

Koa Family Study

Wholehearted living touches every aspect of life from eating nourishing foods, enjoying enough physical activity, to cultivating relationships that support healthy choices, to joining with neighbors to stand up for positive changes, and more. *Koa Family: Strong, Healthy, Whole* is a comprehensive approach designed to make wholehearted living available for all. *Koa Family*, is the product of extensive formative research both nationally and within low-income California communities (see <http://www.dhcs.ca.gov/formsandpubs/publications/Pages/Obesity-Prevention-Project.aspx>).

The Koa Family Program

Koa Family is a 4-month journey to establish “micro-communities” of women supporting one another—mind, body, and spirit. The foundation of this approach is a new, custom-designed, online Whole Health Program (WHP) that addresses healthy eating, physical activity, and weight management within the context of wholehearted living.

There are 3 components to the program:

- 17-weekly, small group meetings with a lifestyle coach to learn, experience, grow, and thrive to achieve individual diet, physical activity, and weight management goals.
- Additional encouragement and access to local resources through a private and secure Facebook group to continue the wholehearted health journeys beyond the weekly meetings.
- Invitation to neighborhood tree planting event (in-person or virtually per COVID-19 restrictions) to create real, long-lasting, healthy changes to the neighborhood environment.

About the Study

This is a randomized-controlled study, the research gold standard to determine an intervention’s effectiveness. 120 women will be randomized to be in a *control group* (60 women) or the *intervention group* (60 women) where they participate in all program components for 17 weeks. Comparing the differences between these two groups will demonstrate the effectiveness of the program. Outcomes include changes in Body Mass Index, diet, and physical activity measured at 4 and 6 months from baseline. An economic analysis will assess the cost-effectiveness of *Koa Family*, while qualitative methods will identify mediating factors related to the study outcomes. At the end of the study, women in the control group will be offered 3 webinars and printed materials that contain strategies found to be effective in achieving sustained weight loss/physical activity, mind/spirit community-building strategies, and

Study enrollment period: January through mid-February 2021

Study duration: mid-February through mid-July 2021

Who is eligible?

- Low-income (SNAP-ED eligible) women aged 21-45 years living in Sacramento County
 - Interested in losing weight
 - Comfortable reading and speaking English
 - Access to smart phone/computer/tablet* and Internet/WiFi
(*limited number of loaner tablets may be available, but Internet/WiFi access still required)
- ❖ Weight will be recorded daily (digital scales will be provided to all study participants).
- ❖ All participants will receive a \$30 Target Gift Card for each of the three surveys they complete.

About the Research Team

Koa Family is a project of the Population Health Group at the University of California, Davis, Center for Healthcare Policy and Research. Funding is provided by the U.S. Department of Agriculture Supplemental Nutrition Assistance Program—Education and CALFIRE. Trees also donated by Sacramento Tree Foundation.