Children's Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region (CHL)

TARGET AUDIENCE
This program is for children who are 2 to 8 years old.

SUMMARY
Children's Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region (CHL), a community-based program, intends to build environments that promote active play in youth and encourage youth to eat a healthy diet.

EVIDENCE
Eleven head start classrooms in Hawaii were randomized to receive the CHL program, while 12 classrooms were randomized to a delayed-intervention group. At the end of 1 year, classrooms that implemented the program had significantly higher overall environment and policy assessment observations (EPAO) and EPAO for physical activity in the classroom, which indicates the schools were implementing policy changes. These changes specifically impacted physical activity behaviors but not nutrition behaviors. No significant differences between the two groups were observed for fruit and vegetable intake or mean body mass index (BMI) z scores or the change in BMI z scores.

COMPONENTS
The goal of CHL is to build social/cultural, political/economic, and physical/built environments that promote physical activity and to encourage healthy eating to prevent childhood obesity in the Pacific region. The program includes multiple strategies to accomplish this goal.

One such strategy emphasizes policy changes at head start school programs. Head start programs deliver lessons from the Healthy Habits for Life* curriculum that include physical activities and education about physical activity and nutrition. For example, several policy changes for head start programs include encouraging the elimination of juice from breakfast, lunch, and snacks served at the head start facilities, serving meals family-style, and sending monthly family newsletters about healthy eating and physical activity behaviors home. Other strategies support community involvement and include providing formal degree training for 21 individuals from each jurisdiction in the region. These individuals support obesity prevention strategies in the targeted communities by promoting healthy eating and physical activity in the community and by encouraging more daily active play, less screen time, increased fruit and vegetable intake, and less sugar-sweetened beverages and high-fat food intake. Program facilitators are encouraged to participate in these wellness initiatives.

A Steering Committee is formed to ensure program objectives are being met and to make program-specific decisions. The Steering Committee is comprised of co-investigators from each each of the regional partners. Each of these regions has a Local Advisory Committee which provides advice and feedback to the Steering Committee. The Local Advisory Committee develops potential local policy changes while aiding CHL's alignment with other community programs that share a similar mission.

* A separate Fact Sheet is available for this program.

PREVIOUS USE
The CHL program began on April 1, 2011, and is funded through a 5-year, $25 million grant from the U.S. Department of Agriculture National Institute of Food and Agriculture. The program is a consortium of the Land Grant colleges and other regional partners in Alaska, American Samoa, Commonwealth of the Northern Mariana Islands, Guam, Federated States of Micronesia, Hawai’i, Palau, and the Republic of the Marshall Islands. The extent to which this program has been used outside of this grant is unknown.

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**TRAINING**

This program can be facilitated by various individuals, such as teachers at head start programs or selected undergraduate or graduate students studying in the Pacific region. Training and technical assistance for head start teachers are provided by CHL. For more information about training programs, please visit [www.chl-pacific.org/training/program-overview](http://www.chl-pacific.org/training/program-overview).

**CONSIDERATIONS**

Considerations for implementing this program include forming a steering committee to make major program decisions, creating a Local Advisory Committee to support the steering committee, acquiring buy-in from head start programs to implement policy changes in schools, and obtaining facilitators who are committed to attending monthly wellness activities.

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 CHL, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

The program lasts 18 months. Time to complete program activities varies.

No information about implementation costs was located.

**EVALUATION PLAN**

To move CHL to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independent of the program developer.

The Clearinghouse can help you 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 Children's Healthy Living Program by using the contact us page on their website at [www.chl-pacific.org/contact-us](http://www.chl-pacific.org/contact-us).

**SOURCE**

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