



## ***Community Leadership Institute for Childhood Obesity Prevention***

*Hosted by Children in Balance at Tufts University, July 20-22, 2010, Boston, MA*

Children in Balance is hosting a two and a half day leadership training institute for professionals and advocates who wish to further childhood obesity prevention efforts, with a focus on elementary-aged children, in their communities. Participants will leave the training prepared and empowered to create healthier community environments for children by encouraging better nutrition and more opportunities for physical activity.

Learning objectives include:

- Understanding of community-based prevention work
- Understanding of childhood obesity science: etiology, risk and protective factors for maintaining a healthy weight
- Knowledge to transform fellow community members into change agents through the use of data and coalition- and relationship-building skills
- Knowledge of tools for developing community capacity through curricula, events, and funding sources

Topics to be covered include:

- Working with school food service to improve school food
- Building community coalitions
- Strategic use of communication campaigns
- Implementation of nutrition and physical activity curricula
- Local policy advocacy

To participate, a community must agree to send a team of at least three individuals. Each participant should represent one of the following groups, for a total of three different positions represented per community team:

- Food service director (highly recommended)
- Municipal government representative
- School personnel- curriculum coordinator, principal, superintendent, teacher, etc.
- Public health department representative
- Community organization representative
- Other community advocate

Priority will be given to those communities with proof of some seed funding for a childhood obesity prevention coordinator and initial programming.

*For more information on the Community Leadership Institute and an application, visit  
[www.childreninbalance.org](http://www.childreninbalance.org)*