**TARGET AUDIENCE**

This program is for parents/caregivers and their 9- to 14-year-old children.

**SUMMARY**

BodyWorks, a parent- and child-education program, is designed to help participants develop knowledge and skills that can improve parent and child nutrition and physical activity patterns.

**EVIDENCE**

No peer-reviewed publications evaluating the effectiveness of this program were located. A small pilot evaluation was conducted; however, the program was refined and is undergoing a more rigorous evaluation.

**COMPONENTS**

BodyWorks seeks to help improve children’s nutrition and physical activity patterns by changing the knowledge, attitudes, and behaviors of their parents. Parents meet in small groups led by community health workers. Children attend two of the sessions. The classes cover 7 steps to healthy living:

- Commit to healthy eating and regular physical activity;
- Understand eating habits and activity patterns by recording food intake and physical activity for 1 week;
- Learn about healthy eating, basic nutrition facts, and preparing meals and snacks;
- Discuss the benefits of regular physical activity;
- Keep track of daily eating and activity habits and set goals in each of these areas;
- Generate a shopping list and prepare recipes from the BodyWorks recipe book; and
- Create a supportive environment at home, at school, and in the community to reinforce healthy eating and physical activity habits.

The BodyWorks toolkit is the main resource for this program. It includes a guide that contains journals for monitoring nutrition and physical activity patterns, shopping lists, weekly meal planners, nutrition information, recipes, and a DVD with cooking and shopping tips.

**PREVIOUS USE**

This program was officially launched in 2004. A Spanish version of the curriculum was released in 2009, and the curriculum was expanded to include parents of boys in 2010. The extent to which the program has been used is unknown.
BodyWorks

TRAINING
Community health workers facilitate this program, but no other information regarding these individuals was located. The program uses a train-the-trainer models for ease of distribution of program materials across multiple organizations, including state health agencies, nonprofit organizations, community-based organizations, health clinics, and hospitals. Please use the email address in the Contact section to receive a link to download the curriculum and to receive start-up information.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from participants and helping them understand this program requires commitment to implement changes and maintain new habits, securing facilitators, and finding a location to hold sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing BodyWorks, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program lasts 8 weeks.

COST
No information about program implementation costs was located.

EVALUATION PLAN
To move the BodyWorks program to the to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact The Office on Women’s Health by mail Department of Health and Human Services, 200 Independence Avenue, SW Room 712E, Washington, DC 20201, phone 1-800-994-9662, or visit www.womenshealth.gov/contact-us

SOURCE
www.womenshealth.gov/bodyworks (this website no longer contains program-specific content) and
https://innovations.ahrq.gov/qualitytools/bodyworks-toolkit-healthy-teens-and-strong-families

www.militaryfamilies.psu.edu