

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.