

# Rock Your Body

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Leaders in Health  
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# Project Background

- ▶ **Rock Your Body**
  - This comprehensive program encourages parents 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

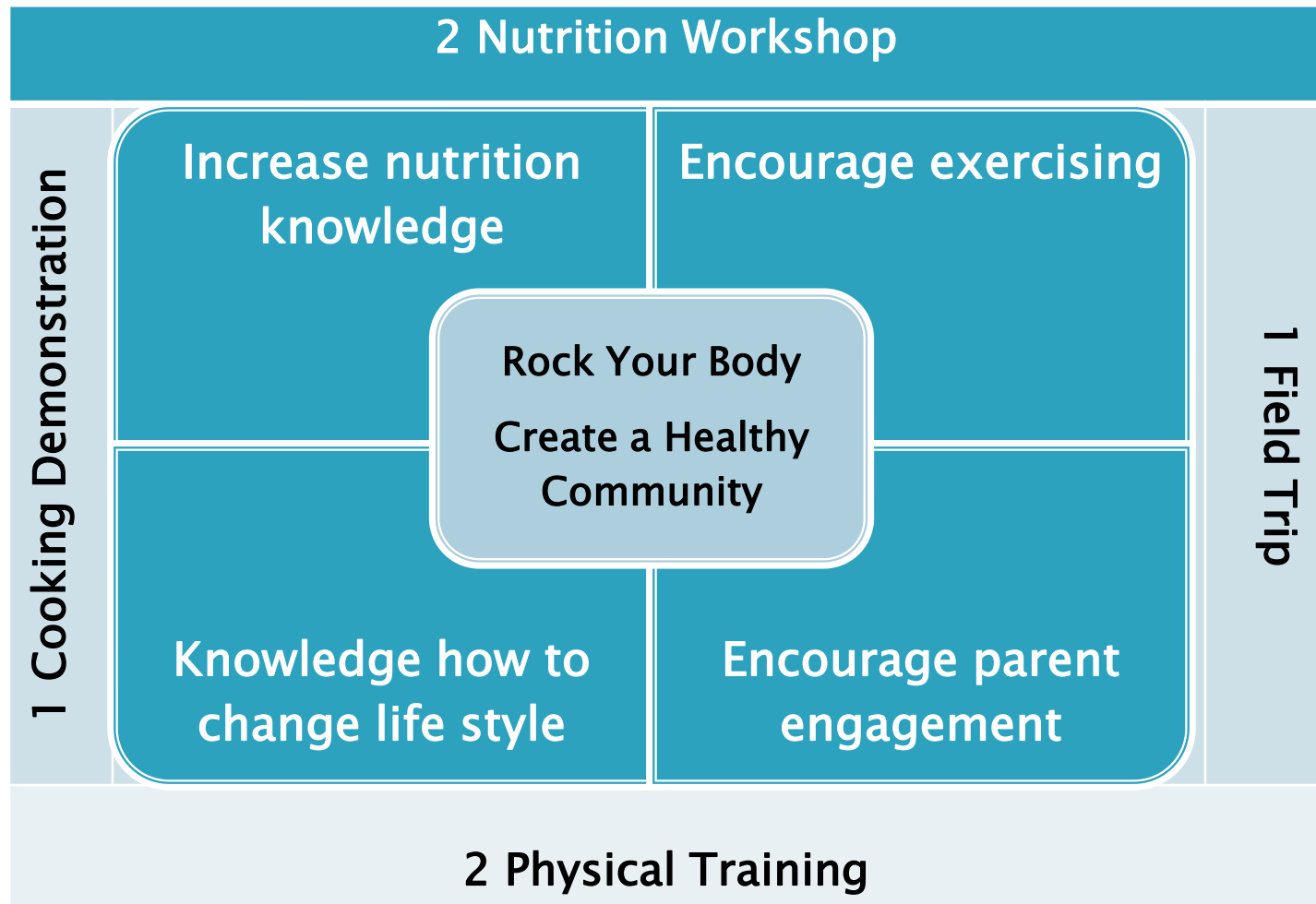
## ▶ Aims

- 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



# Initiative 1\_Program Content

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

- ▶ 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.

## Long term action steps

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

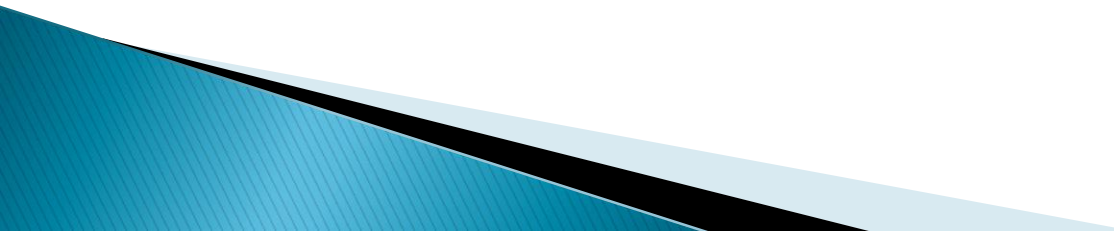
# Initiative 2\_Adapt leadership skills and strategies

- ▶ Build up relationship with parents and kids to increase program impact 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 months to track the outcome
  - Facilitate one-time activities for reunion if have capacity.

# Initiative 3\_Program 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

# Conclusion

- ▶ 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.
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# Questions?

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