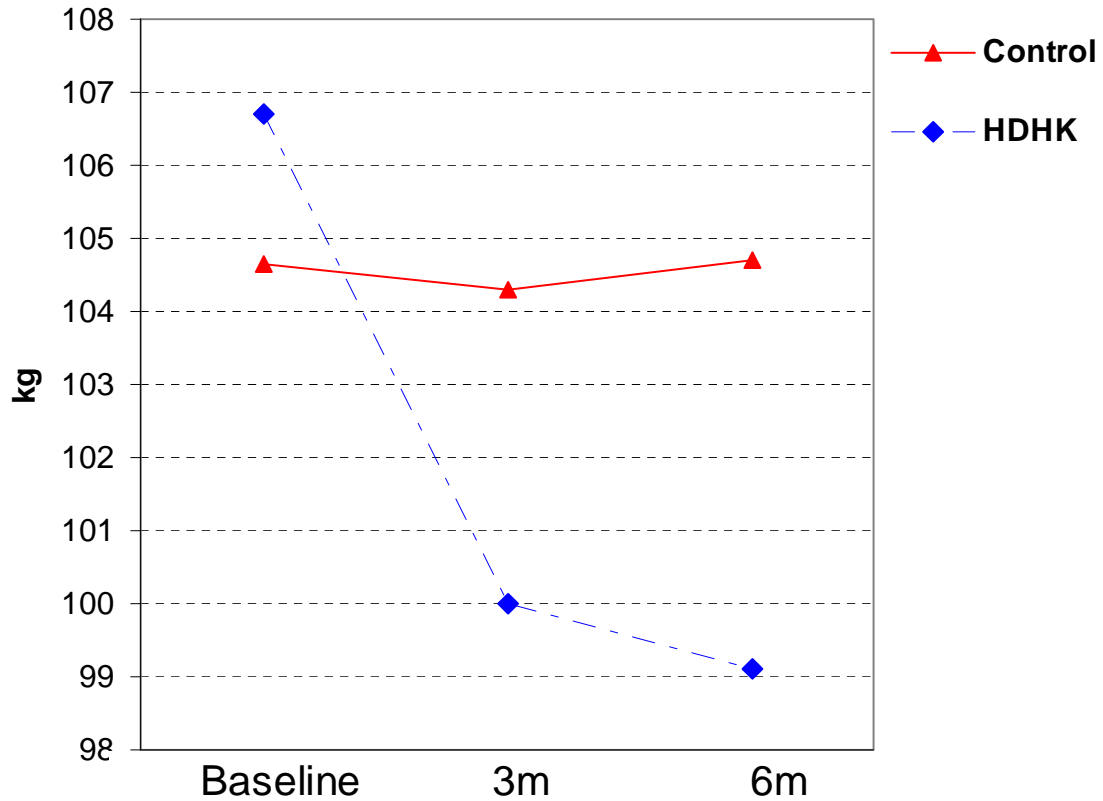


## Results from the Pilot study of Healthy Dads Healthy Kids 2009

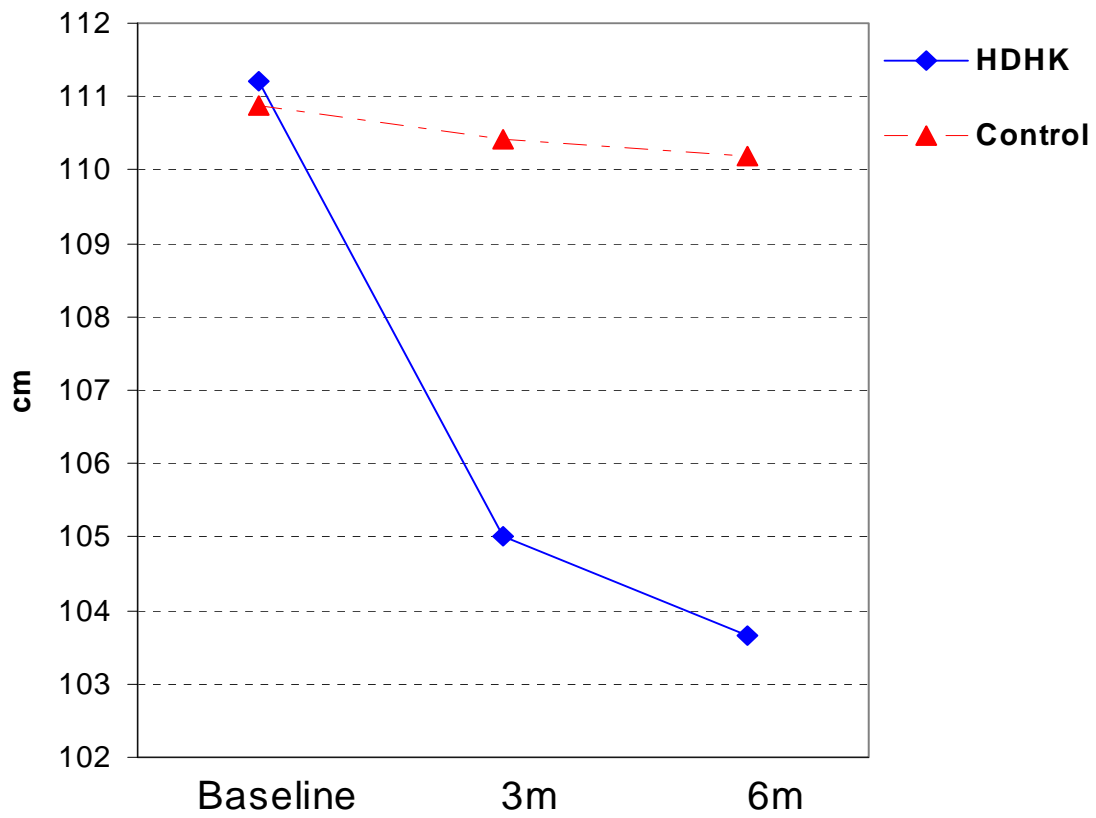
Change in Fathers Weight (kg)



**Figure 1:** Dads participating in the HDHK program lost more weight than those who did not receive the program (control group), they also sustained this weight loss in the longer term (3 and 6 months)

**85% of participants lost greater than 5% of their initial body weight**

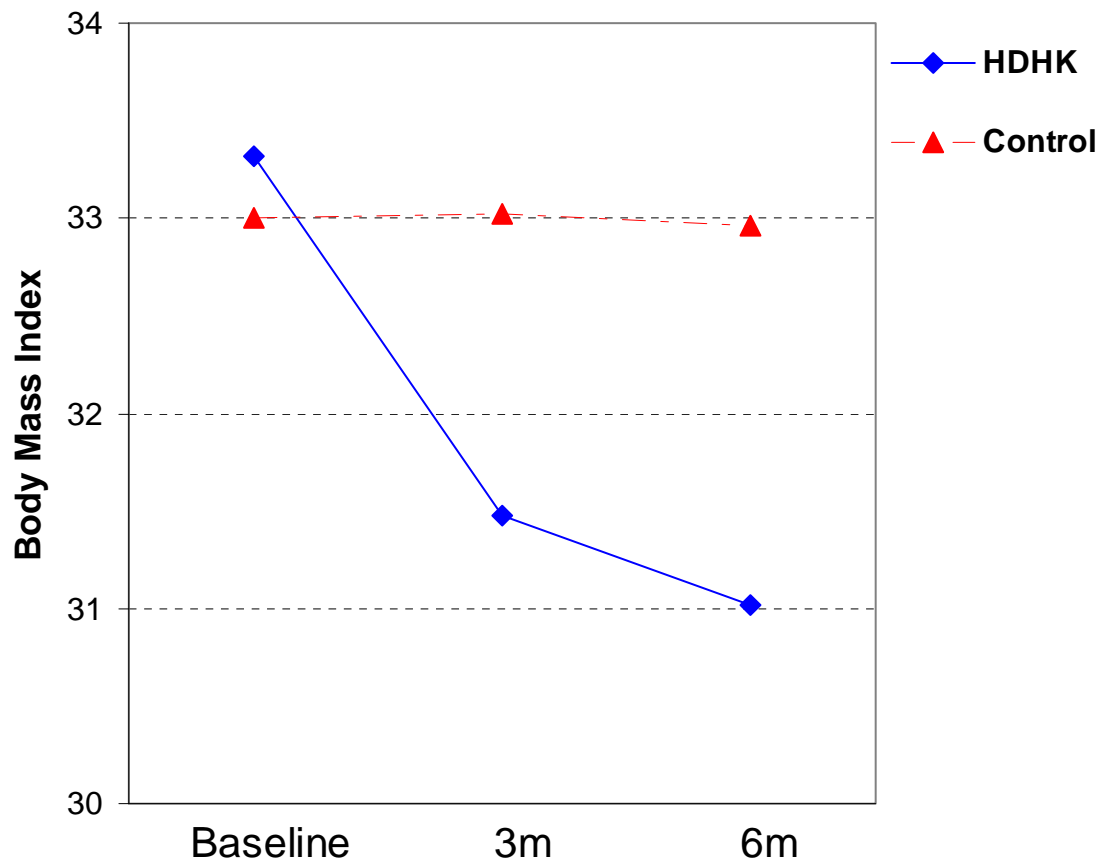
Change in Waist circumference (cm)



**Figure 2:** Dads in the HDHK program lost more centimetres from their waist

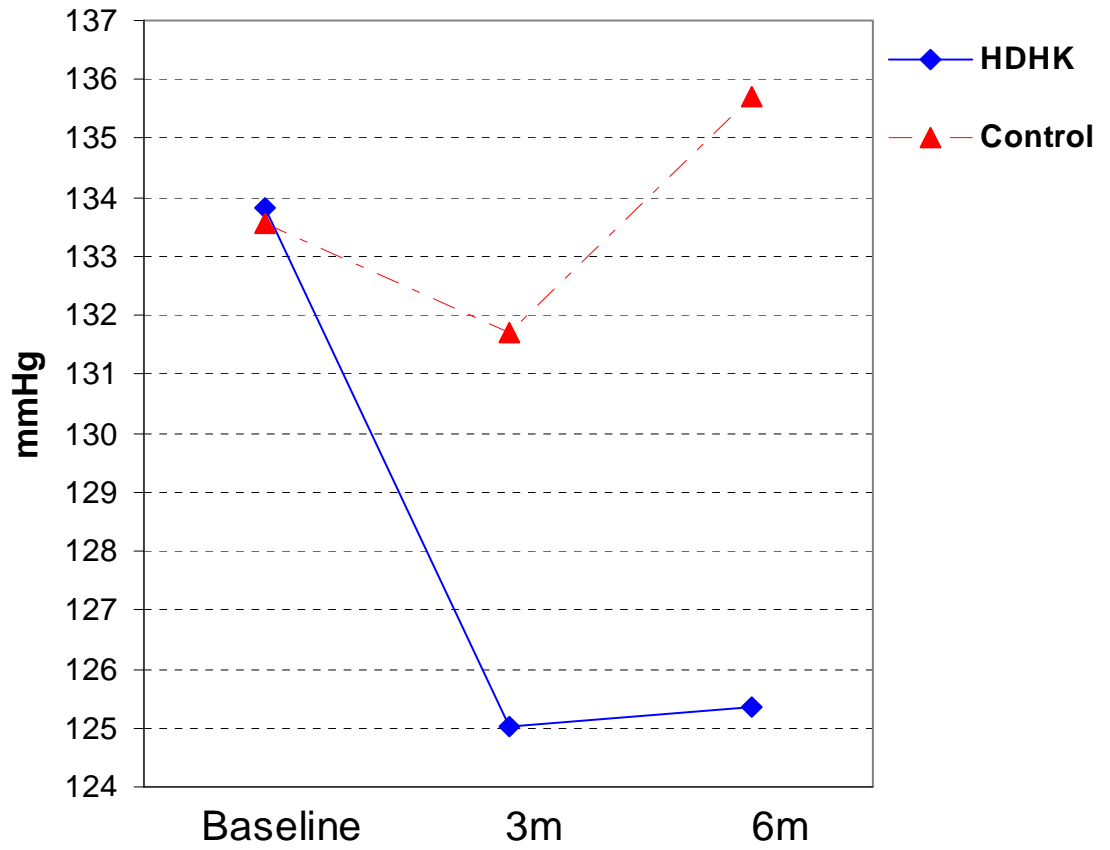
Feedback from the dads reported that they really noticed a difference in their clothes sizes!

Change in fathers Body Mass Index (BMI)



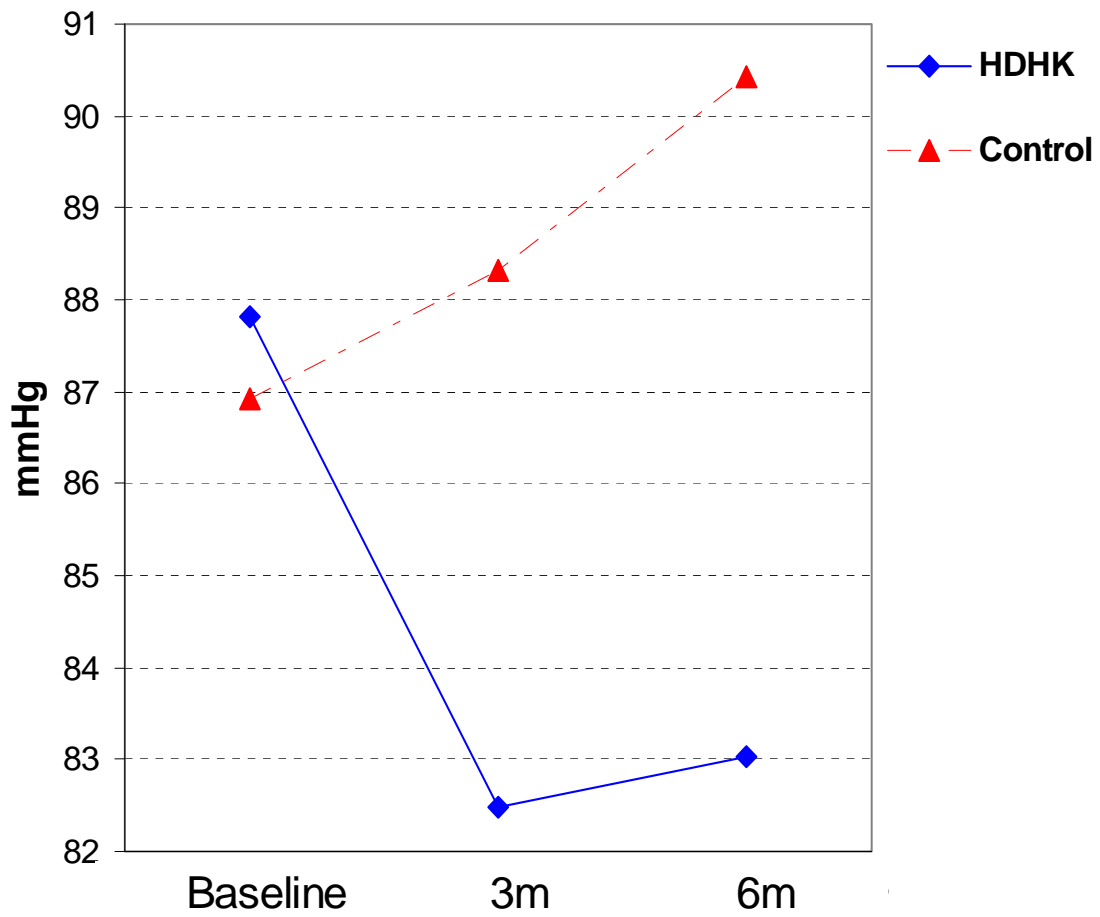
**Figure 3:** Dads in the HDHK program decreased their Body Mass Index (BMI)

Change in systolic Blood pressure



**Figure 4:** HDHK fathers showed reductions in their measured systolic blood pressure

Change in diastolic Blood Pressure



**Figure 5:** HDHK fathers showed reductions in their measured diastolic blood pressure

Change in Resting Heart Rate

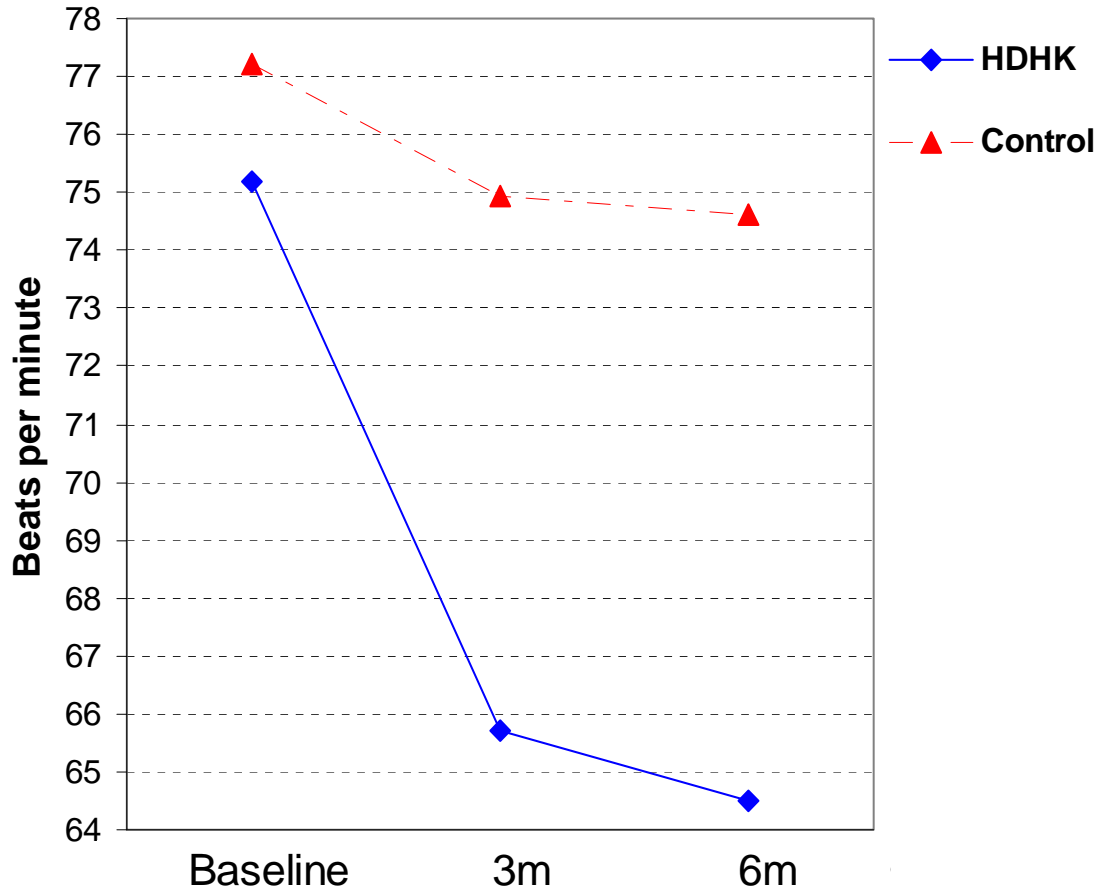
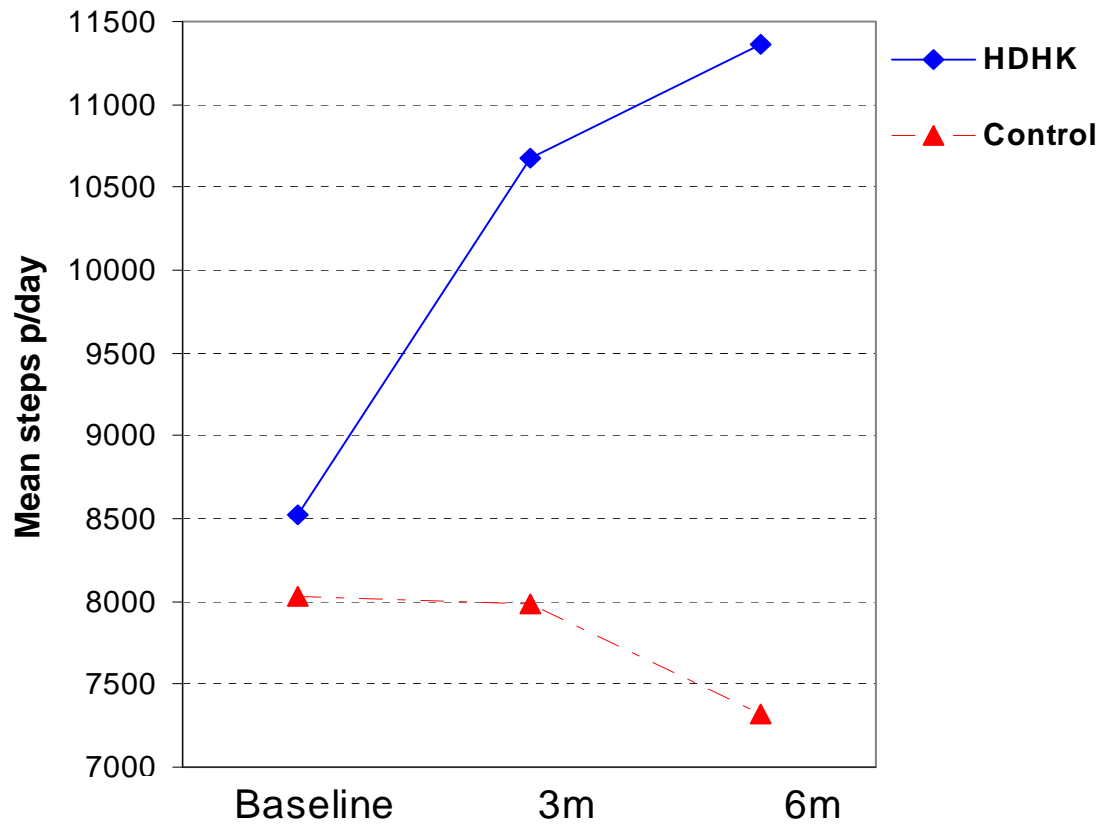


Figure 6: HDHK fathers decreased their resting heart rate

Change in Physical activity - average number of steps per day



**Figure 7:** HDHK fathers increased their physical activity as shown through the average increase in the number of steps taken each day. **GO DADS!**