



***Community Leadership Institute for Childhood Obesity Prevention  
Hosted by Children in Balance at Tufts University, July 21-23, 2009, Boston, MA***

*Children in Balance (CIB)*, an initiative of the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University, has as its mission the prevention and reversal of childhood obesity. We utilize cutting-edge scientific research and dissemination strategies to empower individuals and communities to catalyze social change around this issue.

CIB is offering a 3-day Community Leadership Institute for professionals and advocates who wish to further childhood obesity prevention efforts in their communities. Our goal for this training is to empower leaders from diverse communities to create healthier environments for elementary-aged children, encouraging better nutrition and more opportunities for physical activity.

Key goals of the Community Leadership Institute:

1. To educate participants about the Shape Up Somerville model and the science of childhood obesity
2. To inspire and empower participants to be “spark plugs” for preventing and reversing childhood obesity
3. To build community capacity by developing:
  - a. genuine member involvement
  - b. skills to organize and implement an initiative
  - c. the ability to identify and acquire resources

Topics to be covered include working with school food service to improve school food, building community coalitions, strategic use of communication campaigns, and implementing nutrition and physical activity curricula. The Institute will include keynote speakers with expertise in community-based childhood obesity research and practice; the opportunity to hear stories from and ask questions of activists in Somerville; and planning time for community leaders.

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)*