Overview of WDF Grant: Reversing the rise in Childhood Obesity
Project Goal

• The **overall goal** of the project is to identify the factors that increase children's *consumption of healthy food* and *participation in physical activity* in two Caribbean Countries (Grenada and St. Lucia).

• Intended results:
  
  o Documentation of risk factors that create barriers to healthy eating and physical activity
  
  o Development of a recommended model for multi-country study
Project Objectives

• Identify main physical, economic, socio-cultural and political factors that impact eating and physical activity among children 6 - 12 years in Grenada and St. Lucia

• Rank ease of modification of factors based on perspectives of vulnerable communities in each country

• Determine which of the identified factors can be positively influenced within a two-year intervention period

• Determine whether the pilot intervention resulted in improvements in the selected obesogenic factors
• **Phase 1:** Baseline Study; Intervention Design; Materials development; and Training (6 months) – March – August 2018

• **Phase 2:** Intervention (24 months) – September 2018– June 2020
  - Students, teachers, family; KAPs, height, weight, fitness, Focus groups, training, etc

• **Phase 3:** Evaluation and Reporting – May 2020 – October 2020

---

Project Value: $225,000
Project Roles and Responsibilities

- **Who will carry out the project?**
  - Teachers
  - Students
  - Parents/Family

- **Guidance:** Ministries of Education, Heath and Sports in countries

- **Technical support:** CARPHA Team and partners
Project role and responsibilities

Critical stakeholders will include:

- Country Co-Ordinator
- Country Team
- School Team
- Principals
- Class Teachers
- School Liaison teacher
- Food Service Personnel (incl. in the community)
- Parents and Families
Project Sustainability

(Local ownership, regional support, long-term sustainability):

• Teachers, Government officials and other key stakeholders trained to conduct similar activities in other communities (capacity building)
• Incorporation into annual in-service training for teachers or teacher training colleges
• Links to regional 6-Point Policy Package on healthier food environments; standards and guidelines for schools
Project Benefits

- Engage nutritionists; public health nurses, PE teachers/specialists; teachers; parents; cafeteria staff; vendors; food outlets in close proximity to schools

- Immediate benefits to families in selected school communities

- Add to body of practice-informed policy in nationally and regionally
Project Benefits

• Long term potential impact on those children becoming higher achievers

• Healthier individuals now and in the long term

• More productive society, less avoidable health costs
THANK YOU!