**HomeStyles:**
Shaping Home Environments and Lifestyle Practices to Prevent Childhood Obesity: A Randomized Controlled Trial

Carol Byrd-Bredbenner, PhD, RD, FADA; John Worobey, PhD; Jennifer Martin-Biggers, MS, RD; Nobuko (Kay) Hongu, PhD, RD; Denise Roe, PhD; Gina Hernandez, MA
Rutgers University; University of Arizona; Prevent Child Abuse NJ
USDA NIFA Grant # 2011-68001-30170

**Goals**
Create a sustainable intervention that enables and motivates parents of preschoolers (who are or are at risk for obesity) to shape their home environment and lifestyle behavioral practices to prevent excessive weight gain in their preschool children and compare its effectiveness to those in the control condition.

To determine whether the intervention effectiveness differs by 2 delivery modes: in-home, face-to-face delivery by home-visiting personnel vs. online delivery

**Key Activities & Methods**
1. Create intervention guided by Social Cognitive Theory constructs, Adult Learning Theory, and principles of participatory planning and implementation and motivational interviewing.

**Key Messages**

**Diet**

**Physical Activity**

**Sleep**

**Guides**

**Trackers**

**Enhancements**

**Website**

**Nudges**

**Outreach**

**4. Assess outcomes**

**5. Disseminate & Build Sustainability**

**Potential Impact**
Effective, population-level, sustainable obesity-prevention intervention that enables and motivates parents to shape their home environment and lifestyle practices to prevent excessive weight gain in their preschool children.