



**BH F**

BUILDING HEALTHY  
**FAMILIES**



# Meet Our Team



Kate Heelan, PhD



Jennie Hill, PhD



Paul Estabrooks, PhD



Bryce Abbey, PhD



Ali Mercado, MAEd



Kaiti George, RD



Nancy Foster, PhD



Tzeyu Michaud, PhD



Isabel Margritz, BS



MW-Prevention  
Research Center

# Agenda



**Building Healthy Families  
(BHF) Background and  
Goals**



**RFP Process and Timeline**



**Details about BHF Scale  
Up Research Study**

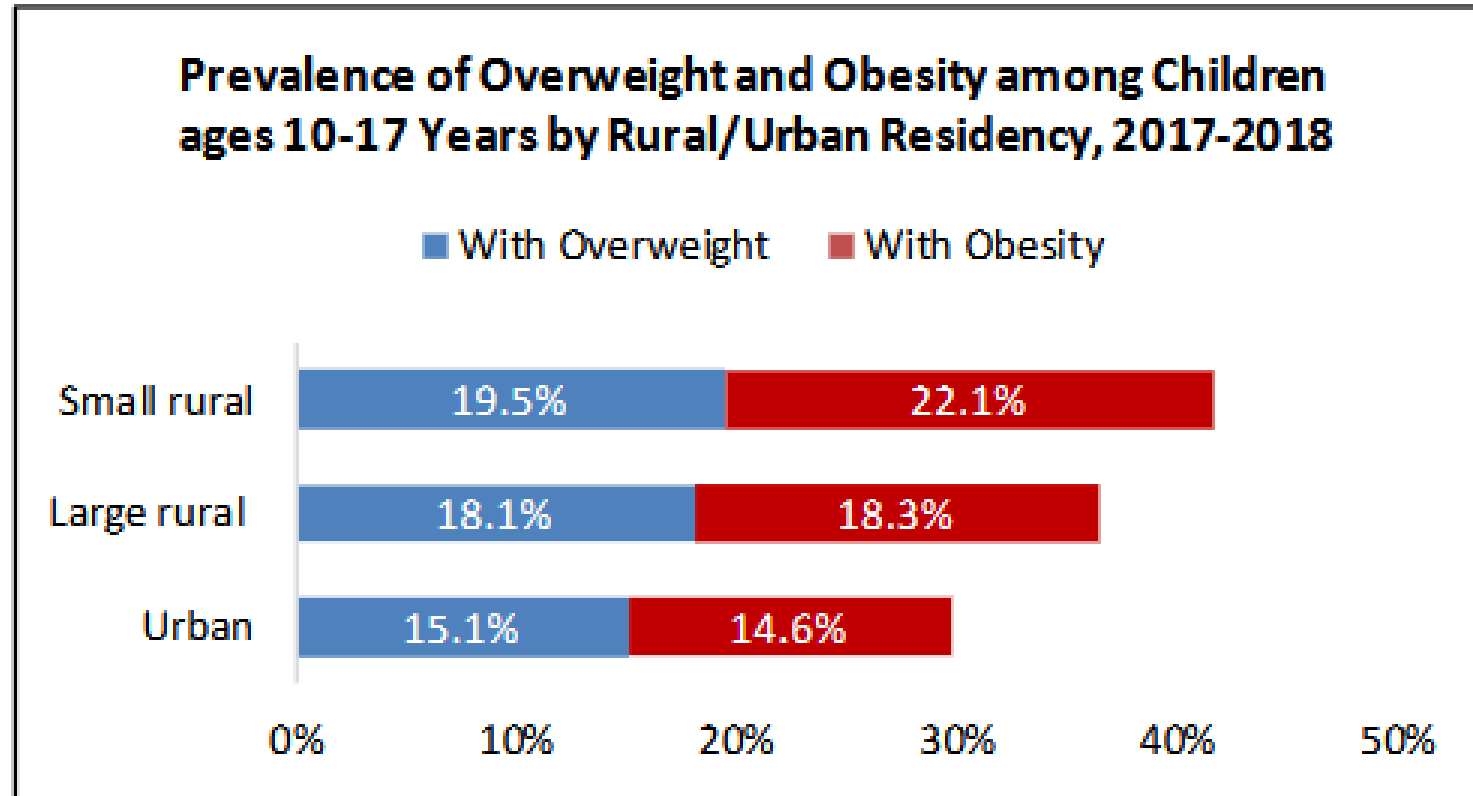


**Questions**



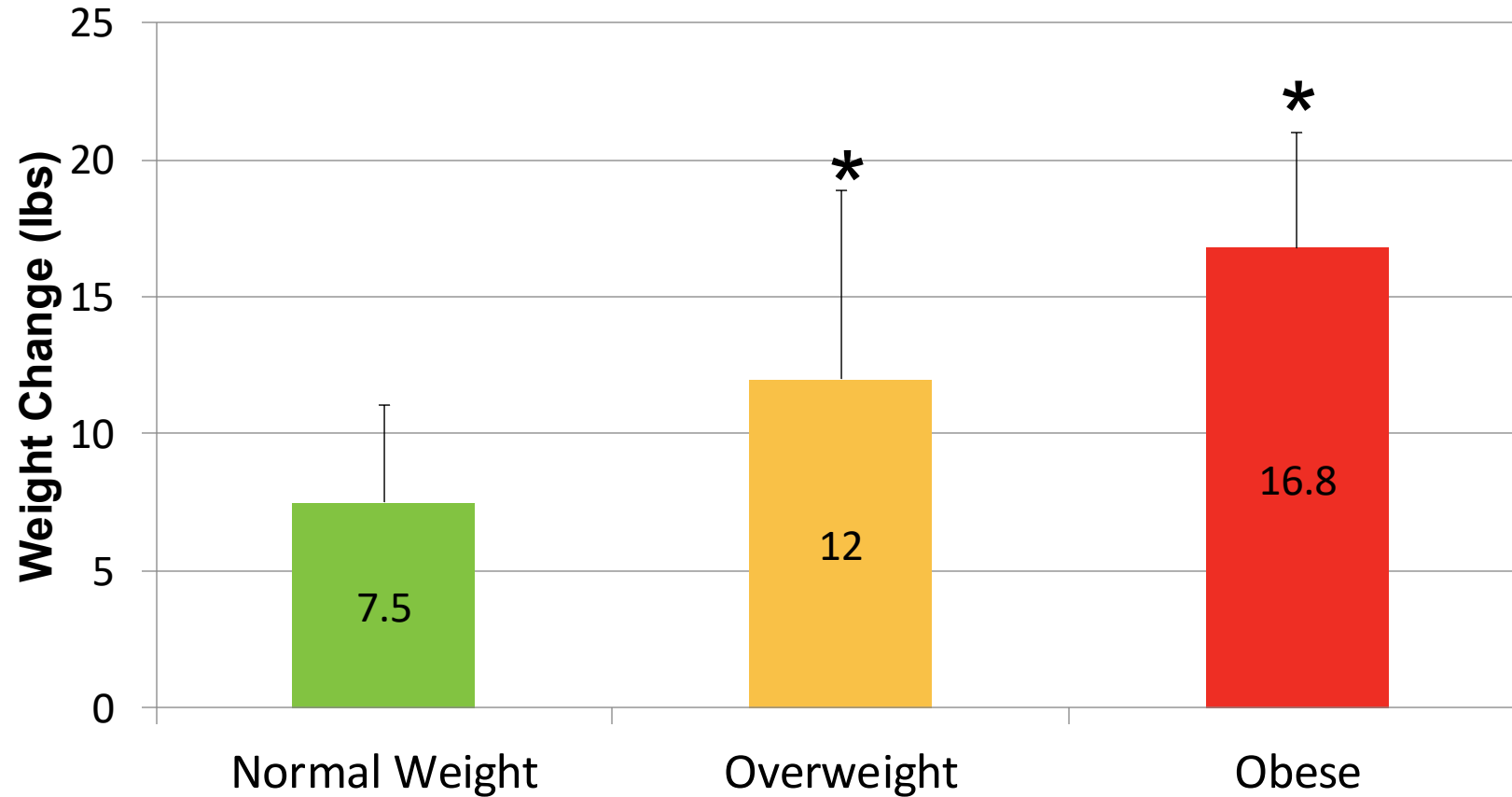
**Research Requirements**

# Rural disparities in childhood obesity



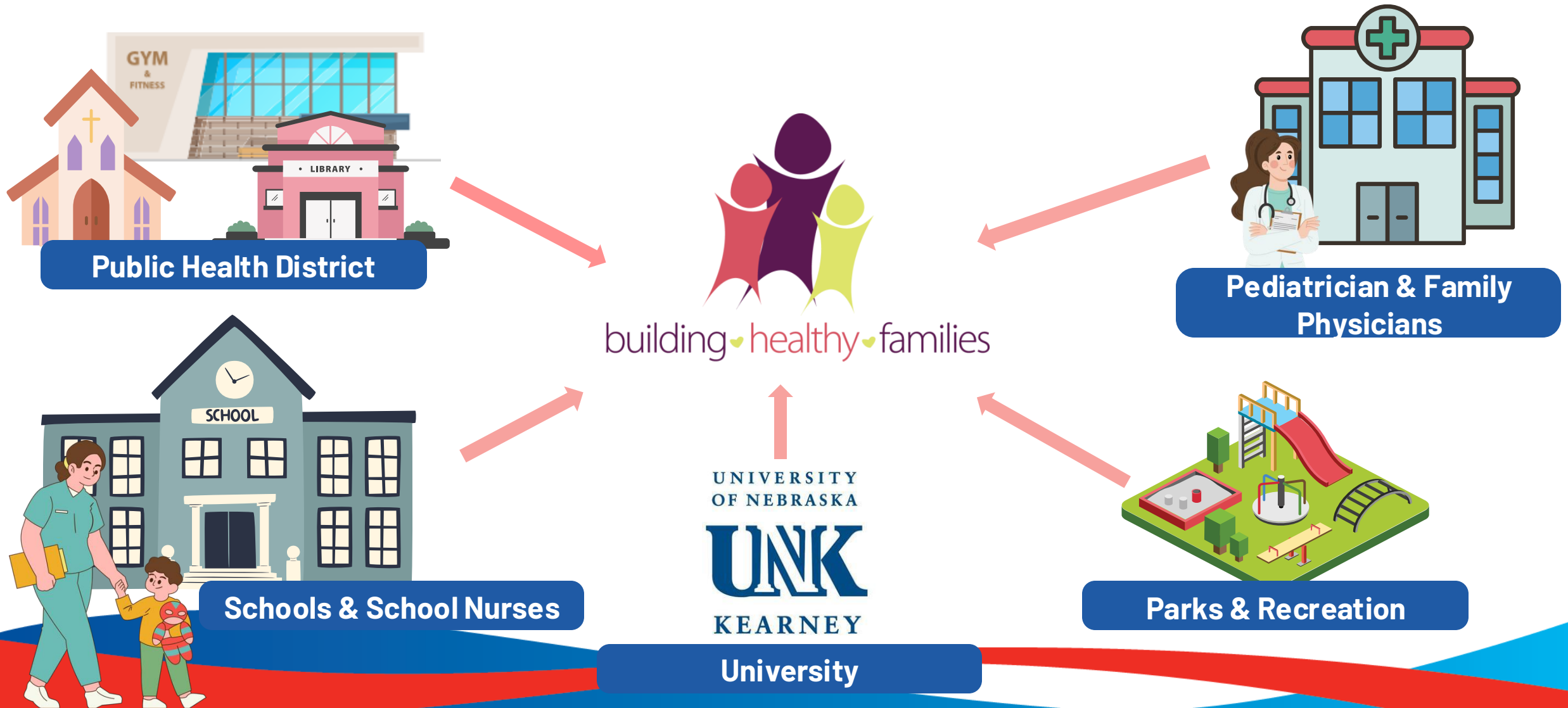
# Weight Gain of Students in One Year

K-4<sup>th</sup> grade student's age:  $8.1 \pm 1.5$  yrs



\* Significantly Different than Normal Weight

# Community Interest



# CDC – Childhood Obesity Research Demonstration Projects

## Nebraska CORD 3.0 Project

Long-term CORD goal was to scale BHF to more communities

- The Nebraska CORD project tested three strategies to improve the likelihood of adoption, implementation, and sustainability

Dissemination Strategy  
1: Packaging the  
evidence-based  
approach for easy  
uptake in small towns  
and Rural Communities

Dissemination Strategy 2:  
Identify community systems  
with potential for  
implementation

Implementation  
Strategy 1: Systems-  
based learning  
collaborative



# American Academy of Pediatrics and Centers for Disease Control and Prevention Programs

## Family Healthy Weight Programs

FHWPs are intensive health behavior and lifestyle treatment programs focused on nutrition, physical activity, and positive behavior changes. They are designed for children ages 2 to 18 and their caregivers. They include at least 26 hours of contact over 2 to 12 months.

For more information, see:

- [Background](#)
- [Potential state activities](#)
- [Potential local activities](#)
- [What others are doing](#)
- [Resources](#)

### Keep Reading:

[Strategies for Family Healthy Weight Programs](#)

## CDC-recognized programs

CDC-recognized FHWPs are evidence-based and ready to be implemented in health care, community, or public health settings.







**Building Healthy Families (BHF)** is a family-based healthy weight program for children and their families. BHF uses research-tested behavior change strategies through a person-first and health-centered approach.



**12-month group-based program**, includes:

- An information session
- 12 weekly face-to-face family sessions (2 hours each)
- 6 refresher sessions (~90 mins each)



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



**Assessments** conducted at:

- Baseline
- 12-weeks
- 6 months
- 1 year with weekly self-monitoring



**Where can the program be held?** It is recommended that programs are located within the community that allow space for education as well as open space (gym) for fun family-based activities and games that accommodate 6-10 families.

## Epstein Traffic Light Diet

Developed for large urban areas,  
for delivery in academic research  
& medical centers.



## Adaptations & Enhancements

Tailored for delivery in rural  
communities with continual  
improvements over 10 years.



### Instructional Design Studies

### Adaptations to Improve Community Adoption & Implementation



### ONLINE TRAINING RESOURCES & PROGRAM PACKAGE

**TRAINING MODULES**  
for Program Coordinators  
& Facilitators

**KNOWLEDGE CHECKS**  
for Program Coordinators  
& Facilitators

**RECRUITMENT**  
(schools, primary care  
providers, community/media)

**PROGRAM MATERIALS**  
(Lesson plans,  
PowerPoints, checklists)

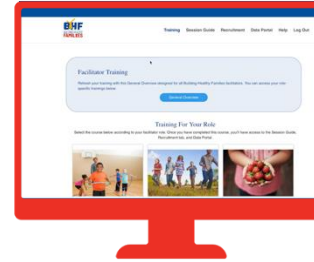
**FIDELITY ASSESSMENT**  
for Quality Assurance

**DATA PORTAL**  
to track effectiveness

# What makes



# unique?



## PROGRAM

Family-Based

Group Setting

Face-to-face delivery

## TECHNICAL ASSISTANCE

Technical Support

Learning Sessions

Expert Facilitation

## RESOURCES

Data Portal

Online Training Platform

Program Materials

## COMMUNITY ASSET FOCUS

# BHF Online Training & Program Package

 <b>Recruitment Coordinator</b> Puts together a team to help market the program, identifies potential qualifying families and recruits families to participate.	 <b>Program Coordinator</b> Primary contact for the program, organizes weekly meetings and provides support to families and coordinators.	 <b>Nutrition Coordinator</b> Teaches families how to identify healthy food options.	 <b>Lifestyle Modification Coordinator</b> Helps families overcome barriers and develop healthy habits.	 <b>Physical Activity Coordinator</b> Gets families moving each week and encourages them to stay active.
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- Training is provided for each team member
- Training modules include an overall training module followed by role specific trainings
- Knowledge checks after each training module reinforce key concepts and BHF principles.

**Step 1:** All coordinators complete overview training

**Step 2:** Coordinators complete role specific training






**Step 3:** Trainings for each role and each weekly session are available.

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**Facilitator Training**  
Refresh your training with this General Overview designed for all Building Healthy Families facilitators. You can access your role-specific trainings below.  
[General Overview](#)

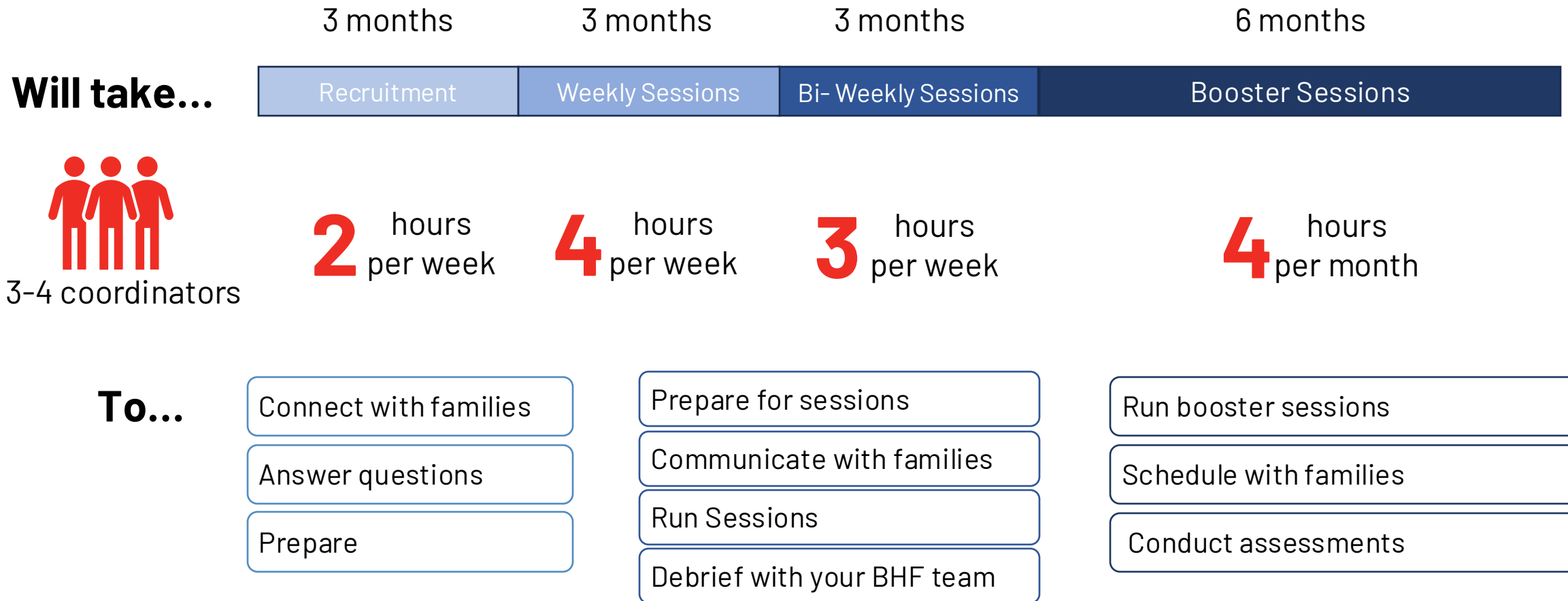
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**Training for Your Role**  
Select the course below according to your facilitator role. Once you have completed this course, you'll have access to the Recruitment Materials, Session Guide and Data Portal.

 <b>Recruitment Coordinator</b> Training for the Recruitment Coordinator. <a href="#">Select This Course</a>	 <b>Program Coordinator</b> Training for the Program Coordinator. <a href="#">Select This Course</a>	 <b>Nutrition Coordinator</b> Training for the Nutrition Coordinator. <a href="#">Select This Course</a>	 <b>Lifestyle Modification Coordinator</b> Training for the Lifestyle Modification Coordinator. <a href="#">Select This Course</a>	 <b>Physical Activity Coordinator</b> Training for the Physical Activity Coordinator. <a href="#">Select This Course</a>
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# Delivering the Program






# TRAINING

# RECRUITMENT

# CURRICULUM & FAMILY-FACING

The following video provides an overview of the session as well as guidelines for presenting the materials to families.

**Session 1: Welcome and Orientation for BHF Families**



Watch on YouTube

## Lesson Plan

Please download the full lesson plan by selecting the Download Lesson Plan button below.



## CREATING BALANCE

### Introduction to Energy Balance



## Program Coordinator Knowledge Check

Program Coordinator > Program Coordinator Knowledge Check

COMPLETE

### 1. Question

Which of the following is not true for you in your role as the Program Coordinator?

☐ You are responsible for data collection, entry, and monitoring.

☐ You assist with recruitment of families.

## Recruitment Tool Kit

Program Overview

Social Media Scripts

Flyer (example)

Flyer (customizable)

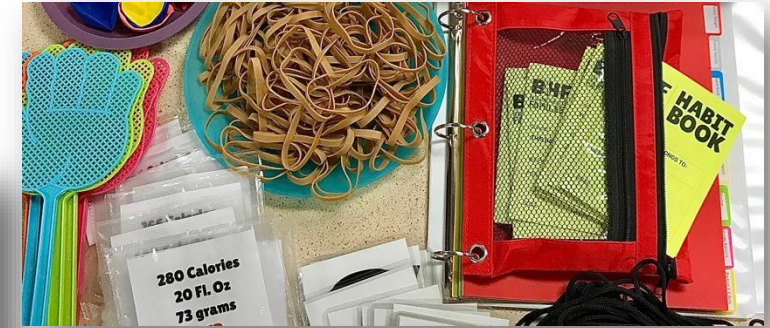
Social Media Images:

1 2 3

Brochure

Phone Script

Stakeholder Powerpoint

## WHOLE MOLEY IT'S WHOLE GRAINS LESSON PLAN

**Objectives**

- When breads, cereals, rice, pastas, etc. contain all three parts of the grain called endosperm, germ and bran, a product is considered whole grain.
- The only way to know if a product is really "whole grain" is to look at the list of ingredients on the back of the packaging under the Nutrition Facts label. Look for the word "whole" is used before the name of the grain: ground whole wheat, all whole oat flour, whole grain, etc.
- Whole grains have fiber which helps to increase a feeling of fullness, has cholesterol lowering benefits, lowers your risk of heart disease, and is good for your digestive tract. It is a healthy food that is good for you and keeps you more regular.
- Adds roughly 20-25 grams of fiber to your diet and should get approximately 30-35 grams per day. A good rule of thumb is to have 1 gram of fiber per 100 calories consumed.
- A serving size of a grain product is 1/2 cup, slice of bread, 1 cup ready to eat cereal, 1 cup cooked pasta.
- Try and make at least half the grain products you eat each day whole grain.

**Learning Objectives**

- Participants will be able to identify if a product is truly whole grain using the nutrition facts label.
- Participants will understand the nutrition benefits from eating whole grain foods.
- Participants will learn how to calculate more whole grains in their diet and eat at least 1 whole grain servings daily.
- Participants will be able to identify five grain foods they eat throughout the day.

**Materials for Nutrition Coordinator**

- Whole Grain Fact Sheet- 1 per family
- Download "PowerPoint" to use for education delivery
- Multiple whole grain labeled foods
- Products with the first ingredient is whole grain: 4
- Products with the first ingredient is whole grain: 4
- Products with the first ingredient NOT whole grain: 3
- Pieces of whole wheat bread- 1
- Pieces of whole wheat bread- 1
- Shallow bowls for water and bread- 2
- Water for bread dips
- Fruit Loops- 1 box
- Whole grain Cheerios- 1 box
- Small plastic bowl- 1 per person

**Materials for Physical Activity Coordinator**

- Whole Grain Fact Sheet- 1 per family
- Download "PowerPoint" to use for education delivery
- Multiple whole grain labeled foods
- Products with the first ingredient is whole grain: 4
- Products with the first ingredient NOT whole grain: 3
- Pieces of whole wheat bread- 1
- Pieces of whole wheat bread- 1
- Shallow bowls for water and bread- 2
- Water for bread dips
- Fruit Loops- 1 box
- Whole grain Cheerios- 1 box
- Small plastic bowl- 1 per person

## TRAFFIC LIGHT EATING PLAN

Foods that may be eaten without concern	Foods to choose with caution. They are OK, but eat them in moderation	Foods to limit in your diet. Eat no more than one serving.
Foods with less than 20 calories/ serving such as mustard, ketchup, pickles, salsa, etc.	Foods with greater than 200 calories/serving, foods with greater than 10 grams of fat/serving	Foods with greater than 10 grams of sugar per serving and/or 1 gram of dietary fiber per serving
Cereal with less than or equal to 6 grams of sugar per serving and greater than 2-3 grams of dietary fiber per serving	Cereal with 7-11 grams of sugar per serving and/or 2-3 grams of dietary fiber per serving	Cereal with greater than or equal to 12 grams of sugar per serving and/or 1 gram of dietary fiber per serving
Whole grains (bread, bagels, rolls, pasta, and rice), whole grains, fat free granola, pretzels, air popped popcorn	Plain breads, bagels, rolls, light popcorn, Chee Pile	Croissants, ramen noodles, sandwich breads, fried rice, Gold Fish crackers, muffins, cornbread, stuffing, flavored popcorn
Any fresh fruit (apple, banana, peach, pear, berries, grapes, orange), unsweetened applesauce, 100% juice-unsweetened	Apple butter, dried fruits with sugar, 100% juice-sweetened, canned fruit (in its natural juice)	Canned fruit in heavy syrup, juice drinks (less than 100% fruit)
Non-fat dairy (milk, cottage cheese, sugar free or non-fat yogurt, and cheese)	1% and 2% milk, light cottage cheese, light cheeses, low-fat yogurt	Whole milk, regular cheese, 4% milkfat cottage cheese, sweetened yogurts
Applesauce, broccoli, beans, peppers, corn, carrots, cucumbers, lettuce, vegetable juice	Artichokes, french fries, hash browns, later fries	Artichokes, french fries, hash browns, later fries
Egg whites, lentils, low-fat luncheon meats, fish	Eggs, pork tenderloin, lean ham, skinless white meat chicken, turkey, tuna (in water), 90% ground beef, top round steak, baked beans	Hardboiled, 95% ground beef or less, dark meat chicken, sausage, chicken fingers, ribs, pepperoni, peanut butter, bacon
Sugar free jello, sugar free popovers, sugar free food aid		Oils, dressings, butter, cakes, cookies, candy, ice cream, jelly

## RECIPE OF THE WEEK

### Turkey Bacon Egg Sandwich

**All You Need:**

- Nonstick cooking spray
- 1 slice turkey bacon
- 1 large egg
- Salt and pepper to taste
- 2 slice whole grain bread
- 1 lettuce leaf
- 2 slices tomato
- 1 slice reduced fat provolone cheese

**All You Do:**

- Spray a skillet with nonstick cooking spray and heat over medium-high heat. Add turkey bacon and cook until crisp. Remove and set aside.
- Break egg into same skillet. Sprinkle with salt and pepper. Reduce heat to low: cook egg for 3 to 4 minutes or until white is completely set and yolk starts to thicken.
- Top with lettuce, tomato and cheese if desired.



# Session Guides

Select a session to get started

## Information Meeting

Facilitating the information session

Select Session

### Session 1:

#### Welcome and Orientation for Families

Welcome and Orientation

Select Session

### Session 2:

#### Off and Running

Review of TLEP/Self-Monitoring/Goal Setting

Select Session

### Session 3:

#### Creating Balance

Introduction to Energy Balance

Select Session

### Session 4:

#### Portion Distortion

Understanding portions and labels

Select Session

### Session 5:

#### Dining Out When Out and About

How to navigate options when dining out

Select Session

### Session 6:

#### Snack Attack

Info about snacks

Select Session

### Session 7:

#### Lettuce Turnip the Beet

All about fruits and vegetables

Select Session

### Session 8:

#### Shop the Aisles

Navigating grocery stores

Select Session

### Session 9:

#### Modification Station

Modifying recipes

Select Session

### Session 10:

#### Wholey Moley, It's Whole Grains

What makes a whole grain

Select Session

### Session 11:

#### Healthy Kitchen

Assessing a healthy kitchen

Select Session

### Session 12:

#### LegenDAIRY Beverages

All about dairy and beverages

Select Session

# BHF Online Data Portal

## Enter Family Data



Cohort: \_\_\_\_\_

Family Name: \_\_\_\_\_

Recruited By:

- ☐ Physician referral
- ☐ BMI Report card from school
- ☐ Other school-based referral
- ☐ Flyer
- ☐ Newspaper Ad
- ☐ Social media-including Facebook, Instagram, Twitter, or similar
- ☐ Word of mouth
- ☐ Other

What is your before tax yearly income from all sources?  
Includes all members of the family (mom, dad, grandparent, child 1, etc.; anyone living in that family unit). Do not count non-cash benefits such as wic/snap or housing vouchers. Do count social security, disability, child support, pensions, unemployment and of course income earned from work.

\_\_\_\_\_ ☐ Prefer not to answer  
How many members of your household, including yourself are 18 years of age or older?

\_\_\_\_\_ ☐ Prefer not to answer  
How many children less than 18 years of age live in your household?

\_\_\_\_\_ ☐ Prefer not to answer  
Do any of the children in this family currently participate in any of the following programs? (check all that apply)

- ☐ Free/reduced price school lunch
- ☐ Free/reduced price school breakfast
- ☐ Afterschool snack or meal program
- ☐ Backpack weekend food program or similar program that sends food home with your child during the weekend
- ☐ None of the above
- ☐ Prefer not to answer

## Enter Weekly Self-Monitoring Data

☒ Attending Session Today

Weight in pounds

Did you use your physical activity monitor? \*

- ☐ Most days (5-7)
- ☐ Several Days (3-4)
- ☐ A Couple Days (1-2)
- ☐ None of the Days

Did you meet your physical activity goal? \*

- ☐ Most days (5-7)
- ☐ Several Days (3-4)
- ☐ A Couple Days (1-2)
- ☐ None of the Days

Did you log all your foods and count your reds? \*

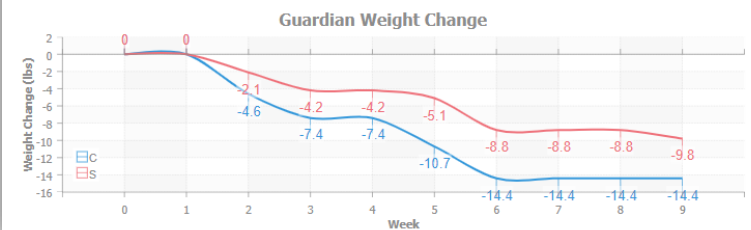
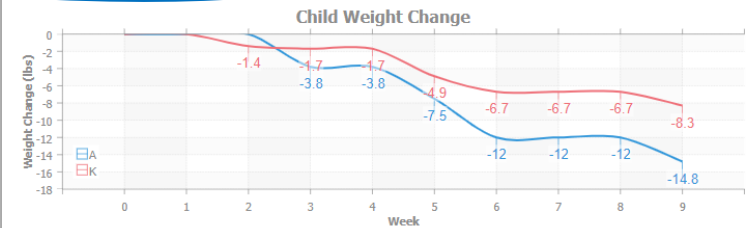
- ☐ Most days (5-7)
- ☐ Several Days (3-4)
- ☐ A Couple Days (1-2)
- ☐ None of the Days

Did you meet your red count goal? \*

- ☐ Most days (5-7)
- ☐ Several Days (3-4)
- ☐ A Couple Days (1-2)
- ☐ None of the Days

☐ Not measuring today

## Track Progress



## Reports

First Name	Gender	Baseline Age	Baseline BMI Percentile	Weekly Weight Change	Total Weight Change	Most Physical Activity Monitor	Met Physical Activity Goal	Logged Red Foods	Met Red Foods Goal
1 Family									
Z	F	9.4	99.46	-	-3.80	Several Days (3-4)	Several Days (3-4)	Most Days (5-7)	A Couple Days (1-2)
T	M	41.3	-	-	-6.00	Several Days (3-4)	Most Days (5-7)	A Couple Days (1-2)	Most Days (5-7)
S	F	43.5	-	-	-10.30	Most Days (5-7)	Most Days (5-7)	Several Days (3-4)	Several Days (3-4)
2 Family									
A	M	15.5	96.37	-	-7.50	Several Days (3-4)	Several Days (3-4)	Most Days (5-7)	Most Days (5-7)
K	F	10.0	98.86	-	-4.90	Most Days (5-7)	A Couple Days (1-2)	A Couple Days (1-2)	None of the days
C	M	44.5	-	-	-10.70	Most Days (5-7)	Most Days (5-7)	Most Days (5-7)	Most Days (5-7)
S	F	41.3	-	-	-5.10	Most Days (5-7)	None of the days	Several Days (3-4)	A Couple Days (1-2)
3 Family									
D	M	7.2	99.38	-	-1.50	Most Days (5-7)	Several Days (3-4)	Several Days (3-4)	A Couple Days (1-2)
K	F	35.2	-	-	-6.20	A Couple Days (1-2)	A Couple Days (1-2)	A Couple Days (1-2)	Most Days (5-7)
C	M	35.4	-	-	-	-	-	-	-
4 Family									
A	F	9.2	97.23	-	-6.60	None of the days	A Couple Days (1-2)	Several Days (3-4)	Several Days (3-4)
J	F	37.8	-	-	-9.70	Several Days (3-4)	A Couple Days (1-2)	Most Days (5-7)	None of the days
M	M	37.8	-	-3.90	-18.70	Several Days (3-4)	A Couple Days (1-2)	A Couple Days (1-2)	A Couple Days (1-2)
5 Family									
M	F	9.2	99.13	-	-	-	-	-	-
V	F	10.8	99.56	-	-	-	-	-	-
E	F	33.5	-	-	-	-	-	-	-
Cohort Total Family Weekly Weight Change				-3.90					
Cohort Total Family Weight Change to Date				-91.00					

# BHF Scale Up Trial



# BHF Scale Up Trial



A new NIH funded trial to scale BHF to additional rural areas, small towns and other low resource settings.



We are recruiting up to 30 additional communities to participate in the trial.



Communities will be randomized to one of two groups: BHF Package Only or BHF Learning Collaborative.

# Package Only Group: Access to BHF Online Training Resources and Program Package



**TRAINING MODULES**  
for Program Coordinators  
& Facilitators

**KNOWLEDGE CHECKS**  
for Program Coordinators  
& Facilitators

**RECRUITMENT Materials**  
(Examples for schools,  
primary care providers,  
community/media)

## ONLINE TRAINING RESOURCES & PROGRAM PACKAGE

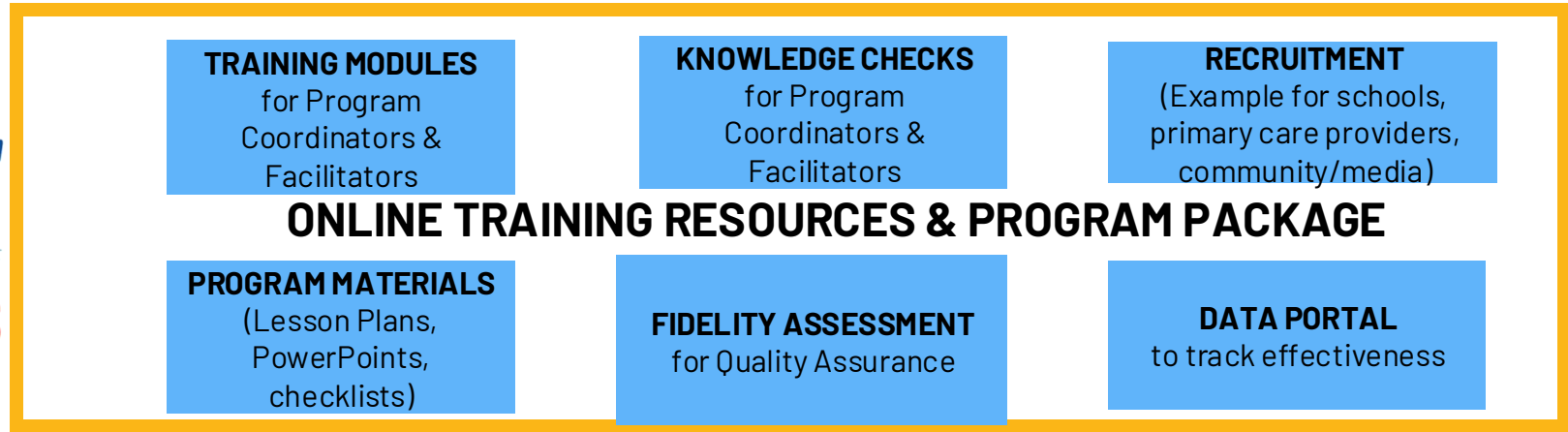
**PROGRAM MATERIALS**  
(Lesson Plans,  
PowerPoints, Checklists)

**FIDELITY ASSESSMENT**  
for Quality Assurance

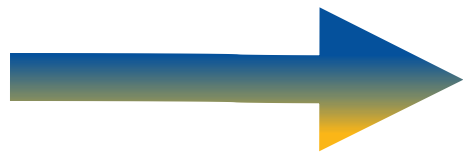
**DATA PORTAL**  
to track effectiveness

# Learning Collaborative Group

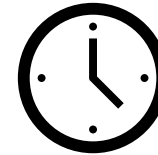
Access to BHF  
Online Training  
Resources &  
Program Package



Participate in  
Learning  
Collaborative



Learning sessions  
1 time per quarter  
Approx. 2 hours



1:1 Action Period Meeting  
1 time per quarter  
Approx. 1 hour



Total of 16  
Learning  
Sessions and AP  
Meetings over 2  
years.

# Selected Communities will Receive

## 1. BHF Training Resources:

- Free access to the online training platform to train your community-based teams to deliver the BHF Program.
- Technical assistance from the research team.
- On-site direct observation of implementation supported by the research team.

## 2. BHF Kit


- All materials needed to deliver BHF to 2 cohorts:
  - including wearable physical activity monitors, education supplies, and family binders
  - Supplies for physical activity
  - \$1000 for consumable items
- Research-grade equipment for outcomes: digital scale and stadiometer

## 3. Financial Support

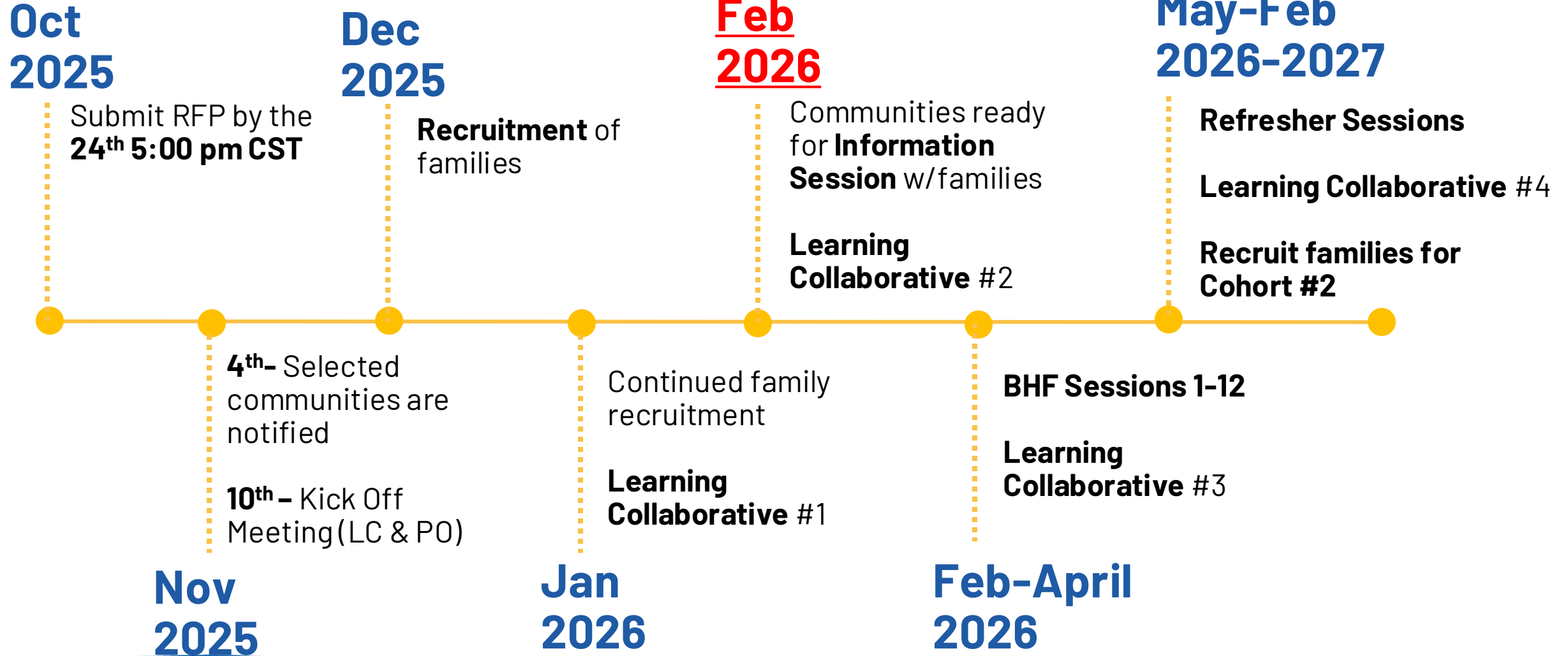
- \$5,000 from the Mountain West-Prevention Research Center for start-up costs.
- 



# Requirements of Selected Communities

1. Agree to be randomized to one of the two study conditions.
  2. Agree to assemble an implementation team and use the BHF Resources to train coordinators and deliver BHF in your community.
  3. Recruit **2 cohorts** of **6-10** families to participate in BHF over **24 months**.
  4. Use the BHF Data Portal to track the required data for the research study
  5. Participate in research study data collection:
    1. Participate in the learning collaborative (if selected)
    2. CIT's will be asked to track time and complete 4 surveys
- 

# Timeline



# Submission Process: Request for Proposals

1. The RFP will include the completion of a 1000-word (approximately two-page) response to questions related to community priorities and program delivery factors.
  - Deadline is **October 24<sup>th</sup>, 2025**
2. Fill out an organizational readiness survey.
  - The project lead and at least 1 other member from each organization listed on the application must complete a pre-application survey.
3. Community selection.
  - Will be notified by **November 4<sup>th</sup>, 2025**



bhf@nebraska.edu

RFP Application Click [HERE](#)

