



**Empowering Healthy Families Research Study**  
*Program for Families with Young Children*  
**Information about the Education Program When Hosted In-Person**  
<https://cphpr.publichealth.vt.edu/ehf.html>

- ❖ Parents and caregivers and their children ages 6 to 11 (grades 1 to 5)
- ❖ Healthy Nutrition and Physical Activity OR Financial Wellness
  - 8 weekly class sessions (scheduled according to church availability)
    - Each session approximately 2 hours
    - Separate sessions for adults and children at the same time
    - Light meal or refreshments with parents and children together
    - Hands-on practice, games, and discussion with other parents and caregivers
  - Support materials
    - Each child & adult participant will receive a small item at each session to support healthy eating, physical activity, or financial wellness

**Information about the Research Study (optional)**

- ❖ Church Eligibility
  - Recruit at least 10 families
  - Recruit a Program Coordinator
  - Recruit 2 people that will be trained to teach program classes
  - All positions will receive a stipend for their assistance
  - Families and the church program team can be recruited from the congregation or the community.

To learn more visit <https://cphpr.publichealth.vt.edu/ehf/resources.html>

- ❖ Participant Eligibility
  - At least one caregiver and one child from the same family must participate in the program together; also eligible for optional research study
  - Up to two caregivers from the home and all children in grades 1 to 5
- ❖ Assessments for optional research study (compensation for time involved)
  - 3 assessments over 1 year
    - #1 - Before the program starts
    - #2 - Immediately after the program ends
    - #3 - Twelve months after the program ends
  - Each assessment session takes up to two hours
    - Questionnaire for each child & adult
    - Height and weight measures for each child & adult

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prosper.” John 1:2 KJV