Project Background

- Rock Your Body
  - This comprehensive program encourages parents to involve in supporting school age obesity and slightly overweight kids in Boston Chinatown and Asian community to learn healthy knowledge and adopt a healthy habit.
  - Program has all six sessions—two nutrition sessions, two physical training sessions, one cooking demonstration, and one field trip.

- Background
  - It was launched in June–2011,
  - 2 times per year.
  - Around 10 kids, 7 families participated in every time.
  - Following one will begin on July 2012.

- As the facilitator
  - Outreaching
  - Registration
  - Liaison with other partners, including distains, physical trainer, volunteers and food suppliers
  - Collection evaluation and feed back from parents
Aims & target population

Aims
- Support school age obesity or slightly overweight kids to learn healthy knowledge and adopt a healthy behavior
- Encourage parents engagement

Target Population
- Chinese immigrant families with obesity or slightly overweight kids
- Kids age between 8–12 years old
## Key activities & outcomes

<table>
<thead>
<tr>
<th>2 Nutrition Workshop</th>
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<tbody>
<tr>
<td>Increase nutrition knowledge</td>
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<tr>
<td>Encourage exercising</td>
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<td>Rock Your Body</td>
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<td>Create a Healthy Community</td>
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<td>Knowledge how to change life style</td>
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<tr>
<td>Encourage parent engagement</td>
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<tr>
<td>1 Cooking Demonstration</td>
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<td>1 Field Trip</td>
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<tr>
<td>2 Physical Training</td>
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Increase practical skills and strategies for parents to support kids adapt a healthy behavior at home

Key strategies
- Facilitation + involvement
- Negotiation + agreement
- Facilitation + report back

Long term action steps
1. Find out several key and common issues and topics
2. Updating related policy information, research result

Short term action steps
- Restructure the registration questionnaire [parent engagement]
- Communicate with parents to learn current situation
- Communicate with dietitian; research and build up the curriculum for parents
- Get feedback from parents and report back to dietitians.
Initiative 2_Adapt leadership skills and strategies

- Build up relationship with parents and kids to increase program impaction on participants.
- Key strategies
  - Communication + feedback + facilitation
  - Negotiation + agreement
- Short term action steps
  - Communicate with dietitian to increase the question session for parents.
  - If it is outside of the nutrition workshop, gather information for dietitian and then get feedback for parents/or research/or ask for outside resources
- Long term action steps
  - Contact with these participants after 6 month to track the outcome
  - Facilitate one-time activities for reunion if have capacity.
Expand networking with related experts to build up the program capacity.

Key strategies
- Communications + negotiation

Short term action steps
- Find other partners and experts

Long term action steps
- This program will be an independent program in Chinatown and Asian community
- Participants can be volunteer in the program
This is a comprehensive program and we see some positive outcomes from the two sessions we did before.

Some gaps need to fill up, like how to support parents really involve in kids’ healthy life.

Build up relationship with kids and parents.

Expand networking with related experts to build up the program capacity.
Questions?

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