

# Healthy Children Strong Families

HCSF is a research project to improve the health of American Indian children ages 2-5 and their families.

Lessons will address six program areas:

Be more active



Reduce screen time



Eat more fruits and vegetables



Drink less sugary drinks, eat less junk food



Improve sleep



Improve coping with stress



## What previous HCSF families said about their experience in the study:

**Family time increased—including time spent in active games, family walks and reading together.**

"We are trying to get more involved with them during their playtime outside."

**Families remembered what they learned and shared it with other family members and friends.**

"My daughter remembers the lessons about the amount of sugar in the things that she likes to eat."

**More meals were eaten together and children were more involved in meal preparations.**

"No more eating in their rooms...we've been trying to sit at the table and just talk. It is fun to just relax with no TV and catch up with your kids..."

**Families said making healthy lifestyle changes wasn't easy, BUT, they were able to stick to it!**

"We are trying at least two different fruits every couple weeks. I tried fruits that I never tried before."

"Small changes, but they're lifelong changes."

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## PROJECT GOAL:

**Healthy lifestyle changes to promote long-term wellness.**

## Healthy Children Strong Families

Healthy Children Strong Families (HCSF) is a family-based research project with two journeys, wellness and safety. The Wellness Journey lessons provide nutrition and physical activity information in 13 action packed lessons. The Safety Journey newsletters will teach important safety basics.

During the Wellness Journey, each lesson provides opportunities for families to try fun new activities, games and recipes. The whole family sets and works toward healthy lifestyle goals.

### Participant Involvement

Families with children ages 2-5 are eligible to sign up. There are no income or health requirements.

All families in the wellness journey and safety journey will receive lessons through the mail, along with fun gifts to help complete the lessons.

Families will start in one of the two journeys and switch after one year.

**Phase A: Wellness Journey**

**Phase B: Safety Journey**

**All families will receive the same gifts and measures.**

Participants will also have the opportunity to share their experiences with others through Facebook and receive text messages!



## HCSF Wellness Journey

- ◆ Starting the journey
- ◆ Naturally Sweet & Nutritiously Delicious
- ◆ Suspending Screen Time
- ◆ Fun Family Fitness
- ◆ Fruitful Foods
- ◆ Juicing the Benefits
- ◆ Gifts from the Land
- ◆ Fast Lane to Health
- ◆ Maintaining Harmony
- ◆ Sleep Tight
- ◆ Healthy Adventures
- ◆ Maintaining a Healthy Balance



### Lessons Include

- ◆ Nutrition and physical activity facts
- ◆ Fun activities, games and recipes to do together
- ◆ Helpful hints for setting achievable health goals

## HCSF Safety Journey

- ◆ Home safety
- ◆ Outdoor safety
- ◆ Auto and pedestrian safety
- ◆ Tips, activities and resources with helpful information for the whole family!

## Measurements

Every six months during the two year HCSF program, measurements of both the child and primary caregiver in the family will be performed. Measurements for both child and caregiver include:

- Height and weight
- Waist circumference
- Activity level
- Usual diet



**HCSF encourages small changes that allow families to build on their success!**

Healthy lifestyle changes to promote long-term wellness.

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