



Year 1 of the Children's Healthy Living (CHL) Center of Excellence



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Background

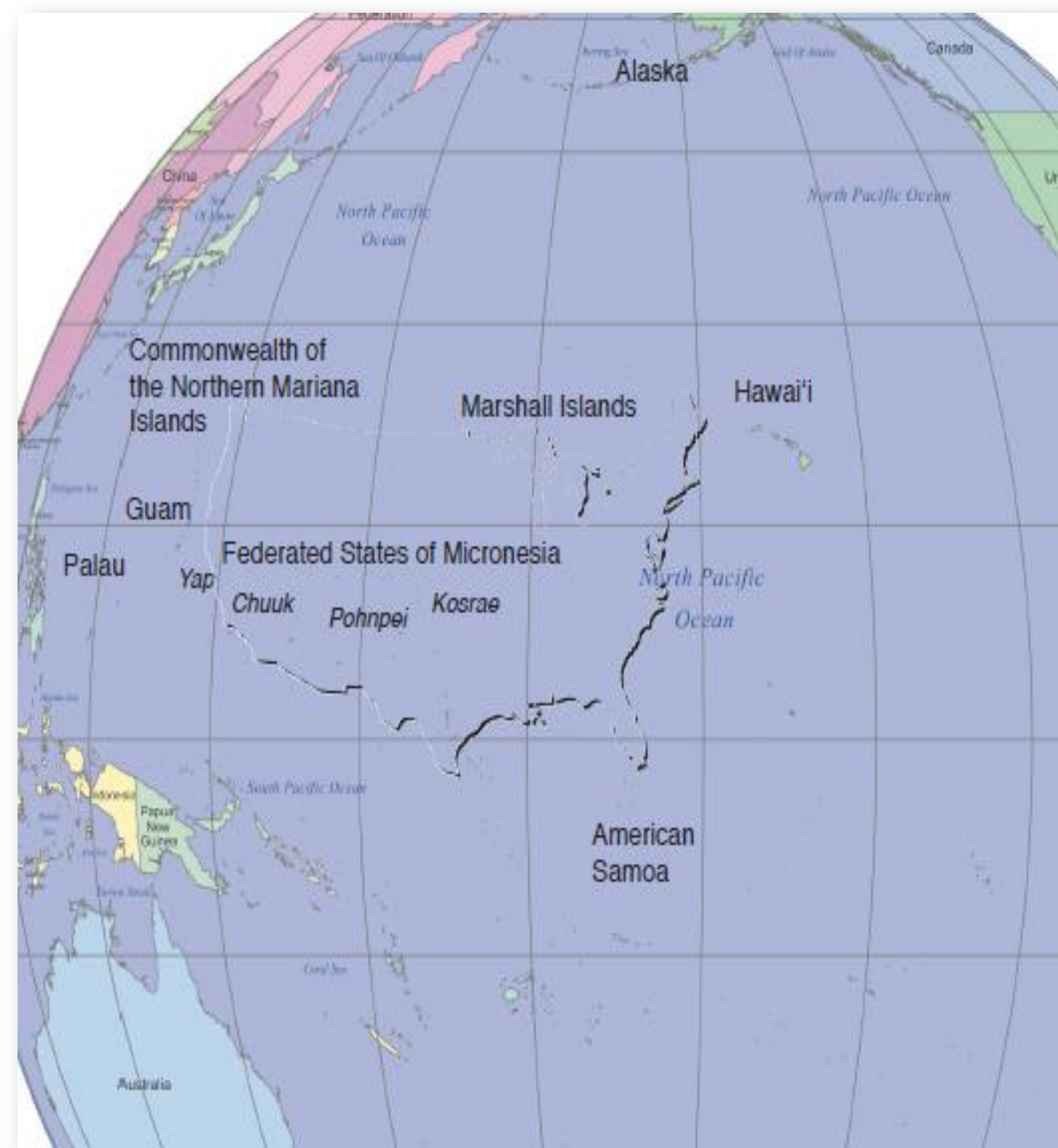
- CHL was an integrated coordinated agricultural program that included training, outreach and a successful multilevel, multisite intervention to address childhood obesity in U.S. Affiliated Pacific, from 2011-2017 (Grant 2011-68001-30335).

Objective

To serve as a Center of Excellence to further build capacity and generate new knowledge for collective impact on child health in the US Affiliated Pacific Region.

CHL Center of Excellence Description

- CHL Center continued to build capacity in the region by leveraging the Child Health in the Pacific (CHAP) Summer Fellowship Program (a separate CHL related grant) and the online CHL Summer Institute (an outcome of the CHL Program).
 - Ten CHAP fellows from CNMI, Guam and Hawaii successfully completed the CHAP Summer Fellowship and the CHL Summer Institute offered nine online summer courses related to childhood obesity with 123 college students completing courses.
- To examine the long-term impact (6 years after) of the CHL intervention, revisions were made to CHL surveys, training manuals, and data entry databases; training workshops were conducted; and Time 3 data collection is underway.
- Community reports were generated and available on the CHL website, which provide a comprehensive compilation of data collected for communities, and findings are being reported in the scientific literature.



Map of the CHL Region, with continental US overlay

Evaluation

- The CHL intervention showed significant improvement in intervention communities compared with control communities in:
 - Overweight and obesity prevalence (effect size [d] = **-3.95%**; 95% CI, -7.47% to -0.43%),
 - Waist circumference (d = **-0.71 cm**; 95%CI, -1.37 to -0.05 cm), and
 - Acanthosis nigricans prevalence (d = **-2.28%**; 95%CI, -2.77% to -1.57%).
 - Age and sex subgroup analysis revealed:
 - Greater difference in acanthosis nigricans prevalence in the group aged 2 to 5 years (-3.99%) vs the group aged 6 to 8 years (-3.40%), and the interaction was significant (d = 0.59%, P < .001)
 - Smaller difference in the group aged 2 to 5 years (-0.10%) vs the group aged 6 to 8 years (-1.07%) in screen time (d = -0.97 hour per day, P = .01).

Reference:

NOVOTNY R , DAVIS J , BUTEL J, BOUSHEY CJ, FIALKOWSKI MK, NIGG CR, BRAUN KL, LEON GUERRERO RL, COLEMAN P, BERSAMIN A , ARETA A, BARBER LR, BELYEU-CAMACHO T, GREENBERG J, FLEMING T, DELACRUZ-TALBERT E, YAMANAKA A, WILKENS LR. **EFFECT OF THE CHILDREN'S HEALTHY LIVING PROGRAM ON YOUNG CHILD OVERWEIGHT, OBESITY, AND ACANTHOSIS NIGRICANS IN THE US AFFILIATED PACIFIC REGION: A RANDOMIZED CONTROLLED TRIAL.** JAMA NETWORK OPEN. 2018;1(6):E183896. DOI:10.1001/JAMANETWORKOPEN.2018.3896

Conclusions and Implications

- Through efforts that were established by the CHL program in Year 1 we were able to realize meaningful strides towards the goals of the CHL Center of Excellence.