Overview

Hip Hop to Health Jr. is a direct education intervention designed to encourage healthy eating and exercise for children ages 3-5 years. **Target Behavior:** Healthy Eating, Physical Activity **Intervention Type:** Direct Education

Intervention Reach and Adoption

Hip Hop to Health Jr. targets African American and Latino preschool students. The efficacy and effectiveness trials for Hip Hop to Health Jr. were conducted in Head Start programs in Chicago. **Setting:** Child care  
**Target Audience:** Preschool (<5 years old) **Race/Ethnicity:** African Americans, Hispanic/Latino Americans

Intervention Components

Hip Hop to Health Jr. is a 14-week curriculum consisting of weekly lessons focused on themes such as fruits, vegetables, heart healthy exercise, and healthy snacks. Lessons feature food group puppets. An aerobic activity session is included in each lesson. Weekly parent newsletters include content covered in the children’s curriculum and include a homework assignment. Parents also receive the CD that teachers use in the classroom so that concepts can be reinforced at home.

Intervention Materials

The curriculum features weekly lessons related to healthy eating and exercise, food group puppets, a CD with songs and raps and two fully scripted exercise routines, and parent newsletters.
**Intervention Costs**

$95 per set.

**Evidence Summary**

Efficacy Trial (Lessons taught by specially trained early childhood educators)
- Children attending the intervention schools had significantly smaller increases in BMI compared with children attending the control schools at both one and two-year follow-up for predominately African American schools, but not predominately Latino schools.
- Saturated fat intake was significantly lower in children attending the intervention schools compared with children attending the control schools at 1-year follow-up.

Effectiveness Trial (lessons taught by classroom teachers)
- Children attending the intervention schools had significantly higher levels of moderate-to-vigorous physical activity levels and less total screen time than children attending control schools post-intervention.

**Classification:** Research-tested

**Evaluation Indicators**

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

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<tr>
<th>Classification</th>
<th>Readiness and Capacity – Short Term (ST)</th>
<th>Changes – Medium Term (MT)</th>
<th>Effectiveness and Maintenance – Long Term (LT)</th>
<th>Population Results (R)</th>
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<td>ST1, ST3</td>
<td>MT1, MT3</td>
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**Evaluation Materials**

Currently, no evaluation tools or materials are available.
Additional Information

Website: The Hip Hop to Health Jr. website (http://www.hiphoptohealth.com/) includes Hip Hop to Health Music for purchase.

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