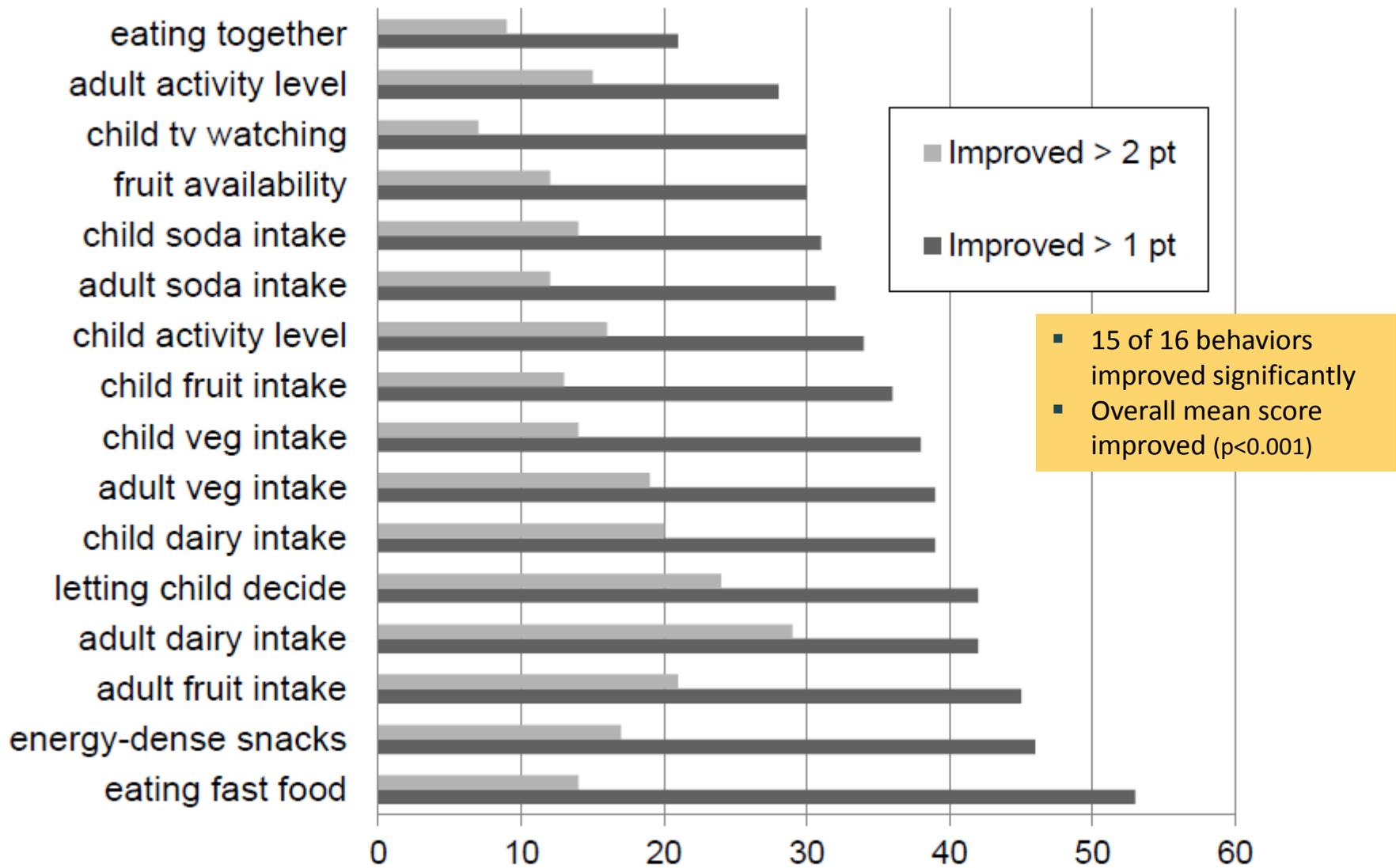


Figure 1: Percent of participants (n=210) reporting an improvement of at least one or two points (on five point scale) from program entry to exit, by Behavior Checklist item

MORE INFO ON PARENTING SKILLS IN HCHF



Parenting education

- Parenting skills characteristic of authoritative or “firm & responsive” parenting
- Concrete, teachable, modifiable
- Applied to food and active play situations





Showing

Teach by example

- Show your children the behaviors you want
- Eat smart and play actively with your children





Supporting

Help children feel good about themselves

- Encourage:
 - Tell your children when they do something you like
- Acknowledge and respect your children's feelings



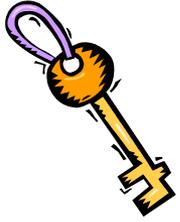


Guiding

Offer choices within limits

- Tell children what they can do, not what they can't do:
 - “You can have apple slices or grapes. Which do you want?”
- Decide together:
 - Involve children in making decisions





Guiding (cont.)

Offer choices within limits

❖ Divide responsibility: Let children decide how much to eat & how active to be

– Parents provide:

- Healthy foods & drinks at regular times
- Opportunities & time for safe, active play

– Children decide:

- Whether & how much of foods to eat
- What kinds of activity to do and how active to be





Shaping

Make healthy choices easier

- Change the environments where children live, learn and play
- Find solutions with others in your family and your community





Shaping (cont.)

Make healthy choices easier

- Create family routines that build healthy habits
 - “I’m glad we take a walk everyday. It’s a great time to talk.”



SUPPORTING HEALTHY CHOICES IN SCHOOLS

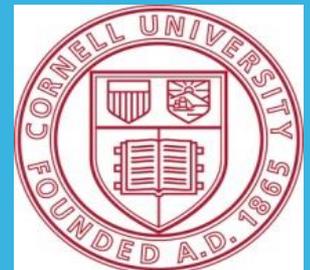


Applying HCHF outside the home: Resulting changes seen in schools

- **Showing**
 - Teachers eating with students
 - Modeling healthy food and drink choices
- **Supporting**
 - Encourage healthy choices by recognizing healthy students in weekly announcements
- **Guiding**
 - Offering choices within limits: school snack policies
- **Shaping**
 - Wellness policies
 - Community gardens
 - Smarter Lunchrooms

ACKNOWLEDGEMENTS

- **Cooperative State Research Education & Extension Service, US Dept. of Agriculture**
- **CHANCE nutrition and parenting staff, HCHF participants, and partner agencies**
- **Division of Nutritional Sciences, Cornell**
Jamie Dollahite, Kate Dickin, Michelle Scott-Pierce, Wendy Wolfe



Thank you for attending!

We hope you found the presentation informative and useful!

Your feedback is important to us! Please help us evaluate our efforts by filling out this survey:

https://vte.co1.qualtrics.com/SE/?SID=SV_6WlnW9jlODze6jP

A recording of this webinar will be available shortly at:

<https://learn.extension.org/events/1718>

If you have additional questions or would like to learn more about Healthy Food Choices in Schools please contact:

healthy_food_choices_in_schools@cornell.edu

