

# Deep Dive: Operation Kid Fit

## Implemented

### Overview



- **Program Objective:** To improve parenting skills and reduce childhood obesity
- **Point of Contact:** Amy Cowell, Army Public Health Command
- **Total Force Fitness Domains:** Social, Nutritional, Psychological, Behavioral

### Program Description



This project aims to implement an evidence-based childhood obesity prevention program, Lifestyle Triple P (Positive Parenting Program, LTP). The Lifestyle Triple P program is a low-intensity, parent-focused intervention that has led to population level reductions in child BMI and weight-related problem behaviors in Australian communities. The Operation Kid Fit pilot project will replicate the Lifestyle Triple P program with modest modifications to be culturally appropriate to military families and to better meet the needs of potentially geographically dispersed service member parents. A wait-list control design will be used to examine parenting quality, child and parent BMI, physical activity, and sedentary behaviors, as well as develop measures and evaluate factors related to implementation quality, participant satisfaction, community engagement, and family recruitment. A successful pilot study will inform further obesity prevention program proliferation, and ideally, the future use of Evidence Based Programs (EBPs) within the Military Health System.

### Implementation Progress



- Operation Kid Fit is being piloted at the following four installations:
  - Fort Bragg – Course started in July
  - Fort Sill – Course started in July
  - Eglin AF Base – Course started in May
  - JB Lewis-McChord Joint Base – Course started in May

### Performance Measures



Assessment of parenting behavior, child behavioral problems, family activity and eating patterns, and child and parent BMI will be conducted at pre-intervention, immediately following the intervention, and at 3-month follow-up

### Additional Information

- Lectures have been recorded to develop online blackboard based course

# What is Operation Kid Fit?

*Starting Soon!*

**Operation Kid Fit is a new program for the parents of children struggling with their weight. OKF will be offered soon at Ft. Sill.**



#### Who is OKF for?

Parents and other caregivers with a child between the ages of 5 and 10 who is struggling to maintain a healthy weight.

#### What does the program do?

OKF helps parents learn how to:

- provide healthy food choices
- increase their child's physical activity
- use incentives to help their child make better health-related choices

#### When is the program?

OKF is coming to your installation in the coming months! Winter/spring and summer/fall sessions will be offered for up to 40 families. Specific dates and times for weekly meetings will be set based upon specific group needs.

#### What does the program involve?

The program is a 12-week commitment made up of ten 90-minute small group sessions and two 20-minute individualized calls with the OKF facilitator.

Session topics include:

- Preparing for change
- Understanding nutrition and physical activity
- Using rewards to promote healthy behavior
- Modifying recipes to incorporate healthier choices
- Limiting sedentary activity
- Understanding food labels
- Playing active games
- Providing healthy meals and snacks
- Using effective strategies to manage problem behavior
- Maintaining healthy change



THIS PROGRAM WILL TAKE PLACE AT FT. SILL

LEARN MORE, CONTACT: Karen Langlois  
 Karen.k.langlois.ctr@mail.mil  
 580-442-0716

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