



Informational Sheet

Community Leadership Institute for Childhood Obesity Prevention

July 20- 22, 2010 – 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

Learning Objectives of the Community Leadership Institute for Childhood Obesity Prevention:

- 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

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 leadership (**highly recommended**): 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 funding and initial programming
- Strong community team already in place

Timeline

- All application materials must be received no later than **April 30**
- Selected participants will be notified by **May 14**
- Acceptance of invitation must be received within two weeks of notification
- Tuition payment is due in full by **June 15**

Cost

- Tuition is \$275 per person. Tufts will provide Tuesday evening dinner and lunch on Wednesday. All other meal costs, plus 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 and Wednesday from 8:30am- 4:30 pm; Tuesday will include an optional participant dinner that will begin at 6:30 pm. **On Thursday, the Institute will begin at 8:30 am and conclude at 11:30 am.**