




ENGAGING PARTNERS IN CARING COMMUNITIES

**BUILDING HEALTHY
FAMILIES: STEP BY STEP**

BUILDING HEALTHY FAMILIES: STEP BY STEP

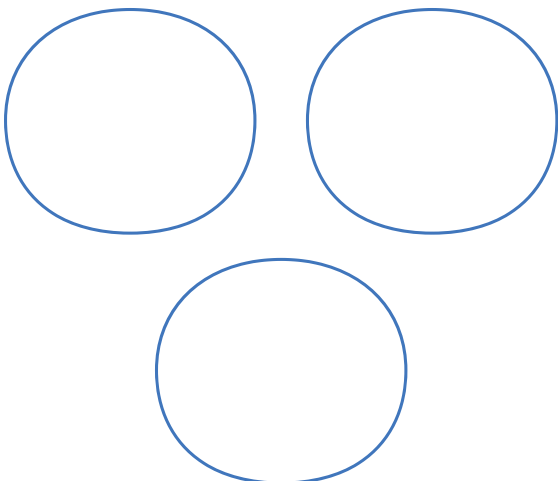
The goal of this program is to reduce children being overweight or obese. This program works to improve healthy eating habits of children and families by working with the person who buys and prepares the family meals and snacks. Children are not included in the 6 sessions but are included in the family “TALK” with talking about possible ideas to improve healthy eating and the things the family group might be willing to try. Food and healthy eating information are included in the 6 sessions along with a 5 minute video, a weekly goal setting sheet, information handouts and recipes. The group facilitator also has an outline for the session. A recipe is provided for each session for the end of each session for the group to make and taste.

The “evidence” from the research showed this program decreased body mass index (or BMI). (Information on how to figure out BMIs for adults, children, and teens is found in the Additional Information section.)

WEBSITES:

<https://ebccp.cancercontrol.cancer.gov/programDetails.do?programId=2646469>

<https://www.bcm.edu/cnrc-apps/buildinghealthyfamilies/>



Health Conditions addressed by the program:

- Obesity

Methods to address Health Condition(s):

1. Healthy eating
 - Reduced fat
 - Increased fruit consumption
 - Increased vegetable consumption
 - Whole grains
 - Increased dairy
 - Decreased sugar
 - Modify food preparation habits
 - Healthy portion sizes

Participants of the program

- (Mainly mothers or the people who buy and prepare food for the family)
- Toddlers 4 and under
- Children 5-12
- Adolescents 13-18
- Adults
- Families

Delivery format

- a. Small interactive group (8-12 individuals)
- b. in-person large group (more than 12 people) educational presentations
- c. home-based individual or family program

Length of time and number of sessions:

- 6 part video series, 45-60 minutes each session
- lessons can be used in sequence or separately
- Available in Spanish and English

Resources and tools included in the program

Downloadable Program session outline and session materials

- Slides
- Videos
- Handouts (to be printed)
- Posters and advertisements
- Website for other resources

Costs (of the Church)

- The cost of printing handouts for each session
- The purchase of notebooks for each participant (if possible) to keep the handouts
- Money for food preparation items for the 6 sessions

Evaluation

- Weekly goal sheet for each of the 6 sessions

Additional Information

Body Mass Index (BMI) is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet). A high BMI can indicate high body fatness. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

<https://www.cdc.gov/healthyweight/assessing/bmi/index.html>

Adult, Child and Teen Body Mass Index Calculators can be found at:
<https://www.cdc.gov/widgets/healthyliving/index.html#bmiccalculator>