

# About

# CHECK



Creating Healthy Environments for Chicago Kids



- The CHECK Study compares two ways of providing family-based lifestyle intervention. We want to know which way is more useful and less expensive.
- The CHECK Study is based on our previous research working with Chicago families just like yours.
- Every family in the CHECK Study will receive the most updated **home environment, healthy lifestyle**, and weight management counseling.
- The study is funded by the National Institutes of Health (NIH), the government agency in charge of health research.
- Since this is a research study, you have committed to finishing assessments 4 more times in the next year. It is important that you complete all of these assessments, even if you don't think you are getting anything from the intervention treatment program. Even if you decide to stop participating in the intervention, you should complete the research assessments.



Assessments and interventions will take place over **12 months**, including:

- **5 assessments** with a **research assistant** (30-60 min)
- **18 in-person visits** with **interventionist /coach** (30-45 min)
- 12 telephone **coaching calls** from an **interventionist / coach** (10 min or less)

A total of **10 modules** will be covered with different ways to modify the home environment and family routines

- Caregivers can decide which module they want to cover at each visit
- Reachable goals will be set throughout the study

Healthy lifestyle programs for kids work better when parents and caregivers are involved. Caregivers are considered the main **“agents of change”** because they control the home environment and family routines that impact child health. It is not required that your child(ren) attend treatment visits.

This study will help caregivers change their home environment and in or with family routines to impact their child's:

- Sleeping habits
- Physical activity
- Screen and media time
- Eating patterns and food choices

## Using a **Home Monitoring Checklist**

- A guide to help caregivers spot areas of the home environment where healthy changes can be made
- Helps caregivers monitor their child's physical and social home environment
- At first, the interventionists will give recommendations to make healthy changes to the home environment
- After a couple of visits, caregivers will be coming up with their own healthy home adjustments