Children Influencing Parents and Parents Influencing Children through Health Literacy: The Canyon Ranch Institute Life Enhancement Program for Families

BACKGROUND

- The Canyon Ranch Institute Life Enhancement Program (CRI LEP) for Families is an evidence-based health literacy and integrative health program for children in kindergarten through 4th grade and their parents or guardians.
- In contrast to the multitude of programs that solely recruit children, the CRI LEP for Families deliberately engages adult parents and guardians and their children. Parents influence their children and children influence their parents.
- The CRI LEP for Families pilot program was adapted from the highly successful CRI LEP for adults, which has produced statistically and clinically significant outcomes, including:
  - 40% Healthier Eating and Nutrition
  - 46% Increased Exercise
  - 50% Improved Behavioral Health Outcomes (lower stress & depression)
  - 56% Improved Overall Health Status (lower cholesterol, blood pressure)

(Source: Combined data from multiple U.S. sites)

FINDINGS FROM PILOT PROGRAM

- Health professionals need to shift perspectives and behaviors to focus on prevention and integrative health, and help improve participants’ health literacy.

IMPLICATIONS FOR THE FUTURE

- Initial findings show that the CRI LEP for Families is a successful model for addressing health literacy and health practices among children and their parents/guardians using an integrative approach and the positive reciprocal influences of adults and children within families.
- The Affordable Care Act calls for an increased focus on prevention – the CRI LEP family of programs meets that need.
- Non-profit hospitals must play an active role in the health and well-being of the communities that support them.
- Health professionals need to shift perspectives and behaviors to focus on prevention and integrative health, and help improve participants’ health literacy.

MATERIALS

- The CRI LEP for Families Facilitator Manual and Evaluation Toolkit include detailed lesson plans with hands-on activities and group sessions, a detailed protocol for gathering participant assessment data.
- The CRI LEP for Families Wellness Journal and Participant Guide include activities, information, and opportunities for reflection.
- The CRI LEP for Families AHA! Book (At Home Activities Book) for youth includes take-home activities for family interaction.

PROGRAM DEVELOPMENT

- Extensive review of research
- Formative community assessment:
  - Focus groups
  - Key informant interviews
- Input and review from a Curriculum Advisory Board comprised of experts in:
  - Health literacy
  - Integrative health
  - Public health
  - Family theory
  - Oral Health
  - Parenting
  - Youth and family nutrition and fitness
  - Youth and adult education
- Pilot program with Tucson Medical Center in AZ

CORE ELEMENTS

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<thead>
<tr>
<th>Core Elements</th>
<th>CRI LEP</th>
<th>CRI LEP for Families</th>
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<tbody>
<tr>
<td>1. Integrative Health</td>
<td>✔</td>
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<td>2. Behavior Change</td>
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<td>3. Sense of Purpose</td>
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<td>4. Social Support</td>
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<td>5. Nutrition</td>
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<td>6. Stress Management</td>
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<td>7. Physical Activity</td>
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<td>8. Oral Care</td>
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<td>9. Healthy Home and Society</td>
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PROGRAM COMPONENTS

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<tr>
<th>Component</th>
<th>CRI LEP</th>
<th>CRI LEP for Families</th>
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<tbody>
<tr>
<td>Integrative Core Team</td>
<td>Includes Pediatrician, Child Life Specialist</td>
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<tr>
<td>Integrated Health, Behavior Change, Nutrition, Fitness, Spirituality, Sense of Purpose, Pharmacology</td>
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<tr>
<td>Group Sessions</td>
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<td>14</td>
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<td>One-On-One Consultations</td>
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<td>Curriculum Tailored to Community</td>
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<tr>
<td>Evaluation</td>
<td>Pre, Post, Post +3 months, Post +12 months</td>
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PROGRAM TEAM

- Jennifer Cabe, M.A., Executive Director and Board Member
- Canyon Ranch Institute Faculty Member
- Ohio State University College of Nursing

Families taking part in outdoor fitness during the pilot CRI Life Enhancement Program for Families in Tucson, AZ.

Two youth participants demonstrating strong poses during the pilot CRI Life Enhancement Program for Families in Tucson, AZ.

Stress Management, Integrative Health, Parenting, Healthy Home and Society, Social Support, Oral Health, Curricular Tailored to Community, Evaluation, Pre, Post, Post +3 months, Post +12 months.