

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

The Resource Center works to ensure military family readiness by promoting health and preventing obesity through evidence-informed practices and programs.

Resource Center for Improving Family Health Behaviors

Program Innovation

Family health promotion is a key component in our program innovation!

thrive

Thrive is an initiative developed to empower parents of children, 0 to 18 years, through education and skill development around evidence-informed strategies regarding positive parenting, stress management, and health promotion. Visit thrive.psu.edu for more information.





5210 Healthy Military Children is a community-wide plan to increase the uptake of evidence-informed health behavior recommendations by families and children, where they live, learn, work, and play. Visit 5210.psu.edu for more information.


Program Vetting

We review obesity prevention and intervention programs to identify the evidence behind programs that are available for military and civilian families.

Programs vetted are comprised of one or more of these components:

 Increasing physical activity

 Decreasing sedentary behaviors

 Improving nutrition/diet

Programs are implemented using one or more of these strategies:



Education



Direct Strategies



Behavior Modification



Environmental Modification

We can help you identify the right evidence-based programs for your specific needs!

Evidence-Informed Product Development

We research the evidence behind a variety of health promotion topics to develop products for you!

Some examples include:



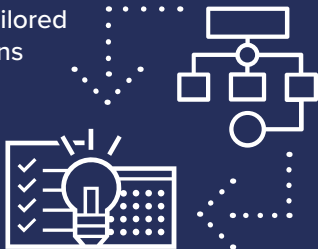
Health Promotion Initiatives



Community-Based Campaigns

Evaluation Planning

We develop tailored evaluation plans to meet your programming needs!



Information Dissemination

We use a variety of modern media formats such as report writing, publications, and social media blogs to highlight and present current research to professionals and military families.



Child & Family Well-Being Resources & Guides



Obesity Prevention Programs & Trainings



1.877.382.9185



clearinghouse@psu.edu



militaryfamilies.psu.edu