Overview

- **Children Eating Well (CHEW) for Health** is a multi-institutional collaboration among the following academic institutions and community stakeholder organizations: (1) TSU Center for Prevention Research (CPR); (2) TSU College of Agriculture, Human and Natural Sciences (CAHNS); (3) Meharry Medical College, Department of Family and Community Medicine; (4) Vanderbilt University School of Medicine; (5) Metropolitan Public Health Department of Nashville/Davidson County (MPHD); (6) Progreso Community Center (PCC); and (7) a Community Advisory Board.

- The purpose of CHEW for Health is to address childhood obesity prevention through Education, Extension, and Research.

- **Activities** focus on the USDA's federal WIC (Women, Infants and Children) supplemental nutrition program.

- **Long-term Goal:** Contribute to reducing the prevalence of childhood obesity and disparities in childhood obesity among ethnically diverse, low-income children participating in the federal USDA WIC program, using science-based strategies at multiple levels.

**Methods**

- **Target Population:** Low-income WIC participant families with children ages 2-4, with a particular focus on African American and Hispanic families, and the WIC-authorized grocers that serve this population.

- **Geographic Scope:** Urban Nashville/Davidson County, with the potential to be extended in the future across Tennessee and in other states.

- **Approach:** Multi-level approach (Education, Extension, and Research) to prevent childhood obesity by: developing human capital through formal education programs; improving the food environment (in WIC stores); and enhancing informal family-based consumer education.

- **Community Engagement:** A Community Advisory Board (CAB), consisting of WIC participants, WIC vendors, and representatives of non-profit organizations that serve low-income families or impact food policy facilitates stakeholder input and oversight.

- **Dissemination of outcomes:**
  - Project findings and products will be disseminated to the scientific community, cooperative extension networks, and community organizations through our website (www.NashvilleCHEW.org), publications and presentations.
  - The annual Nashville CHEW for Health Conference will disseminate project outcomes and findings, receive feedback from community stakeholders, and provide further training through presentations from local and national obesity experts.

Component Accomplishments – Details in Individual Posters

**Research:***

- Currently in Phase 3, testing of the CHEW smartphone application, which is aimed to assist WIC participants with shopping for WIC items in grocery store and to provide culturally targeted nutrition education related to healthy snacks and beverages.

- Through April 2015, 105 mothers enrolled with 2-4 year old WIC recipient children, roughly half African American and half Hispanic, and 51 have completed three-month follow-up. Preliminary data analyses are pending.

**Education:**

- CHEW education team spent almost 6,000 trainee hours informing medical students, residents, practicing physicians and nurses, and TSU undergraduate and graduate students in topics related to childhood obesity prevention.

- Medical students attained significant improvements in knowledge in diabetes mellitus type II, hyperlipidemia, and lifestyle modification. Furthermore, students had significant improvements in knowledge of nutrition topics and comfort level discussing nutrition following the intervention.

**Extension:**

- CHEW extension team has conducted a total of 35 healthy food samplings reaching over 1,000 community members at our 18 participating WIC approved stores and at Tennessee State University’s “Week of the Young Child” event.

The Nashville CHEW website has continued its substantial growth this year. The site averaged 56 hits per day and 1,775 hits per month in 2012/13, 167 hits per day and 5,544 hits per month in 2013/14, and 295 Hits per day and 8,908 Hits per month in 2014/2015 with a peak of 16,356 hits for November, 2014. The monthly average increased 502% in three years.

**CHEW Website Effectiveness**

- **www.NashvilleCHEW.org**

- We have continued to refine the CHEW website adding information for researchers, presentations from CHEW conferences, as well as healthy snack recipes for the general public in both English and Spanish.

**CHEW Conference: 2014**

Hosted Annual CHEW conference in October 2014 with 138 total attendees and pre/post surveys demonstrating statistically significant increases in attendees knowledge on childhood obesity prevention obtained from the CHEW updates and seven research presentations (see www.NashvilleCHEW.org for more detail).

**CHEW Graduate Assistants’ Presentations: 2015**

Presentations using CHEW Phase 1 Nutrition Survey data at the 37th Annual Tennessee State University Research Symposium

**Community and Student Engagement**

**Community Advisory Board (CAB)**

Facilitated quarterly meetings of CHEW CAB composed of community organizations, WIC program directors, WIC participants, WIC vendors, and 2 external expert consultants.

**CAB Meeting April, 2015**

Samples of Healthy Food Tastings Shared for Feedback

**Publications**


**Nashville Children Eating Well (CHEW) for Health:**

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