



Empowering Healthy Families Research Study
Program for Families with Young Children
Information about the Education Program When Hosted Virtually
<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)
 - All classes hosted online via zoom
 - Each session approximately 2 hours
 - Separate sessions for adults and children at the same time
 - Hands-on practice, games, and discussion with other parents and caregivers
 - Support materials
 - Each child & adult participant will receive a bag with small items to support healthy eating, physical activity, or financial wellness practices discussed in classes
 - E-learning equipment (e.g. tablets & hotspots) available to check-out to participate
 - Curriculum binders with class materials

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