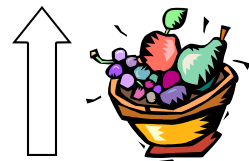
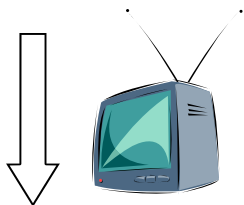
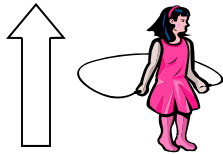

Healthy Children, Strong Families (HCSF)

HCSF is a research project to improve the health of American Indian children, ages 3 - 5, and their families.



Alex Adams, MD/PhD,
Principal Investigator
Department of Family
Medicine
University of WI-Madison
777 S. Mills Street
Madison, WI 53715
Phone: 608-265-4671
FAX: 608-263-5813
Email:
aadamsm@fammed.wisc.edu

SuAnne Vannatter, BSN, RN
HCSF Coordinator
2932 Hwy. 47 North
Lac du Flambeau, WI 54538
Phone: 715-588-3324
Toll Free: 1-800-472-7207
FAX: 715-588-3607

Great Lakes Inter-Tribal
Council, Inc
P.O. Box 9
2932 Hwy. 47 North
Lac du Flambeau, WI 54538



PROJECT GOAL:
Healthy lifestyle
changes to promote
long-term wellness.

Great Lakes Inter-Tribal
Council, Inc. & UW
Medical School




HCSF Project Background and Purpose

This re-
search pro-
ject follows
up the Wis-
consin Nutri-
tion and
Growth
Study)
WINGS
which



showed that by the age of 5 - 7,
44% of children living in the Me-
nominee, Lac du Flambeau, and
Bad River communities were at
risk for or already overweight.
Many children also showed risk
factors for developing future heart
disease and diabetes.

HCSF is based on the Native
American approach of
elder/mentors teaching life skills to
the next generation to encourage
and instill values of healthy nutri-
tion and physical activity.



Four Project Target Areas

- 1) Be more active
- 2) Drink less soda, eat less candy
- 3) Eat more fruits and vegetables
- 4) Watch less t.v.

Participant Involvement

Families with children ages 3-5 are eligible to sign up. Trained mentors from each of the three communities will make home visits to 20 families in each of the communities. Over the course of 1 year, each family will receive approximately 12 home visits and lessons. During the home visits the mentors will deliver fun activity lessons that will help the family make lifestyle changes in the four target areas.

An additional 20 fami-
lies in each community
will be a control group.
They will receive the
lessons but will not
receive the home visits
from the mentors.

Families will be
randomly assigned to mentor or non-mentor
groups and all 120 families involved will
receive the same gifts and measures.



Measurements

Both before and after the year-long
project, measurements of both the
child and the primary caregiver in
the family will be done. Measure-
ments of the child include:

- ~Height
- ~Weight
- ~Waist circumference
- ~Activity level
- ~Usual diet

Measurements of the primary care-
giver are the same as the child plus
questionnaires and lab work to look
for signs of heart disease and dia-
betes.

[These lifestyle changes may de-
crease the chances of developing
diabetes and heart disease later in
life.](#)