



Community Grant Outcome Report

Name: Healthy Children, Strong Families

Grantee: Great Lakes Inter-Tribal Council Inc.

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Academic Partner: Alex Adams MD, PhD, Associate Professor, Department of Family Medicine, UW SMPH

Program: Implementation

Grant Duration: 03/01/2005 to 06/30/2008 (40 months)

Expenditures: \$425,724 of 426,120 (99% expended)

Use of Funds: Develop and evaluate a family-based intervention

► **Description:** The project developed and tested an intervention entitled Healthy Children, Strong Families (HCSF) to prevent obesity and related chronic disease among American Indian children in Wisconsin. The intervention uses trained Tribal mentors working in the home with families who have preschool children. The mentors deliver 12 lessons using a toolkit on healthy nutrition and physical activity. The academic partner and Tribal members co-developed the intervention to be sustainable and to be easily integrated with other health programs. Outcome measures for the intervention and control groups in the study include changes in standard obesity measures (body mass index, or BMI), fruit and vegetable consumption, physical activity levels, TV watching and other behavioral measures of improvement.

► **Results:** HCSF supported the development and testing of an innovative intervention for American Indian families using a community-based participatory research model. The project was initially slow to start due to the difficulty of recruiting mentors and families. The program worked with 87 families, fewer than the 120 proposed for the study, and families have enjoyed the curriculum. The research team will analyze the intervention's efficacy when the enrollment goal of 120 families is reached. The grant ended prior to reaching this goal, however, funds from other sources will support the continued development and evaluation of HCSF through June 2011. This will allow for completion of the project. The results will be reported to the OAC at that time.

HCSF noted three factors that contributed to the

program's success: strength of the partnership, mutual trust among partners, and broad-based input into the design of the intervention and the toolkit.

► **Met Objectives:** External funds will complete the project.

► **Baseline Progress on State Health Plan Objectives:** Not measured yet

► **Academic Partner Role:** Community-based research

► **Matched Dollars (cash or in-kind):** None reported

► **Dissemination:**

- Three published articles: *CDC Prevention* (on-line), *Obesity*, *Wisconsin Medical Journal*
- Four manuscripts in preparation
- Two presentations (national/international conferences)
- Four poster sessions

► **Sustained:** The grant led to two additional funding awards:

- MERC New Investigator Program award for \$93,256 to collect lab data
- NIH Cooperative Grant for \$1,581,625 to provide follow-up services for participating families and the community—to improve environmental conditions to support healthy nutrition and physical activity

Note: It is expected that the Tribes may adopt the program if the intervention is perceived as valuable.