



Building Healthy Families Scale- Up Request for Funding Opportunity

Building Healthy Families (BHF) A team of researchers at the University of Utah and the University of Nebraska at Kearney have a new grant opportunity for communities that are interested in adopting and implementing [Building Healthy Families \(BHF\)](#), a Family Healthy Weight Program recognized by the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP). The BHF Scale-Up project aims to provide an evidence-based program to communities identifying childhood obesity as a priority health concern. Communities who participate will receive a free online resource with all the training and materials needed to deliver BHF and technical support as well as \$5,000 from the Mountain West-Prevention Research Center for start-up costs.



12-month group-based program includes:

Information session, 12 weekly face-to-face family sessions, 6 refresher sessions.



Who is this designed for? BHF is designed for children between the ages of 6-12 years old with a BMI above the 95th percentile, and their guardians and siblings.



Assessments conducted at:

Baseline, 12-week, 6-month, 1-year



Where can the program be held?

Programs are delivered within the community at locations that allow space for education and fun family game-based activities.

Interested in learning more?

Scan QR code to register for our upcoming webinar!

April 1st, 2026

11:00-12:00 pm CST



For additional details visit www.unk.edu/bhf

The RFP requires the completion of a 1000-word (approximately 2 pages) response to questions related to community priorities and program delivery factors and completion of two organizational readiness surveys.

DUE May 13th, 2026, 5:00 pm CST

For more information: email bhf@nebraska.edu or call us at 308-865-8336

buildinghealthyfamilies.us