



**Healthier Kids  
Foundation  
Santa Clara County**

# HKF 10 Steps to a Healthier You! Santa Clara Challenge Team

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Healthier Kids Foundation

# 10 Steps to a Healthier You!



**HEALTHIER  
EARLIER**



**Program purpose:** Engage parents and caregivers of children with a three-class series constructed on evidence based healthy lifestyle recommendations, and supportive implementation strategies as a means of preventing or reducing childhood and adolescent obesity.







# 3 Class Series

**FREE - Child Care Provided - Flexible Scheduling – English or Spanish**



## 10 Steps to a Healthier You!

Implement healthy habits in your home



## Structure & Routines

Develop & implement strategies around mealtime and bedtime



## 5 Keys to Raising a Healthy, Happy Eater

Divide responsibility for feeding young children



10  
Steps



# Program Goals

- Increased parental modeling of healthy food and beverage intake
- Experiencing meals and snacks without processed or packaged foods
- Understanding concept of “trick foods”
- Parental understanding of thoughts and feelings of a child being restricted or forced to eat through experiential activity
- Ability to develop and sustain daily routines supporting implementation of the 10 Steps
- Reduction of recreational screen-time
- Adherence to age appropriate sleep recommendations





# Applied Survey Research (ASR) Evaluation Outcomes

Evaluation of Knowledge Change through pre- and post- surveys administered during classes

Evaluation of Behavior Change Through 30 Minute Telephone Interviews with Parents 5-7 Weeks After Attending Classes

383 Consented Participants – 101 Telephone Interviews Conducted



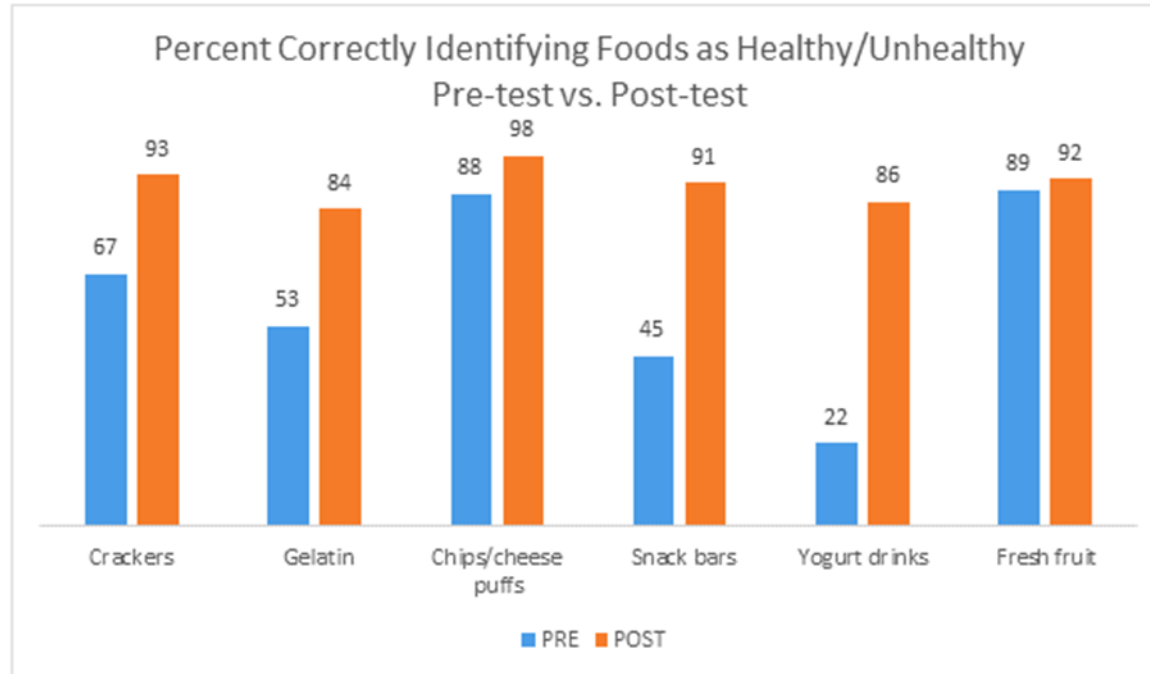
## 10 Steps to a Healthier You (Class 1)

- 93% of parents agreed that they should only fill their homes with food they want their families to eat at the post-test, a statistically significant increase from 86% at the pre-test.
- 5 weeks after attending a 10 Steps Program:
  - Parents increased the number of days per week that they serve their children fruits (from 5.85 days to 6.69 days).
  - More than eight in 10 parents (86%) increased the number of days per week that they serve vegetables (from 5.04 days to 6.21 days).
  - Parents increased the amount of sleep their preschool children get by over nine minutes, from 11.11 hours to 11.27 hours.



# Significant Increase in Knowledge of Healthy vs. Unhealthy Foods

## Parents Increase in Knowledge of Healthy vs. Unhealthy Foods (Pre vs. Post Surveys)

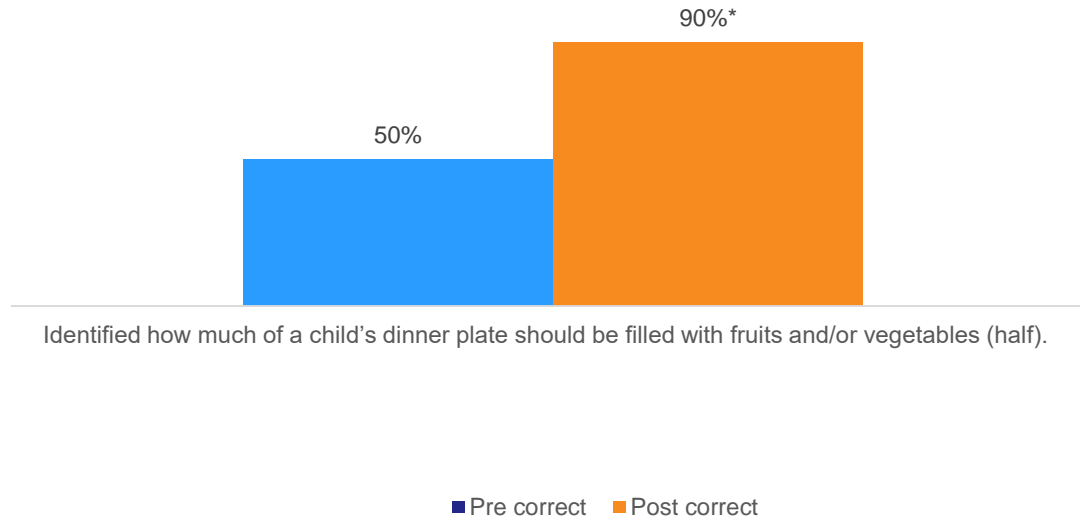






# Significant Increase in Knowledge of Ideal Vegetable/Fruit Portions

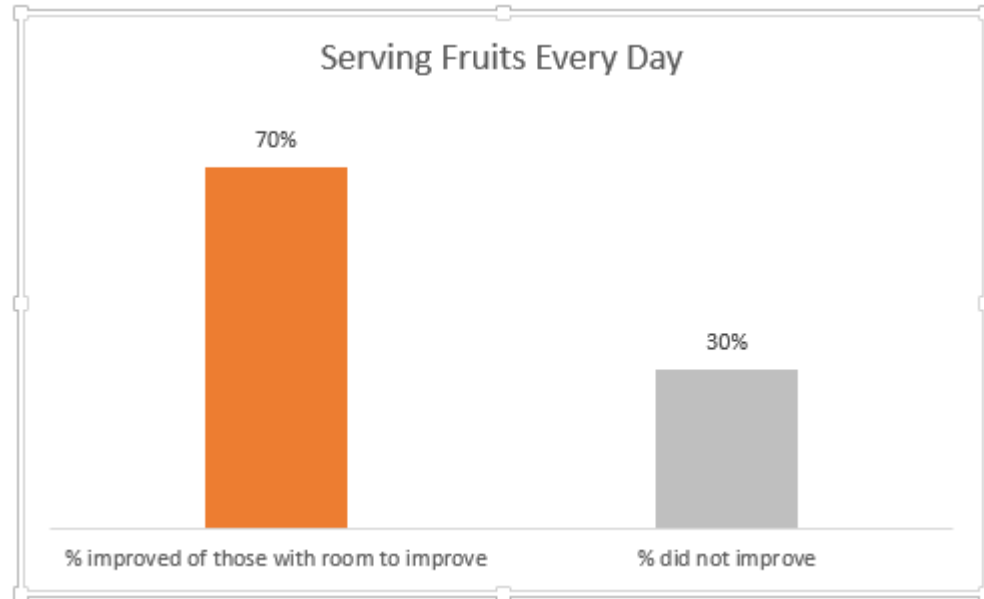
## Parents Identifying Recommended Proportion of Fruits/Vegetables for Child's Dinner Plate (Pre vs. Post Surveys)





# Behavior Change: Serving More Fruit

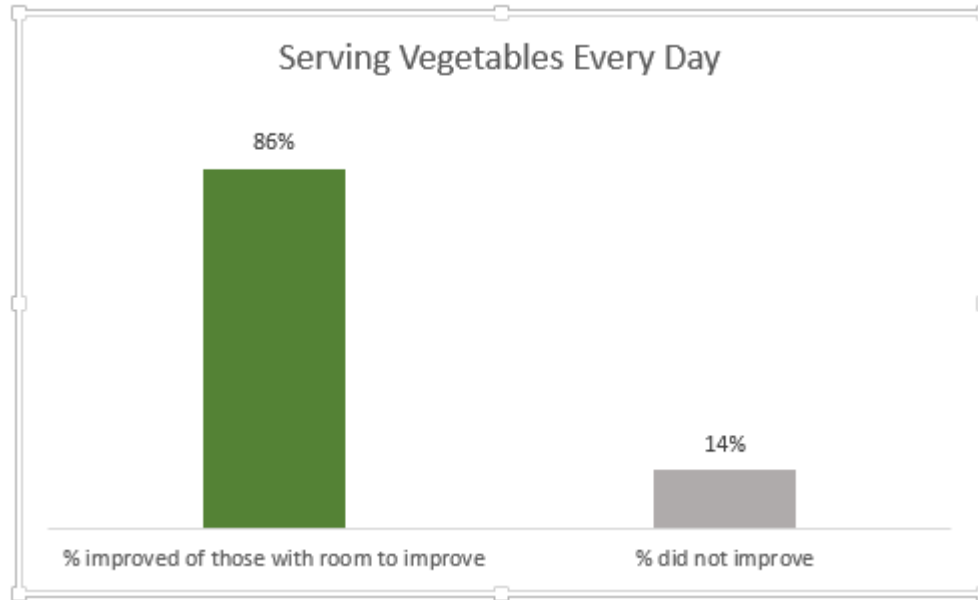
After attending classes, 70% of parents who had room to improve increased the number of days per week that they serve fruits





# Behavior Change: Serving More Vegetables

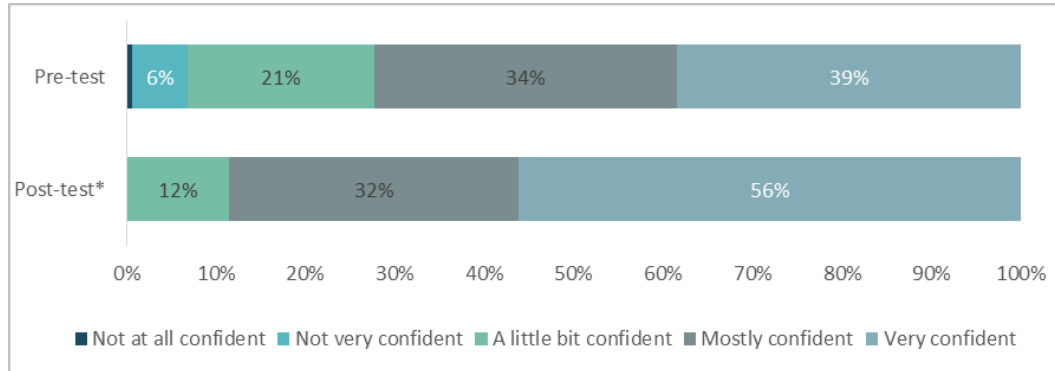
After attending classes, 86% of parents who had room to improve increased the number of days per week that they serve vegetables





## Structure and Routines (Class 2)

Percent confident in setting routines (pre-test vs post-test surveys)



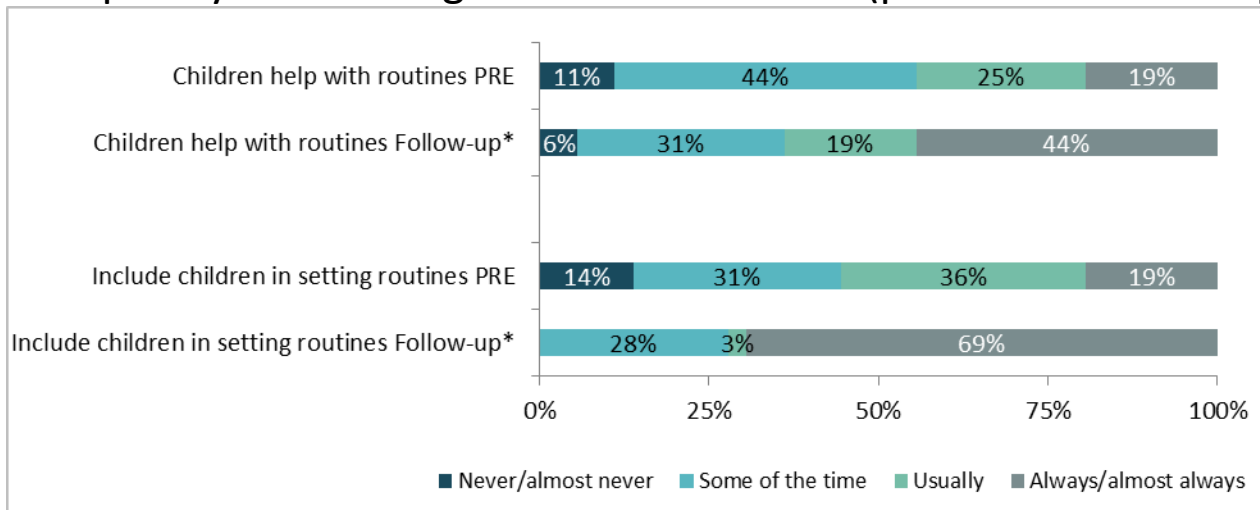
Source: Structure & Routines Pre/Post Class Surveys 2015 (Question 2). N=148. Note: Values less than 5% are not displayed. \*Denotes statistically significant change at the  $p < 0.05$  level





## Structure and Routines (Class 2)

Frequency of involving children in routines (pre-test vs follow-up interview)



Source: Structure & Routines Pre Class Survey 2015 (Question 6) and follow-up interview. N=39. \*Denotes statistically significant change from pre- to interview at the  $p < 0.05$  level.





## Structure and Routines (Class 2)

- Between the pre-test and follow-up interviews almost two-thirds of parents (64%) who were not yet shutting down screens an hour or more before bed (the recommended interval) reported extending non-screen time before bed.





## Structure and Routines (Class 2)

- 5 weeks after attending a 10 Steps Program
  - More than half (56%) of parents increased the frequency with which they had children help with the mealtime routine.





## 5 Keys to a Healthy and Happy Eater (Class 3)

5 weeks after attending a 10 Steps Program:

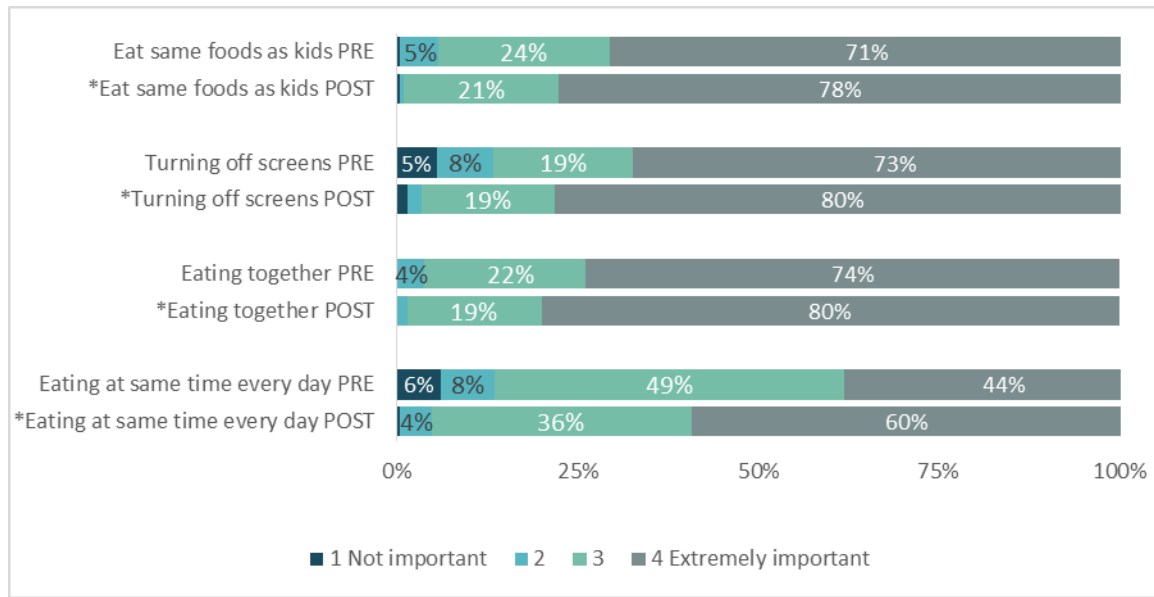
- 65% of parents correctly identified who has responsibility for whether or not children eat, which doubled compared to the beginning of class (31%).
- Over 71% of parents correctly identified who has responsibility for how much children eat, which doubled compared to the beginning of (38%).







## 5 Keys to a Healthy and Happy Eater (Class 3)



Source: 5 Keys Pre/Post Evaluation Form, Question 2. N=210-213. Scale: 1=Not important, 5=Extremely Important. All mean differences statistically significant at  $p < .01$ . \*Denotes statistically significant change in proportion selecting the desired response at the  $p < 0.05$  level. Values less than 4% are not labeled.





# Participant Satisfaction

- 97-99% said that they had learned new things and also that they would try things at home.
- 97-99% said that they would recommend the class to family and friends.
- 97-99% said that the class instruction was clear.
- Between 82%-92% of participants said that they learned “many things” and the class was “helpful.”
- 97% of 10 Steps participants, 93% of 5 Keys participants, and 91% of S&R participants said that the class was “very” or “extremely” valuable.



# 10 Steps to a Healthier You!

Let's work together!

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