Partnering to Decrease Childhood Overweight in Florida

Purpose:

The overall purpose of this training is to enhance the role of Extension FCS and 4-H faculty in promoting healthy lifestyles and environments for children and youth in Florida, through a variety of research-based approaches and in collaboration with local partners.

Objectives:

Participants in this training session will:

(a) increase their familiarity with the ecological model as it applies to childhood overweight prevention.

(b) increase their knowledge and understanding of intergenerational approaches for promoting positive nutrition and health choices.

(c) increase their knowledge about fat bias and discrimination among young people.

(d) increase their familiarity with the 4-H Youth Ambassador-DOH Partnership and potential opportunities to be involved.

(e) increase their knowledge of the pros and cons of restricting calorie intake among overweight children and youth.

(f) learn strategies for building effective coalitions in their counties that utilize research-based approaches.

(g) make a commitment to apply the knowledge gained and resources identified in this workshop to implement appropriate program strategies that address the issue of childhood overweight in their counties.

(h) increase their collaborative work with other county Extension faculty within their county and/or across counties to address childhood overweight at the local level.