

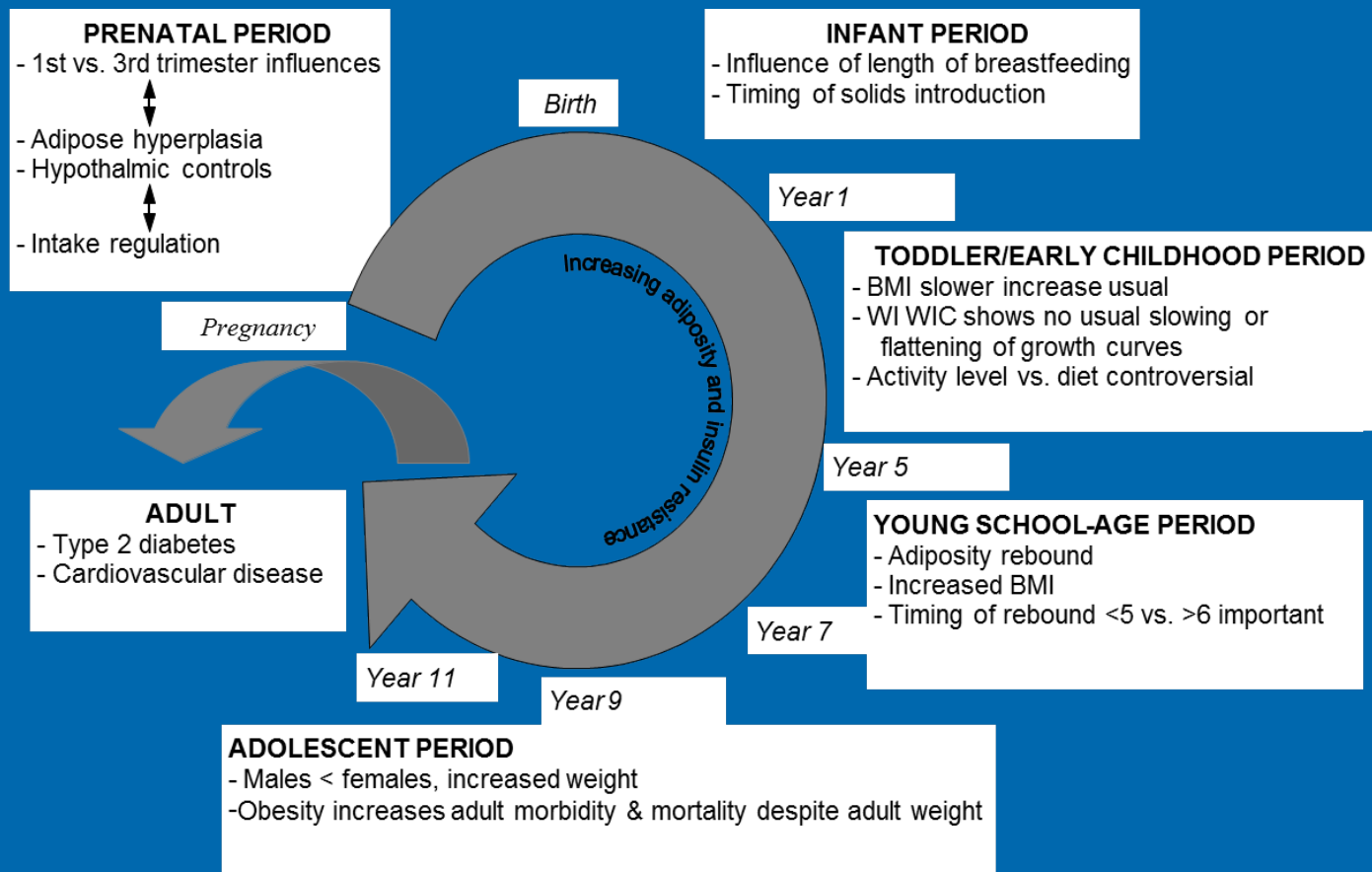
Healthy Children, Strong Families



Outline

- Timing of childhood overweight and risk factors in American Indian children
- HCSF1
- Results of HCSF1
- HCSF2
- Thoughts and Resources

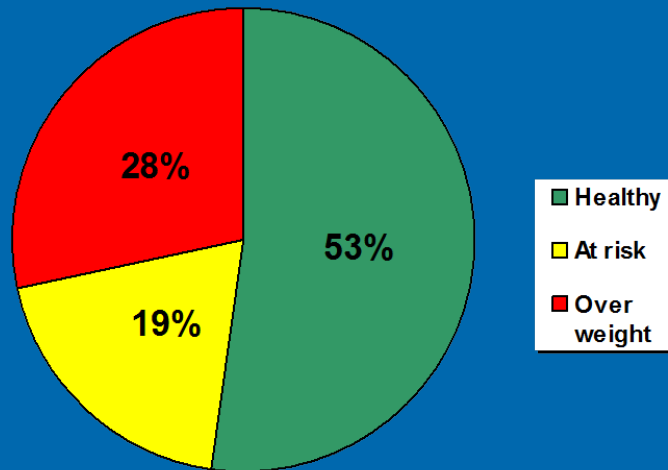
The Fat Cycle: Critical Periods for Development and Treatment of Obesity



Adams'02

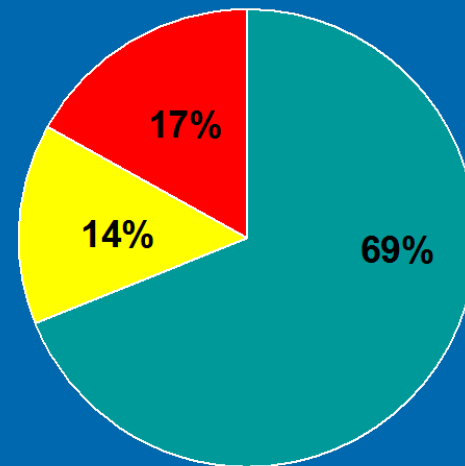
Early Overweight in American Indian Children

WINGS Children 01/03



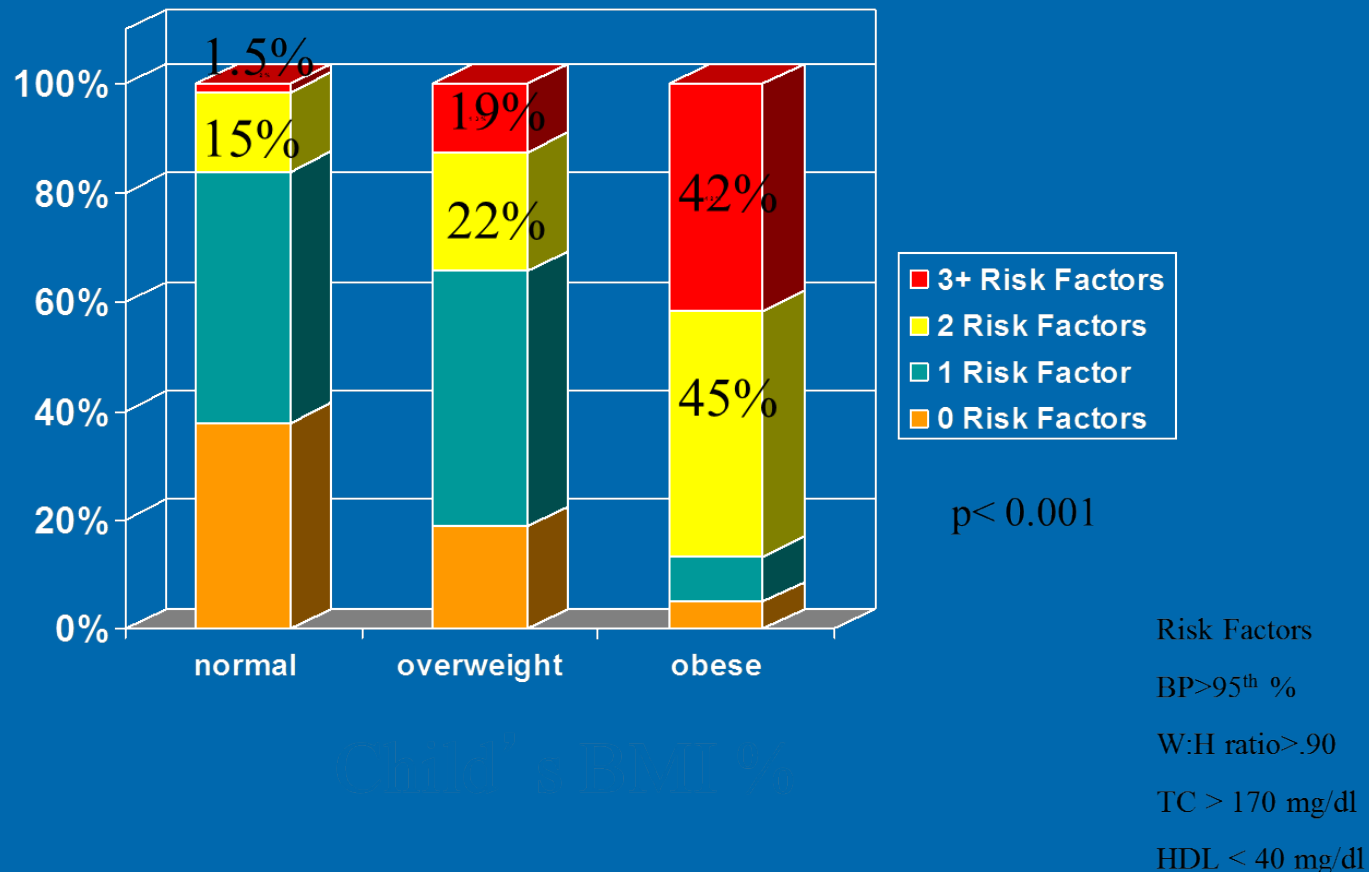
n=415
5-8 year
olds

NHANES 99/00

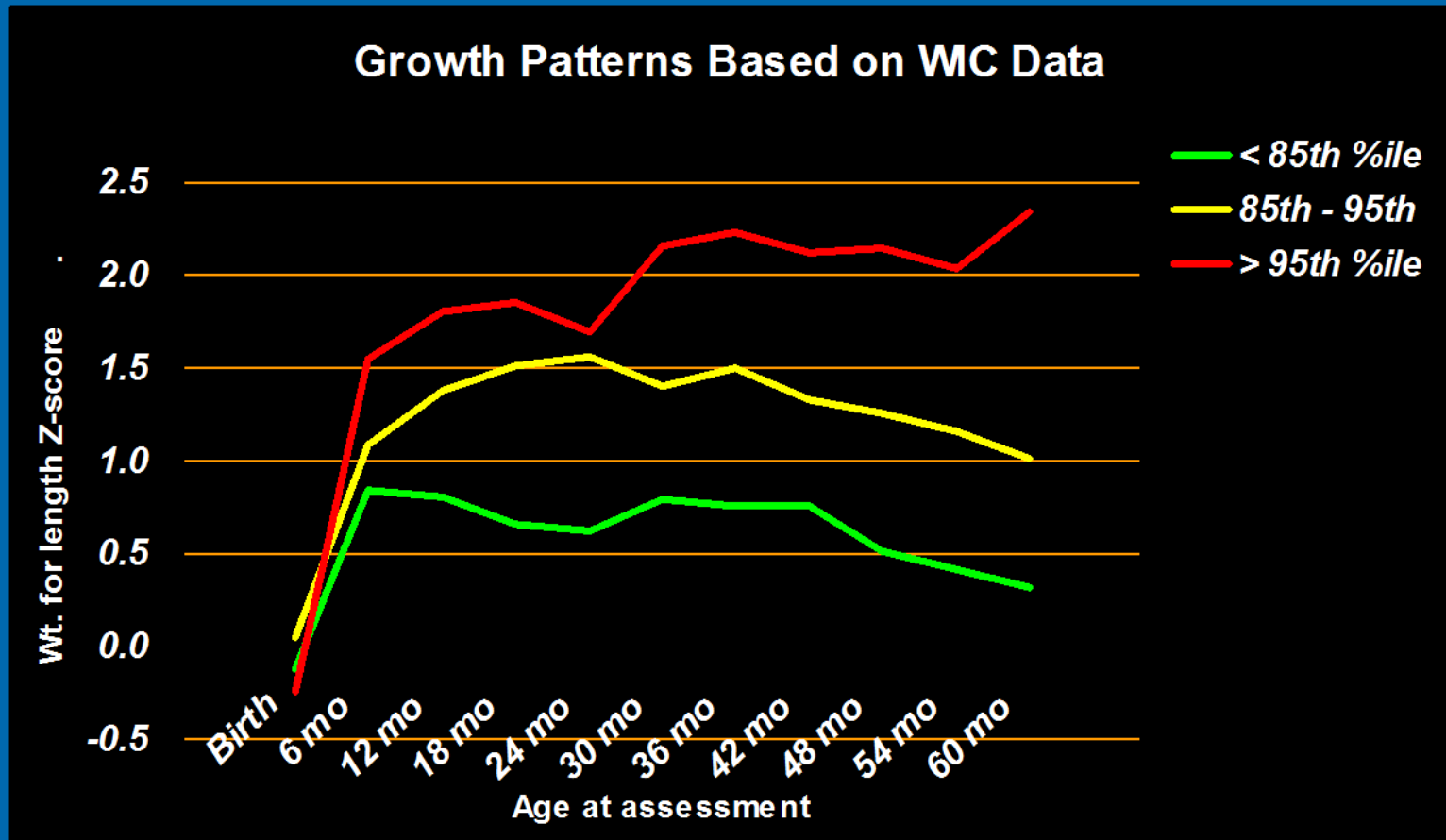


n=695

Child BMI Category and Metabolic Risk Factors



WIC Data Showing Divergent Growth





Healthy Children, Strong Families

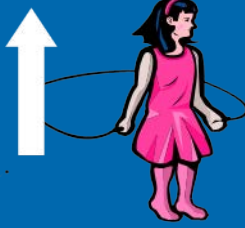



Family-based,
mentored, home-
visitation program with
three to five year-old
children.

Purpose

- HSCF is based on the Native American approach of elders/mentors teaching life skills, encouraging and instilling values of healthy eating and physical activity, to the next generation.



Four Healthy Lifestyle Behaviors

- Become more active  An upward-pointing white arrow is positioned to the left of a cartoon illustration of a girl in a pink dress and red shoes jumping rope.
- Watch less TV  A downward-pointing white arrow is positioned to the left of a cartoon illustration of a television set.
- Eat more fruits and vegetables  An upward-pointing white arrow is positioned to the left of a cartoon illustration of a wooden basket filled with various fruits and vegetables.
- Drink less soda, eat less candy  A downward-pointing white arrow is positioned to the left of a cartoon illustration of a soda can and a candy bar.

Project Details

- HCSF home intervention is one-year long with a second year of follow-up group visits.
- Whether families are in the Home Visit Group or in the No Home Visit Group, each family receives a tool kit with 12 fun activity lessons accompanied by small toys, books, or games that can be used to learn about healthy eating and physical activity.

HCSF Outcome Measures

- **Primary outcomes** include BMI Z score for children and caregiver BMI.
- **Secondary outcomes** for both child and caregiver include increased fruit and vegetable servings/day, increased physical activity hours/day, decreased TV watching hours/day, and decreased sugared beverages/candy servings/day.
- Three adult questionnaires: SF-12, cultural involvement, and health behavior efficacy.

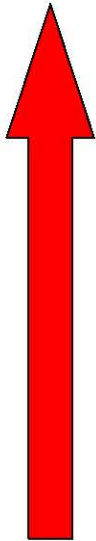


HEALTHY CHILDREN, STRONG FAMILIES Four Targets to Reach a Healthy Life Balance



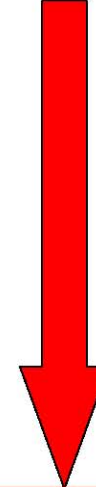
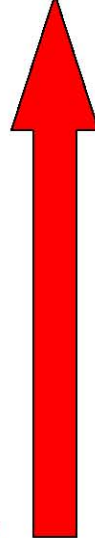
As part of the Healthy Children Strong Families program, you and your children will learn about four targets to help bring your lives into a healthy balance. These four lifestyle targets are based on traditional values of healthy eating and activity, with the goal of preventing future disease. A key part of making changes is tracking your progress – both through goal setting and in pictures! Throughout the year, grab your camera and snap photos of your family being active and enjoying time together! These photos will come in handy at the end of the program....wait and see!

1) Be more active



2) Reduce screen time

3) Eat more fruits and vegetables



4) Drink less soda and sugary beverages, eat less candy and other "junk" foods

GOAL SETTING TIPS

A goal without a plan is just a wish...

Setting goals helps to keep your family focused on your healthy lifestyles journey. But how do you pick a goal? And how will you know if you achieved your goal? Don't work harder, work **SMARTER!**

SMARTER stands for:

- Specific
- Measurable
- Achievable
- Realistic
- Timely
- Energizing
- Rewarding



A **SMARTER** goal might look like this – “For the month of June, we will take a 15 minute family walk after dinner on three nights of the week. A different family member will choose the route each time. Other family members, neighbors and friends are welcome to come along.”

Try to be as **specific** as you can. Choosing “we’re going to take family walks” as a goal is good, but it doesn’t say how often or when this will happen, so it would be hard to keep track to see if you’re meeting your goal.

Start small and be realistic. If three walks a week is too much, try once a week and then work your way up from there. Decide together as a family what you think you can do and then make sure you encourage each other to stay on track!

Track your progress. To make sure you’re staying on track for your goal, you can write your activity on the family calendar or post it on the fridge door or somewhere else in the kitchen. Find the method that works best for you and make sure the whole family can see how well you’re doing!

Don’t forget: Everyone has to be “on board” with your goals to make sure that everyone stays on track.

BALLOON BOP

Materials

1 inflated balloon

Objective

To keep the balloon from touching the ground.

How to Play

Mom or Dad: Toss a balloon in the air and call a family member’s name (who is present). That person must catch the balloon before it touches the ground. If the person succeeds he/she then tosses the balloon up and calls the next family member’s name.

(PLEASE NOTE: balloons are a choking hazard for small children – do not allow unsupervised play and pick up and discard any broken balloons immediately.)



REWARDS LIST

It’s important to reward yourselves when you meet your goals. Use the list below each time your family sets a goal. Keep adding small treats to the list that your family will enjoy!

A trip to the water park/beach

A new Wii game

A bowling or movie night

A fishing trip

YOUR PICKS HERE:

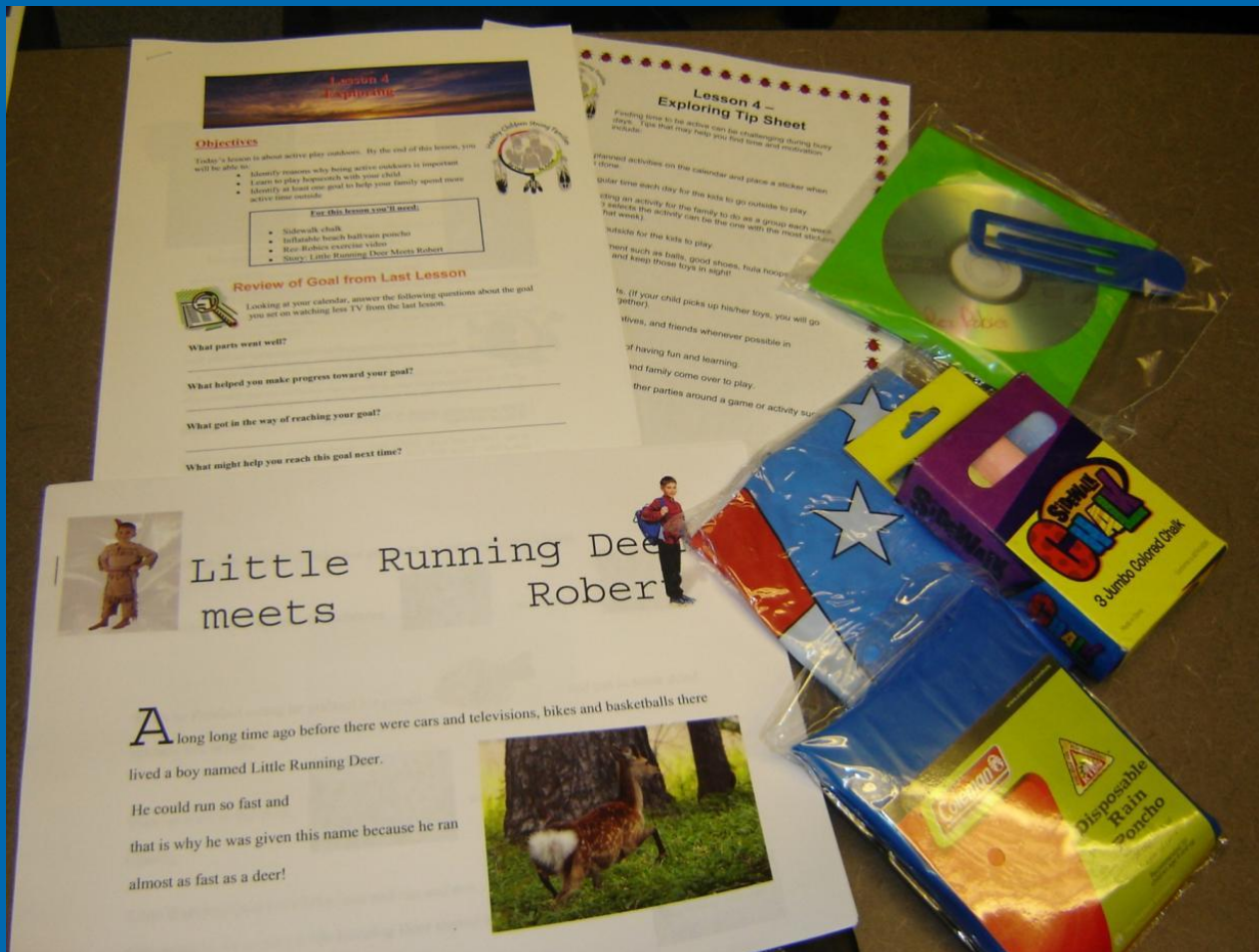


Set aside some time (at bedtime, or after supper) when you can read **Through the Eyes of the Eagle** with your children!

All Intervention Materials



Lesson 4: Exploring



Menominee HCSF Team for Diabetes Walk



Winter Wonderland Group Session



HCSF Baseline Results

- 149 families
- Adult obesity (BMI ≥ 30) was 53.7% and 36% had metabolic syndrome
- Child prevalence of overweight 17.5% and obesity 30.2%
- Multiple adult and child behaviors were strongly correlated including multiple diet indices, TV time, and sedentary activity.
- In multivariate regression analysis, child BMI percentile remained significantly related to adult BMI ($\beta = 0.49$, $P < 0.05$) and caregiver sweetened beverage intake ($\beta = 2.80$, $P < 0.05$).
- Caregiver sedentary activity time ($\beta = 0.03$, $P < 0.05$) was significantly related to child BMI percentile.

What is HCSF 2?

- Healthy Children Strong Families (HCSF) is a family-based healthy lifestyles program that consists of two journeys, Wellness and Safety, designed to run for one year each.
 - HCSF encourages parents and kids to eat a variety of healthy foods, manage stress, reduce screen time, increase time spent in active play, create good sleep habits, and increase safety indoors and outdoors.
 - Monthly Wellness kits provide an opportunity for families to try a new activity, recipe, or game and to set a healthy lifestyle goal the whole family works toward achieving.
 - Monthly Safety newsletters teach safety basics and encourage families to practice new safety habits.

Current Partners



Funded by NIH R01-HL114912

HCSF Six Healthy Lifestyle Targets

- Be more active
- Reduce screen time
- Eat more fruits and vegetables
- Drink less sugary beverages, eat less candy, and other “junk” foods
- Improve sleep habits
- Improve stress management

Wellness Journey Toolkit

- Families learn through interactive lessons that come in a toolkit and consist of the following:
 - 13, 2-page lessons covering nutrition and physical activity, sleep and stress management topics.
 - A ‘Cook With Your Kids’ Cookbook to get the whole family cooking together.
 - Text message coaching.
 - Private Facebook group.

HCSF Wellness Lessons & Sample Activities, Games and Recipes

- Lessons:
 - Starting the Journey
 - Naturally Sweet & Nutritiously Delicious
 - Fun Family Fitness
 - Sleep Tight
 - Maintaining Harmony
 - On Track Snacks
 - Suspending Screen Time
 - Juicing the Benefits
 - Healthy Adventures
 - Gifts from the Land
 - Fruitful Foods
 - Fast Lane to Health
 - Maintaining a Healthy Balance
- Recipes, Games, Activities & Stories:
 - Apple Smiles
 - Outdoor Obstacle Course
 - Calm Down Time
 - Little Beavers Go To Bed
 - Eating a Rainbow/Veggie Faces
 - Take a Hike!
 - Hopscotch Games
 - Wolf & Sheep Tag
 - Little Running Deer Meets Robert
 - Container gardening & make your own watering can



Healthy Children Strong Families

HCSF is a research project to improve the health of American Indian children ages 2-6 and their families.

PROJECT GOAL: Healthy lifestyle changes to promote long-term wellness.

The Counting Bears
LEARN ABOUT
STRANGERS

I Will Never NOT EVER

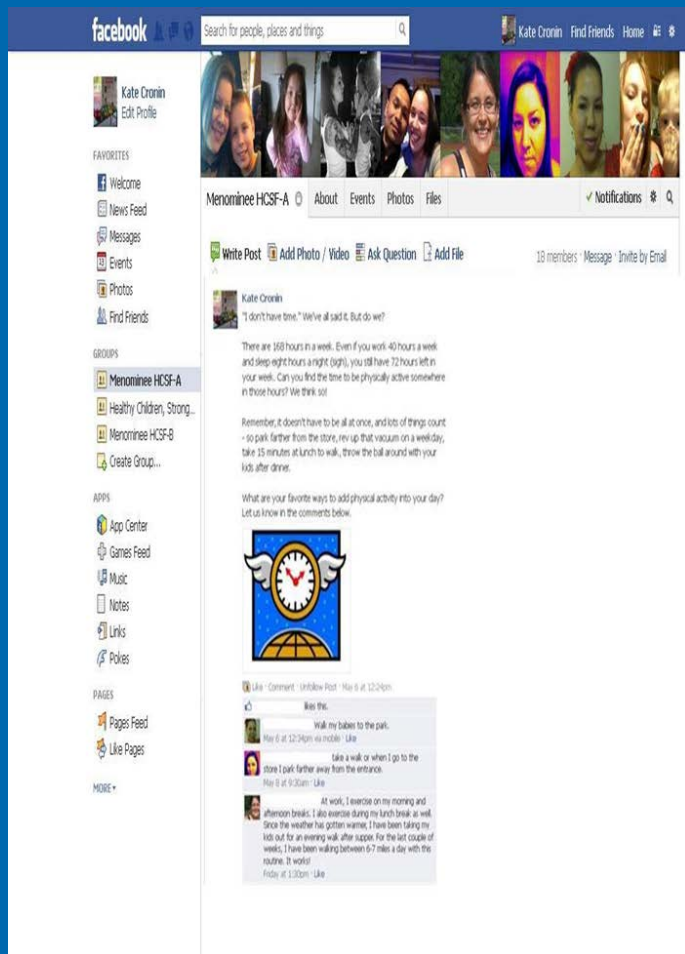
CRAWL
Like a
CRAB

ookbook

Facebook & Testing

Sample Text Messages


- Tasty Tip! When you make quick breads or muffins – freeze the extra loaf or extra muffins. When you're having a crazy week – just pull them out and breakfast or snacks are D-O-N-E.
- Snack Attack! Peel a banana and dip in yogurt. Roll in crushed cereal and freeze. Make these the night before and they'll be perfect for after school snacking! Don't forget to check Facebook for new snack recipes.
- Walk tall as the trees. Live strong as the mountains. Be gentle as the spring winds. Keep the warmth of the summer sun in your heart, and the great spirit will always be with you.
- Piles of fun! Leaves are falling. Have your kids help rake them into big piles, then jump into them. Mom and Dad can get into the fun too!
- Grab the kids and turn up the volume on the radio. Jump up and down, touch your toes, boogie till the cows come home!
- Turn house cleaning into a race – assign each kid one chore and see who can finish first.
- Active kids are happy kids! Being active gives kids a chance to socialize, will help them feel good and kids who are physically active every day will sleep better too!



HCSF Safety Newsletters

- Home Safety
- Choking Prevention
- Poison Prevention
- Stranger Danger
- Bike & Pedestrian Safety
- Warm Weather Safety
- Water Safety
- Animal Safety
- Car Safety
- Halloween & ATV Safety
- Fire Safety
- Cold Weather Safety & Holiday Safety

Safety Newsletters



HCSF Newsletter


An accident or injury can occur in any part of your home. Some safety hazards are obvious, but others are not so easily identified. Take a tour of your home and learn how to make sure that your home is safe for you and your children.

January


KNOW YOUR HOME

*You can only childproof what you recognize to be dangerous.
Be on the lookout for:*

- 🏠 Heights, including furniture and stairs. Children could fall and be seriously injured.
- 🏠 Sharp corners, particularly on glass or wooden furniture.
- 🏠 Glass windows, doors or ornaments that could shatter.
- 🏠 Furniture placed near windows that children could use to climb up and out.
- 🏠 Objects small enough to be swallowed (coins, hard candy, batteries etc.).
- 🏠 Chemicals, such as cleaning fluids or medicines that could be poisonous to your child.
- 🏠 Electrical outlets.
- 🏠 Sharp utensils and tools.
- 🏠 Water hazards – baths, sinks and buckets.
- 🏠 Matches and lighters.




The BaThRoom



Water and the contents of bathroom cabinets pose risks to all members of your household. Follow these simple tips to make your bathroom safer!


- ✓ Set water heater to 120 degrees or lower to protect your child from scalding burns. If you rent, ask your landlord to do it.
- ✓ Store razors, nail clippers, scissors and tweezers in locked cabinets or out of a child's reach.
- ✓ Always close the toilet after use.
- ✓ Unplug and put away electronics when not in use.
- ✓ Store medications, cosmetics, and cleaners in locked cabinets or out of a child's reach.
- ✓ Consider installing childproof latches on all drawers

The KiTchen





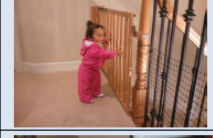
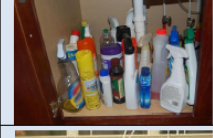

The kitchen is particularly hazardous due to the presence of hot electrical appliances, toxic substances, and sharp objects. With a few pointers your kitchen can be a safe place for everyone in the family!

- ✓ Establish a kid free zone around the stove. Mark floor with tape.
- ✓ Use back burners and keep pot handles pointing towards the back of the stove.
- ✓ Store household cleaners in locked cabinets out of children's reach.
- ✓ Keep electrical cords short and out of reach.
- ✓ Keep knives and other sharp objects away from curious fingers.



TAKE A SAFETY TOUR OF YOUR HOME

Take a tour of your home from your child's perspective looking for potential hazards and checking for safety. Better yet, have them come along and look for danger together.
Kids-grab a crayon or colored pencil and mark whether each object is **safe** or **unsafe**!

Object	Safe	Unsafe	Tips
			Have working smoke alarms in your house and hold fire drills so that your family knows what to do in case of a real fire.
			Next time you are out pick up a power-strip to avoid overloading an outlet. Overloaded outlets are a fire hazard and are very dangerous.
			Be sure to use baby gates at the top and bottom of the stairs to prevent falls.
			Lock poisons, cleaners, medications and all other toxic items in a place where children can't reach them. Cabinet latches will do the trick!
			Clip the loop in window cords and place them up high where children can't get them. Children can get caught up in loose cords and strangle themselves.

TEACH EVERYONE IN YOUR HOME EMERGENCY TELEPHONE NUMBERS AND KEEP THEM NEXT TO THE PHONE

The best time to prepare for an emergency is before it happens!

For Emergency Services: **DIAL 9-1-1** Poison Control Center: **1-800-222-1222**



Benefit to Families

- Nutrition and physical activity information presented in a fun and interactive manner that supports families in making healthy choices and builds their confidence to maintain those behaviors.
- Lessons are supplemented with incentive items at each mailing (recipes, pedometers, exercise DVDs, active play toys (jump ropes, balls), books, kitchen utensils, etc.)
- Safety newsletters address important safety basics for families. Newsletters are supplemented with two child safety books and a backpack stuffed with home safety products.



Why Implement HCSF?

- Food preferences and physical activity habits are set early in life. The earlier the kids are given the opportunity to try new foods and to make physical activity part of their daily life, the greater the likelihood these preferences will carry over into adulthood.
- Adults who eat a diet rich in fruits and vegetables and are physically active can decrease risk for chronic disease such as CVD and diabetes.
- American Indian children experience higher rates of morbidity and mortality from unintentional injuries than do other US children.

Final Thoughts from HCSF-1 Families

“The program was a learning experience for me and my son. It taught us how to talk and work together. I like that.”

“We are trying to get more involved with them during their playtime outside.”

“No more eating in their rooms.... we’ ve been trying to sit at the table and just talk. It is fun to just relax with no TV and catch up with your kids and everybody sit there and make sure you eat.”

“We are trying at least two different fruits every couple weeks. That was a good one. I tried fruits that I never tried before.”

“Now it’ s our turn to switch it all around, break the cycle ...and start moving forward with our kids. Small changes, but they’ re lifelong changes.”

Conclusions

- Community-based data can serve as a catalyst for change.
- Avoiding stigmatization and using evidence based approaches to intervention is very important.
- Utilize community-based health constructs to focus on specific targets for change.
- *Long-term partnering with communities is essential to promote effective intervention design and implementation.*

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<http://www.healthychildrenstrongfamilies.org>

Internet resources

- <http://www.whiteearthchildcare.com/conference.html> Early childhood conference at White Earth
- www.healthychildrenstrongfamilies.org newsletters you can use from our work
- www.myplate.gov nutrition info for adults and kids
- www.brightfutures.org general ref for pediatric guidelines
- <http://www.nccor.org/> national organization devoted to child obesity prevention
- <http://americanindianhealthyeating.unc.edu/wp-content/uploads/2011/05/toolkit4.pdf> NC Tools for healthy Tribes
- <http://www.rwjf.org/content/dam/farm/reports/reports/2012/rwjf403213> RWJ report on NM AI food system challenges
- <http://www.dhs.wisconsin.gov/physical-activity/> Great site with lots of resources on what works in different settings
 - Active Early and Healthy Bites curricula are free on this site under childcare, and are evidence based nutrition and physical activity programs in early childcare settings