

TITLE: CHILE: The Child Health Initiative for Lifelong Eating and Exercise

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Background and Objectives: The Child Health Initiative for Lifelong Eating and Exercise (CHILE) study is a randomized controlled trial to determine the efficacy of a trans-community intervention to prevent obesity in American Indian and Hispanic children, aged 3-5 years, enrolled in Head Start (HS) in rural New Mexico. Based on the socio-ecological model, the intervention was designed to promote healthful eating and physical activity behaviors through classroom activities and instruction integrated with changes in the HS, home and community environments. Aims include increased fruit, vegetable and whole grain consumption and decreased sugar-sweetened beverage and high-fat food consumption. Formative assessment determined strategies for community engagement and intervention development. Process evaluation measures captured the fidelity of intervention delivery and HS staff acceptance of the physical activity and nutrition curricula. The CHILE team train HS staff to carry out the intervention curricula. Parents are provided with relevant, affordable, and culturally appropriate tools to make positive changes to their families' physical activity and eating habits. Healthier choices are promoted in local grocery stores with in-store signage and information. Health care providers reinforce CHILE nutrition and physical activity messages in clinic visits with HS families.

Methods: 16 HS Centers in 16 rural New Mexico communities were randomized into either intervention [(I) n=8] or control [(C) n=8] groups employing a nested cohort design. 2,507 children were consented to participate [(I) n=1,333; (C) n=1,174]. Nutrition-related measures include the Block Kids 2004 Food Frequency questionnaire, modified to include local foods, administered at pre-, mid- and post-intervention to caregivers (n=1,073) to measure dietary intake at home. Nutrition content of HS meals and snacks (n=165 days) was collected at pre- and post- intervention and analyzed using FIAS Millennium 1.0. The Nutrition Environment Measures Survey (NEMS) measured retail food availability and cost at pre-, -mid and post-intervention.

Results: Data collection is complete and data analysis is underway.

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Video of project available at:

<http://www.youtube.com/user/unmhsc#p/c/504FD7C0610B71C2/21/BrekHm2yTIM>

Project website: http://hsc.unm.edu/som/prc/_pages/projects/_completed/child_health.html