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

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

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
- Obesity Prevention Programs & Trainings

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.

Obesity Prevention Programs & Trainings

1.877.382.9185  clearinghouse@psu.edu  militaryfamilies.psu.edu