CHL Intervention Guidelines for Sharing/Use

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Introduction-

The Children’s Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region (CHL) is a partnership among remote Pacific states and other jurisdictions of the US: Alaska, American Samoa, the Commonwealth of the Northern Mariana Islands (CNMI), Guam, Federated States of Micronesia (FSM), Hawaii, Republic of Palau, and the Republic of the Marshall Islands (RMI)

The goal of this Food and Agricultural Science Enhancement (FASE) Coordinated Agricultural Program (CAP) among Pacific Region USDA-defined Experimental Program for Stimulating Competitive Research (EPSCoR) states/jurisdictions is to build social/cultural, physical/built, and political/economic environments that will promote active play and intake of healthy food to prevent young child obesity in the Pacific Region. To do this, CHL engages the community, and focuses on capacity building and sustainable environmental change.

The CHL intervention was designed to be a sustainable, multilevel intervention based on community input and evidence-based strategies for the US-Affiliated Pacific region. The intervention consists of 4 cross cutting functions: (1) POLICY – Review Assessment Data & Identify areas for Improvement for Policy & Physical Environment related to the 6 CHL behaviors; (2) ENVIRONMENT – Partner & Advocate for Environment Change; (3) SOCIAL MARKETING – Promote the CHL Message; and (4) CAPACITY BUILDING – Train the Trainers. Materials were developed for each cross-cutting function.

CHL Intervention Sharing/Use Approach

We believe that individuals, stakeholders, and communities may benefit from what has been developed, and you are encourage the use of the whole package as developed.

Description of CHL Intervention Components to be Shared

**CHL How to Intervention Guide[[1]](#footnote-1)** - a comprehensive guide that combines the following components.

1) Materials related to POLICY to facilitate assessment, improvement, and enforcement of policies related to the 6 CHL behaviors

* **CHL Preschool Wellness Policy Evaluation Tool [[2]](#footnote-2)**– a modified version of the Preschool Wellness Policy Evaluation Tool developed byThe Rudd Center for Food Policy and Obesity
* **Childcare Center Wellness Policy Best Practice Checklist[[3]](#footnote-3)** – a checklist for childcare providers to prioritize wellness policy implementation.
* **Example Childcare Wellness Policy[[4]](#footnote-4) –** a template for childcare centers to use for establishing a written wellness policy.

2) Materials related to ENVIRONMENT to facilitate partnerships and Advocacy for environment change

* **Community Assessment Toolkit[[5]](#footnote-5) –** a set of seven modified forms to assess the physical environment of a community. (Please refer to data section for usage.)
* **Intervention How to Guide[[6]](#footnote-6)** – a guide to implement CHL activities with links to outside resources for partnering and advocating for environmental change

3) Materials relating to SOCIAL MARKETING to facilitate the promotion of the CHL message

* **CHL Social Marketing Plan[[7]](#footnote-7)** – a six-month plan to distribute social marketing materials based on the Transtheoretical Model Stages of Change
* **CHL Social Marketing Materials Package[[8]](#footnote-8) – a** set of materials (flyers, tip sheets, posters, advertisement inserts) that address each stage of change modified by each jurisdiction
* **CHL Coloring Book[[9]](#footnote-9) –** a nutrition-based coloring book modified for each jurisdiction
* **Na Kii Ola cards and figures[[10]](#footnote-10) –** a set of “Hawaiian Superheroes for Health” figures illustrating the six CHL behaviors. The cards can be used in interactive games to engage caregivers and children.

4) Materials relating to CAPACITY BUILDING to facilitate the training of trainers and role models

* **Preschool Wellness Training Curriculum[[11]](#footnote-11)**  - a seven-month curriculum that combines employee wellness training with supporting classroom activities
* **Na Kii Ola Wellness Policy Implementation Toolkit[[12]](#footnote-12)** – a toolkit with ideas on how to incorporates the Na Kii Ola cards and materials into day-to-day classroom activities to assist caregivers in implementing wellness policies
* **Intervention How to Guide[[13]](#footnote-13)** –protocols for implementing hands-on family-based trainings and workshops
* **CHL Role Model Guides[[14]](#footnote-14)** – a set of three guides (Recruiting Role Models, Trainers Guide, and Participant Guide) to train and develop community role models

Acknowledgements-

* CHL logo and CHL grant funding on all materials
* Suggested Citations:
  + CHL Preschool Wellness Policy Evaluation Tool: Esquival M. CHL Preschool Wellness Policy Evaluation Tool. University of Hawai’i **Chi**ldren’s Healthy Living Project: Honolulu, HI, 2013.
  + Childcare Center Wellness Policy Best Practice Checklist: Esquival M. Childcare Center Wellness Policy Best Practice Checklist. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013.
  + Example Childcare Wellness Policy: Esquival M. Example Childcare Wellness Policy. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013.
  + Preschool Wellness Training Curriculum: Esquival M. Preschool Wellness Training Curriculum. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013.
  + For the Intervention How to Guide; CHL Social Marketing Plan; CHL Social Marketing Materials Package; CHL Coloring Book: Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013.
  + CHL Role Model Guides: Butel J. Role Model Guide. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013.
  + Na Kii Ola Wellness Policy Implementation Toolkit: University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013.

Permission seeking/Approval to Use

CHL Intervention materials are free to use by non-profit organizations and individuals by permission, with the understanding that they are not to be sold. It is strongly recommended that the CHL Intervention materials be used as a package, as the intervention was based on the combined effect of each element. For use of the Na Kii Ola cards and use of figures please contact Dr. Rachel Novotny (Tel: 808-956-3848, Email: novotny@hawaii.edu). For use of other CHL Intervention Materials please contact Dr. Claudio Nigg (Tel: 808-956-2862, Email: cnigg@hawaii.edu).

1. Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-1)
2. Esquival M. CHL Preschool Wellness Policy Evaluation Tool. University of Hawai’i **Chi**ldren’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-2)
3. : Esquival M. Childcare Center Wellness Policy Best Practice Checklist. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-3)
4. Esquivel M.Example Childcare Wellness Policy. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-4)
5. ?? [↑](#footnote-ref-5)
6. Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-6)
7. Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-7)
8. Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-8)
9. Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-9)
10. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-10)
11. Esquival M. Preschool Wellness Training Curriculum. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-11)
12. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-12)
13. Intervention Workgroup. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-13)
14. Butel J. Role Model Guide. University of Hawai’i Children’s Healthy Living Project: Honolulu, HI, 2013. [↑](#footnote-ref-14)