



Information Sheet

Community Leadership Institute for Childhood Obesity Prevention

July 21- 23, 2009 – Boston, MA

www.childreninbalance.org

Overview

- Current research indicates that community-wide intervention strategies show great promise in preventing childhood obesity and improving children’s nutrition and physical activity environments.
- Strong community coalitions, knowledgeable leadership, and funding sources are necessary to build community capacity and to develop successful, sustainable initiatives.
- *Children in Balance (CIB)* at Tufts University is contributing to the growing evidence base about community-wide environmental and policy change efforts through its Shape Up Somerville research intervention, and several other related studies. Through the Community Leadership Institute, CIB will share evidence-based strategies for successful childhood obesity prevention work.

Goals of the Community Leadership Institute for Childhood Obesity Prevention:

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

Who Should Attend:

Community teams of at least three people. 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

- Public health department representative
- Community organization representative
- Other community advocate

Selection Criteria:

Priority will be given to communities that can demonstrate the following:

- Opportunity and readiness to use training in future community action
- Some seed funding for a childhood obesity prevention coordinator and initial programming
- Strong community team already in place

Timeline

- All application materials must be received no later than **April 27**
- Selected participants will be notified by **May 4**
- Acceptance of invitation must be received within two weeks of notification
- Tuition payment is due in full by **June 1**

Cost

- Tuition is \$250 per person. Tufts will provide Tuesday evening dinner and lunch each day. All other meal costs, transportation and lodging will be paid for by the participants. Group rates will be available at selected hotels
- At this time we have no scholarships available

Schedule:

The Institute will meet Tuesday - Thursday, 8:30am - 4:30pm. Tuesday night includes a participant dinner and film at 6:30pm.