

Title of Intervention	Hip Hop to Health Jr.	
Intervention Strategies	Group Education	
Purpose	Hip-Hop to Health Jr. is a program which aims to promote healthy eating and exercise habits in children ages 3-5 years.	
Populations	Low-income minority children 3-5 years of age.	
Settings	Head Start preschool programs in Chicago, Illinois.	
Partners	Head Start, Feinberg School of Medicine, Northwestern University, Children's Memorial Hospital, University of Illinois at Chicago, National Heart, Lung, and Blood Institute	
Intervention Description	'A 14-week (40 minutes, three times weekly) healthy eating and exercise intervention. Thrice weekly lesson plans incorporated two major components: (1) a 20-minute lesson that introduced a healthy eating or exercise concept with an activity and (2) 20minutes of ongoing physical activity. The 20-minute lessons and activities often involved the use of colorful, friendly, handheld puppets that represented the seven food groups of the food pyramid. For the physical activity component, the teacher led the children in a 5-minute warm-up, 10 minutes of aerobic activity, and a 5-minute cool down. In addition to the child curriculum, parents received weekly newsletters with information that mirrored the children's curriculum. Each newsletter had a section on healthy eating and a section on healthy exercise. The newsletters also included a homework assignment. The weekly homework assignments required about 5 to 10 minutes daily or 15 minutes in one sitting to complete items that reinforced concepts presented in the weekly newsletters.'	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Early Childhood Educators
	Training:	Not mentioned
	Technology:	None
	Space:	Not mentioned
	Budget:	Not mentioned
	Intervention:	Hip Hop to Health Jr. curriculum, hand puppets, weekly newsletters, grocery coupons.
	Evaluation:	Digital scale, portable stadiometer, tape recorder, Registered Dietician, parent interview.
Evaluation	Design:	Randomized controlled efficacy trial
	Methods and Measures:	Head Start participants were assigned to either the intervention group (Hip Hop to Health Jr.) or a control group (general health education). Body Mass Index (BMI), dietary intake, and physical activity level, and television watching were assessed at baseline, post-intervention (14 weeks), 1 year and 2 years post-intervention.
Outcomes	Short term impact:	No differences between intervention and control groups noted at 14 week follow-up.

	Long term impact:	Intervention children had significantly smaller increases in BMI compared with control children at 1-year and 2-year follow-ups. Intervention children consumed less calories from saturated fats compared with control children at 1-year follow-up.
Maintenance	One time 14 week course.	
Lessons Learned	Not mentioned	
Citation(s)	Fitzgibbon, Marian L., Stolley, Melinda R., Schiffer, Linda, VanHorn, Linda, Kauferchristoffel, Katherine, and Dyer, Alan. (2005) Two-Year Follow-Up Results For Hip-Hop To Health Jr.: A Randomized Controlled Trial For Overweight Prevention In Preschool Minority Children. The Journal of Pediatrics May 2005 p618-625	
Current Program Status	A more detailed description of the program is available at http://www.ncbi.nlm.nih.gov/pubmed/15870664 . For additional information on the Hip Hop to Health Jr. program contact: Melinda R. Stolley Ph.D./710 N. Lake Shore Drive, 12th Floor / Chicago, IL 60611, USA / Fax: +1-312-908-5070.	