

TO: Dr. John Agwunobi, Assistant Secretary for Health

FROM: Dr. Wanda Jones, Deputy Assistant Secretary for Health (Women's Health)

DATE: March 17, 2006

SUBJECT: OMB Clearance for BodyWorks Toolkit Evaluation Survey

ISSUE:

This year, OWH is distributing the BodyWorks toolkit, a program to prevent obesity in girls and their families. The program is directed to parents/caregivers. It focuses on teaching action steps to families to improve their nutrition and increase their physical activity. Parents/caregivers will complete ten training sessions to learn how to use the materials in the toolkit to achieve healthier lifestyles.

On September 16, 2005 , OWH awarded a contract to Health Systems Research, Inc. (HSR) to evaluate the effectiveness of the BodyWorks materials to change nutrition and physical activity behaviors within families. An evaluation is critical in determining the efficacy and effectiveness of the initiative. The results will guide future allocation and implementation of the toolkit. To conduct the evaluation, HSR has developed a paper questionnaire to distribute to parents/caregivers at the beginning and again at the end of their 10 session BodyWorks training. Additionally, a small sample of 11 to 13 year old girls will be asked to complete a paper questionnaire at the conclusion of one of the 10 sessions, a joint caregiver/adolescent training activity. To collect data for this evaluation project, OMB approval is required under 5 CFR 1420.

DISCUSSION:

This will be the first evaluation of the completed BodyWorks toolkit and its training. We plan for the BodyWorks materials to be implemented by several organizations: health centers, state health departments, rural clinics and others nationwide. These organizations will be asked to disseminate the questionnaires to individual program participants before and again after the parents/caregivers have completed the training. Such an assessment will provide crucial information and feedback to suggest how any improvements can be made to the BodyWorks program. Additionally, this information will be useful throughout the Department in similar programs and efforts to elicit behavioral change by providing essential details in determining how trainings and/or materials can be tailored to be most effective.

RECOMMENDATION:

I recommend that you agree to forward the attached Paperwork Reduction Act submission package on the BodyWorks Toolkit survey to the Department's PRA Officer for transmittal to OMB.

DECISION:

Approve: _____ Disapprove: _____ Date: _____

Wanda K. Jones, Dr.P.H.

Attachments:
Completed 83-I Form
Supporting Statement
Draft Federal Registrar Notice