

Child Health Initiative for Lifelong Eating & Exercise *(CHILE)*

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CHILI Project Team Member

Isleta Head Start Teacher Orientation



Center for Health Promotion & Disease Prevention
Dept. of Pediatrics, University of New Mexico



CHILE Project Partners

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- *CHILE* is funded by the *National Institutes of Health* (NIH) through the *National Institute of Diabetes & Digestive & Kidney Diseases* (NIDDK)
- *CHILE* includes 16 Head Start centers, families, local health care providers, and the surrounding community including local grocery stores



How will the *CHILE* project work?

- All Head Start partner sites will get the *CHILE* project, **PHASE 1** beginning in fall 2007 and **PHASE 2** beginning in fall 2010.
- The *CHILE* project will last five years, and will include 16 Head Start partner sites:
 - 8 sites will be in the **PHASE 1** group
 - Pueblo of Isleta's Headstart is part of **PHASE 1**
- **PHASE 2** Head Starts will receive \$1,000 for each year while they wait for the project

The *CHILE* Project Includes:

1. Head Start Classrooms
2. Head Start Teachers
3. Head Start Food Service Staff
4. Head Start Families
5. Local Health Care Providers
6. Local Grocery Stores



What does *CHILE* mean for your students?

At Your Head Start:

- The CHILE team will provide an age-appropriate curriculum including lessons and activities
- We will measure and weigh your students at the beginning, middle, and end of the school year
- We may ask some of your students to wear a small device for two days that will measure activity level. The device looks and feels like a pager
- We will observe your class during school

What does *CHILE* mean for the Headstart staff?

- We will provide monthly teacher and food service staff training that will include information about healthy eating and physical activity for young children
- Training will count toward your professional development
- We will provide you with a curriculum and invite your feedback to help make improvements

What does *CHILE* mean for your families?

- The *CHILE* team will give families information about healthy eating and physical activity
- We will provide door prizes, activities, and taste-testing at monthly family events
- We will coordinate field trips to local grocery stores for fun “treasure hunts”
- We will send activities and recipes home with your students that families can do together

Our Vision:

Healthy children who:

- ✓ Become more physically active
- ✓ Have healthy eating habits for life
- ✓ Are less at risk for overweight and diabetes



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