



## OVERALL STUDY RESULTS



### Thank you!

Your participation in the GROW research study made all the difference! We will keep doing the parts of the program that worked in communities to help other families just like yours.

### What we wanted to know

Young children who gain too much weight too quickly are more likely to have health problems like diabetes or high

blood pressure when they get older. We wanted to see if a program called **GROW Healthier** would help prevent young children from gaining too much weight.

### Who was in the study

A total of 610 families from Nashville were in this study. Most families were Latino (9 out of 10). Children were between 3 and 5 years old when the study started. About half the children were girls and half were boys.

### What we did together

You all got a program called **GROW Smarter**. This program taught families how to use their libraries. It also encouraged parents to read regularly with their children. Half of families also got a 3-year program called **GROW Healthier** to build habits for both parents and young children in healthy eating and physical activity. This program also showed families how to use community resources like nearby recreation centers and parks. Over the 3 years, families also gave us information about how their habits and weight changed.

### What we learned

- **Families who got GROW Smarter (All families)**
  - Learned how to use the library and increased their use by 50%.
  - Changed their habits and kept going to the library throughout the 3 years.
  - All children had more than an hour of physical activity a day. This is good for your children!
  - Even though children had healthier behaviors, 1 out of 3 children still gained too much weight by the end of the 3-year program. This is not healthy.
- **Families who also got the GROW Healthier program**
  - Used their recreation centers almost 30% more, and this lasted over 3 years.
  - Children ate 100 less calories a day, and this lasted over 3 years. This is also good for your children!
  - Children slowed down their weight gain at the end of the first part of the program, when families came to the recreation center weekly. Unfortunately, at the end of the 3 years, that difference did not last.

### What this means for you

The **GROW Healthier** program improved and sustained healthy behaviors over 3 years. This is good for your health. Unfortunately, it did not slow down weight gain in young children. The families that were the most successful, made changes for both parents and children. Focusing on healthy habits for the whole family is most important.