

As discussed in the Course Expectations, you'll be practicing how to use an ecological approach to prevent childhood obesity by completing a four-part course project. This involves completing a series of assessments and developing an action plan for an intervention in a community where you work. While you may be going through these steps by yourself as practice during this course, in the real world you would do this with a community collaboration. Consider who might be the key leaders of this collaboration. If you already work with them, you will find it useful to discuss the course project questions with them.

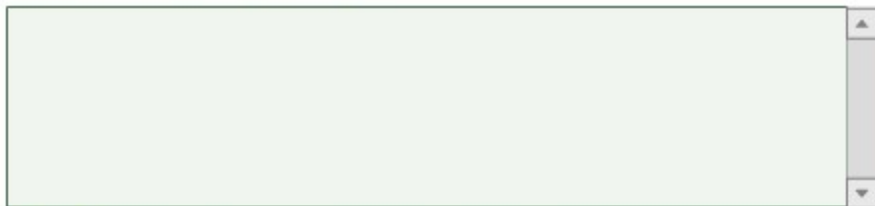
Sample responses based on the course case study with Nick and Miguel are provided throughout the course project.

- 1a** In a community where you work, identify 3–5 people, including yourself, who could potentially serve as leaders of a larger collaboration addressing childhood obesity. If you don't know specific names, identify potential key leaders by title and organization. You should also be thinking about others who might be part of your larger collaboration, although you don't need to name them here.

Examples: Nutrition professional from health department
Nutrition educator from county cooperative extension office
Recreation coordinator from county youth bureau
Public health nurse from health department

In the real world, your next step would be to meet with your core group to discuss childhood obesity issues in your community and identify other members to create a diverse collaboration of about 12–15 people. More detail on building collaborations is provided later. For now, and for this course, you can do the assigned steps on your own or in consultation with your core group. In real practice, you would ideally do all the assessment and action planning steps with your larger childhood obesity collaboration.

- 1b** In the community settings where you and your partners work, what **child behaviors** do you think may relate to excessive weight gain? Consider behaviors that could either positively or negatively affect excessive weight gain. Brainstorm a list and enter it here.



Examples: (In Nick and Miguel's neighborhoods)

Negative: Watching too much TV, not playing outside, skipping breakfast, overconsumption of sweetened beverages, buying/eating snack foods instead of meals, not walking to school

Positive: Playing outside in Miguel's neighborhood, eating school breakfast

- 1c In the community settings where you and your partners work, what **parent** or **other adult behaviors** do you think may relate to excessive child weight gain? Brainstorm a list and put your answers in the box.

Examples: (In Nick and Miguel's neighborhoods)

Negative: Not limiting TV, allowing TV in bedroom, not limiting snacking and snack foods, driving their children to school, using food as a reward, not supporting eating breakfast on a regular basis

Positive: Limiting TV viewing, encouraging children to be active, enrolling children in school meal program, trying to serve balanced meals at home

1d Looking over your lists of child and parent/adult behaviors in your community setting, what behaviors do you think you and your larger collaboration might be able to do something about? Consider which ones are most important and most likely to be changeable. Choose two from this list that you think you'll want to address in your final action plan. (You can always change your mind later.)

Choose one behavior related to eating and one related to physical activity. In choosing these, specify what community setting you might want to focus on.

Target behavior related to **eating**:

Setting:

Target behavior related to **activity**:

Setting:

Examples: Eating-related: Overconsumption of sweetened beverages by children
Setting: Baker Middle School

Activity-related: Children not walking to school
Setting: Neighborhood near Pleasantville Middle School

- 1e** For each of your chosen behaviors, write a measurable objective for what you hope to change/accomplish in your community setting. (Again, you can come back to revise these at any time before your final submission at the end of the course.)

Objective to address target behavior related to **eating**:

Objective to address target behavior related to **activity**:

Examples: The number of sweetened beverages consumed by children at Baker Middle School will decrease by 20% in two years.

The percentage of children who walk or bike to school at Pleasantville Middle School will increase by 20% in two years.