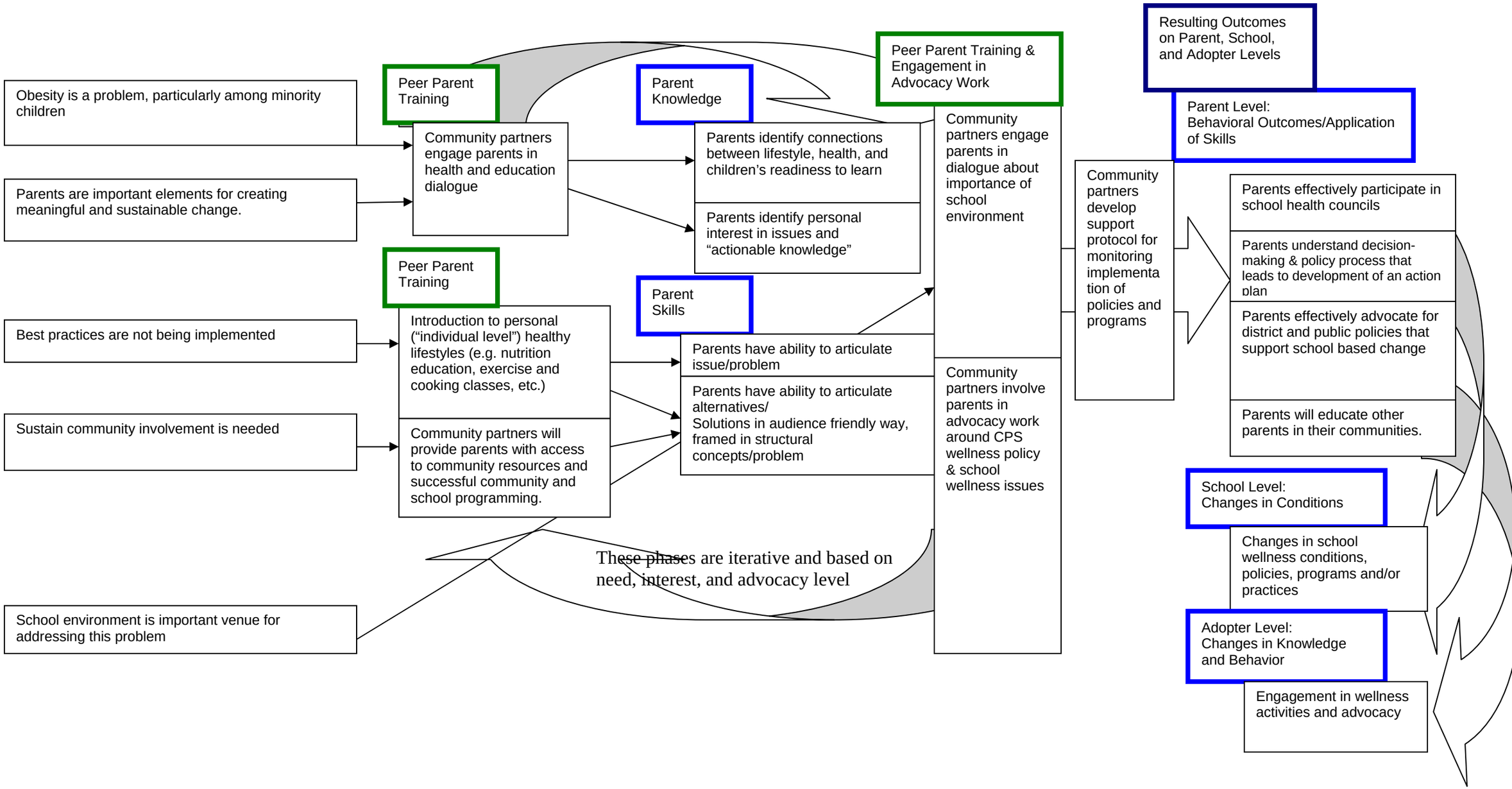
Obesity is a problem, particularly among minority children
Parents are important elements for creating meaningful and sustainable change.
Best practices are not being implemented
Sustain community involvement is needed
School environment is important venue for addressing this problem
Peer Parent Training
Community partners engage parents in health and education dialogue
Peer Parent Training
Introduction to personal ("individual level") healthy lifestyles (e.g. nutrition education, exercise and cooking classes, etc.)
Community partners will provide parents with access to community resources and successful community and school programming.
Parent Knowledge
Parents identify connections between lifestyle, health, and children's readiness to learn
Parents identify personal interest in issues and "actionable knowledge"
Parent Skills
Parents have ability to articulate issue/problem
Parents have ability to articulate alternatives/ Solutions in audience friendly way, framed in structural concepts/problem
These phases are iterative and based on need, interest, and advocacy level
Peer Parent Training & Engagement in Advocacy Work
Community partners engage parents in dialogue about importance of school environment
Community partners involve parents in advocacy work around CPS wellness policy & school wellness issues
Community partners develop support protocol for monitoring implementation of policies and programs
Resulting Outcomes on Parent, School, and Adopter Levels
Parent Level: Behavioral Outcomes/Application of Skills
Parents effectively participate in school health councils
Parents understand decision-making & policy process that leads to development of an action plan
Parents effectively advocate for district and public policies that support school based change
Parents will educate other parents in their communities.
School Level: Changes in Conditions
Changes in school wellness conditions, policies, programs and/or practices
Adopter Level: Changes in Knowledge and Behavior
Engagement in wellness activities and advocacy