Advancing and Expanding HomeStyles:
Shaping HOME Environments and LifeSTYLES to Prevent Childhood Obesity

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Abstract

Objective: This multi-disciplinary, multi-institutional, multi-state, integrated Research, Education, and Extension project will advance and expand the progress of HomeStyles toward reducing risk of childhood overweight and obesity.

Description: HomeStyles, an in-home family intervention, enables and motivates parents to shape home environments and weight-related lifestyle practices to prevent childhood obesity. Segment 1 of HomeStyles focused families with preschoolers (ages 2-5). This project will conduct a dissemination feasibility study to determine how to effectively diffuse the innovations of the evidence-based HomeStyles- Segment 1 intervention to parents of children in preschools/daycares. This project will create a novel, culturally-sensitive HomeStyles-Segment 2 responsive to the developmentally unique needs of middle childhood (6-11 years; “school-age”) and deliver it online and in face-to-face SNAP-Ed sessions. Further, this project will build the expertise of the next generation of nutrition and health education professionals in creating effective childhood obesity prevention programs through formal coursework and hands-on practicums.

Evaluation: The dissemination feasibility study for Segment 1 will include pre/post surveys completed by a key informant at each participating preschool/daycare and brief parent surveys. The new, second segment (Segment 2) of HomeStyles tailored to families with children 6 to 11 years will be evaluated via a randomized controlled trial designed to determine whether this novel, age-appropriate, family intervention enables and motivates English- and Spanish-speaking parents to shape their home environments and weight-related lifestyle practices (diet, exercise, sleep) to reduce risk of obesity during middle childhood more than those in the control condition. Students enrolled in coursework and practicums will be evaluated using rubrics and satisfaction surveys.

Conclusion: This intervention will apply community-based participatory research principles and be aligned with current obesity prevention recommendations and behavior change theories. This project will provide a sustainable model for confronting and combating obesity and safeguarding health that can be brought to scale nationwide.

Goals

• Goal 1: Conduct a dissemination feasibility study to determine how to most effectively and efficiently diffuse the innovations of the evidence-based HomeStyles program to families with children enrolled in preschools.
• Goal 2: Create a new segment of HomeStyles for families with school-age children (6 to 11 years) and conduct an randomized controlled trial to determine its effect on weight-related home environment aspects and lifestyle practices (diet, exercise, sleep).
• Goal 3: Build sustainability for HomeStyles for families with school-age children.
• Goal 4: Build the expertise of the next generation of nutrition and health education professionals in childhood obesity prevention programming.

Potential Outcomes

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 and school-age children.