

# HomeStyles: An Obesity Prevention Program for Parents of 6-11 Year Old Children

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## Goals

To create an age-appropriate, family intervention that enables parents to share their home environments and weight-related lifestyle practices to reduce the risk of obesity during middle childhood.



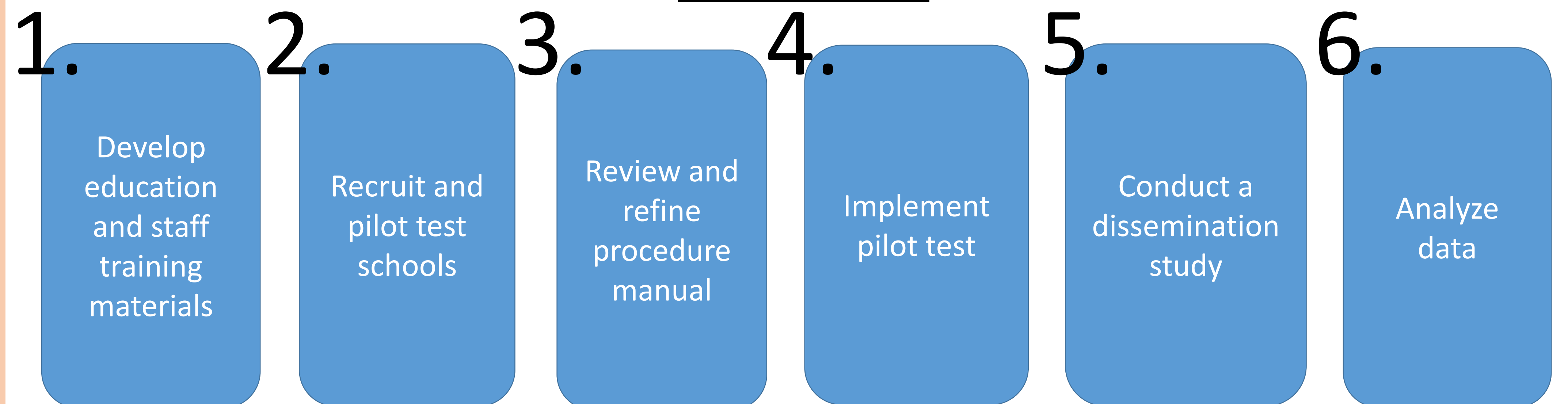
## Target Audience

Families of children 6-11 years of age will be recruited to participate in the study.



## Intervention

### Timeline



### Activities

There will be 12 interactive lessons focusing on health strategies parents can use in partnership with their 6-11 year old child. Each of these lessons will go through cognitive testing and focus group sessions to ensure validity and refinement to accomplish the objective.

### Outcome Measures and Lessons

A survey will use validated tools to determine home and environment characteristics, parent dietary intake and feeding practices, physical activity, social support, sleep habits, and other sociodemographic information. This information will help in the analysis of the program to determine if the 12-week program will help to improve any of these measures and the health of the family.

## Future Directions

After data is analyzed then cognitive testing will be performed in parent and child focus group sessions. This will ensure the validity of the family education materials. Results of these sessions will help to refine the education materials and prepare training materials for educators to further disseminate the HomeStyles program.