

TRAIN THE TRAINERS

PHYSICAL ACTIVITY ON EARLY CHILDCARE TRAINING

This training helped teachers learn ways to bring more movement into their classrooms.



Dr. Claudio Nigg from the University of Hawaii delivered a SPARK-based training to 20 teachers representing 6 organizations in Fairbanks. SPARK is a physical education curriculum designed to help teachers incorporate more physical activity into their lessons. At the end of the training, teachers took home balls, cones, hula hoops, and fun music for their classrooms.

Teachers thought the training was fun, engaging, and had very positive feedback about their experiences, such as: "Loved this training. Most helpful training I've ever taken." and "I loved it! Great knowledge on the class and awesome games to share." We hope teachers who attended this physical activity training will continue to implement the SPARK ideas into their classes.

PHYSICAL ACTIVITY AND NUTRITION TRAINING (PAN)

In partnership with the Obesity Prevention and Control Program, THREAD, and other community champions, CHL delivered PAN Training to 13 child care providers representing 8 different organizations in Fairbanks. Most attendees were teachers or home day care providers. Teachers learned about USDA's MyPlate, calculated BMI, guessed the sugar content in popular sweetened drinks, and discovered ways to encourage children to explore new foods.

PAN training focused on ways to incorporate nutritional learning experiences and physical activity into classroom activities.

For more information about the PAN Training, please visit: <http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/pan.aspx>



IMPROVE WELLNESS POLICIES AT PRESCHOOLS

WELLNESS CHALLENGE

This mini-grant initiative helped childcare providers recognize strengths and improve weaknesses in their wellness policies.

Child care providers completed a survey to assess the nutrition and physical activity environment at their centers. Each center then applied for a \$500 mini-grant to fund a targeted wellness project based on their assessments. Many projects involved purchasing indoor and outdoor play equipment to make it easier for kids to be active all year long.

We gave \$3,000 to 6 child care organizations and hope that the projects funded through these grants help children develop healthy preferences that will continue to influence them throughout their lifetime.

MEASUREMENTS

CHL collected information on children's height, weight and waist circumference (anthropometry), food consumption (food logs), and activity levels (activity logs and accelerometers that measure movement) because these are important determinants of children's health. We measured children at Head Starts, preschools, child centered organizations, and community events starting in November 2012 and approximately 24 months later starting in November 2014.

This table shows the number of children sampled in Fairbanks at the beginning of the CHL study (baseline) and 24 months later

| Sampling period | Anthropometry measurements | Food and physical activity logs | Accelerometers (activity trackers) |
|-----------------|----------------------------|---------------------------------|------------------------------------|
| Baseline | 203 | 170 | 159 |
| 24 month | 192 | 163 | 107 |
| Total | 395 | 333 | 266 |

For preliminary results from these measurements please see the Fairbanks Community Report at: http://chl-pacific.org/wp-content/uploads/2015/01/CHL_Community-Report_AK_Fairbanks_20140903.pdf



SUMMARY

Sustainability guided the design of CHL's programs. With the strong support of many dedicated partners, CHL implemented programs to put the health of young children at the forefront of the Fairbanks community. We hope the community will continue to work together to promote the health of Alaskan children.

Thank you partners! Partnering with established organizations was essential to our success and sustainability.

- Alaska Center for Resource Families
- UAF Cooperative Extension Service
- Early Childhood Development Commission
- Fairbanks Children's Museum
- Fairbanks Community Food Bank
- Fairbanks Families Partnership
- Fairbanks Native Association Head Start
- Obesity Prevention and Control Program
- Resource Center for Parents and Children
- State of Alaska Family Nutrition Program
- THREAD Resource and Referrals
- ThrivAlaska Head Start



This report can be downloaded at: <http://chl-pacific.org/wp-content/uploads/2015/02/Fairbanks-Intervention-Community-Report.pdf>



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

Children's Healthy Living for a healthy life!

An overview of CHL programs to promote the health of children in the Fairbanks community

The Children's Healthy Living Program (CHL) is a Pacific wide program funded by the United States Department of Agriculture (USDA) to study and improve the health of children 2-8 years old. CHL Alaska, housed at the University of Alaska Fairbanks (UAF), has been working in Fairbanks since 2012 to develop and implement programs that promote healthy eating and active lifestyles in families with young children.

Our objective was to promote the health of children in a sustainable way by fostering partnerships and developing programs that built on existing resources.



The programs we developed for Fairbanks fit into a broader framework of goals that guided the development of unique projects throughout the diverse Pacific regions served by CHL.

GOALS

PROGRAMS

Goal 1. PARTNER AND ADVOCATE FOR ENVIRONMENTAL CHANGE to increase access to parks, sports equipment, gardens, and healthy foods so kids can be more physically active and eat a healthier diet

- Foodies at the food bank cooking classes
- Outdoor scavenger hunts
- Preschool gardening workshop
- Winter clothing give-away
- Fairbanks Families website

Goal 2. PROMOTE CHL's TARGET BEHAVIORS through social marketing campaigns and other visible activities

- CHL target behaviors include:
- ✓ Drinking more water
 - ✓ Drinking fewer sugar sweetened beverages
 - ✓ Eating more fruits and vegetables
 - ✓ Increasing physical activity
 - ✓ Reducing screen time
 - ✓ Increasing sleep time

- Txt4HappyKids text message program
- Flavored water tasting and sugar shocker display

Goal 3. TRAIN THE TRAINERS: train preschool teachers, role models, and leaders to incorporate and promote the CHL target behaviors in the places they teach and activities they lead

- Physical activity in early childhood training
- Physical activity and nutrition training (PAN)

Goal 4. WORK TO IMPROVE WELLNESS POLICIES AT PRESCHOOLS

- Fairbanks wellness challenge

ENVIRONMENTAL CHANGE

FOODIES AT THE FOOD BANK



Foodies at the food bank helped children and families become more aware of healthy food options and simple cooking techniques that they could use to increase the availability of healthy food in their homes.

In partnership with the Fairbanks Community Food Bank and the UAF Cooperative Extension Service, CHL provided fun, hands-on cooking classes once per month for 4 months. Together, parents and children learned how to make recipes with seasonal local produce, such as kale, carrots, cabbage and berries. Children helped their parents prepare the dishes, and best of all, they got to eat and share what they helped make!

You can access the Foodies at the Food Bank recipes at:
<http://www.chl-pacific.org/community-connections/resource-materials>



OUTDOOR SCAVENGER HUNTS

We developed scavenger hunts for kids to increase use of the extensive trail systems and parks found throughout the Fairbanks area.



Summer and winter scavenger hunts were tailored to toddlers or young children and encouraged kids to find things like animal tracks, icicles, and spruce cones. These scavenger hunts were designed to help kids and families become more active outside in the summer and winter.

Nearly 1,500 scavenger hunts were distributed at 20 locations and are available online at the Fairbanks Families Website:

<http://www.fairbanksfamilies.com/recreation/>



PRESCHOOL GARDENING WORKSHOP



The preschool gardening workshop encouraged childcare providers to garden with the children they serve.

To encourage childcare organizations to start educational gardens, CHL partnered with the UAF Cooperative Extension Service to offer a free gardening workshop for childcare providers in Fairbanks. Attendees, including teachers and home day care providers, learned what varieties grow best in Alaska, as well as how and when to plant them. A favorite topic among attendees was composting with worms. At the end of the workshop, each organization took home a box of gardening supplies and seeds that were donated from local hardware stores.

WINTER CLOTHING GIVE-AWAY

The winter clothing give-away provided children with the warm gear they need to be active outside during the long and cold Fairbanks winters.



We distributed almost 400 pieces of gently used outdoor gear, from boots to hats, to over 200 children attending the annual Fairbanks Families Partnership Health Fair in the fall of 2014. Clothing was collected through donation boxes at community centers and schools. Some schools even donated winter clothes that were left in their lost and found at the end of the school year.

The University of Alaska Fairbanks 4-H Military Partnership, 168 Air Refueling Wing Family Program Office, and the Fairbanks Families Partnership worked together to continue the clothing give-away and had another successful event at the 2015 health fair.

FAIRBANKS FAMILIES WEBSITE

CHL worked with the Fairbanks Families Partnership, a local resource for families with young children, to redevelop and modernize their website, making it easier to maintain and update with new information. In this process we created a tab to house nutrition information and added an extensive list of recreational opportunities for kids to help promote things like local sporting clubs, indoor recreational facilities, and the beautiful parks and trails that Fairbanks has to offer.

Please visit the Fairbanks Families website for more information:
<http://www.fairbanksfamilies.com/recreation/>

We made it easier for families to find recreational opportunities and nutrition information online by helping Fairbanks Families modify their website of family resources.



PROMOTE TARGET BEHAVIORS



TXT4HAPPYKIDS

We enrolled over 100 young families in an 11 week text messaging program to encourage families to eat more fruits and vegetables. Parents received 2 free text messages each week on their mobile phone with information about sales on produce, easy-to-prepare recipes, and other fun tips and ideas to get parents and kids excited about fruits and veggies! example texts:

We developed Txt4HappyKids, a free service designed for parents with young children, to promote eating fruits and vegetables through fun and informative text messages.

Kids love to be helpful! Let them help with dinner by washing the fruits & veggies, stirring, or measuring. This is a great way to spend quality time together!

Apples are on sale for 1.49/lb @ Fred Meyer! Peel, core & chop. Add water & ground cinnamon. Cook for 30 min until soft, then mash. Kids love warm applesauce!

Parents had a lot of positive things to say about Txt4HappyKids, including:
"I liked that I was given more ideas and recipes on how to prepare healthier food for my child. It helped me help my son explore new foods."
"It was simple and a nice reminder of ways to include more fruits and vegetables throughout the week."

FLAVORED WATER TASTING AND SUGAR SHOCKER DISPLAY

Several hundred people sampled our free flavored water, and children excitedly came back for seconds!

Activities included:

- Providing a sample of fruit, vegetable, and herb infused water
- Displaying sugar sweetened beverage bottles filled with sugar cubes equivalent to their sugar content
- Soliciting feedback from children on the water flavor and different infusions to try next
- Distributing recipe cards with infused water ideas
- Educating families on the ease and low cost of making infused water



To promote drinking water instead of sugar sweetened beverages, CHL offered free flavored water at venues and events throughout Fairbanks including the Fairbanks Downtown Farmer's Market, the UAF Museum of the North and the Fairbanks Children's Museum.

For flavored water ideas, please visit:
http://chl-pacific.org/wp-content/uploads/2015/07/Alaska_Parents-Flavored-Water-Recipe_20150611.pdf

