

**Introduction.** The University of North Carolina at Chapel Hill, North Carolina, United States, Universidad Autónoma de Tamaulipas, México, and Universidad Autónoma de Nuevo León, México will conduct a two-site pilot study in México.

**Objective.** To test the efficacy of nutrition and physical activity education and self-efficacy building intervention.

**Methods.** We will conduct a two-group repeated measures randomized controlled study. Inclusion criteria for parents (n = 80):  $\geq 18$  years and have a body mass index (BMI)  $\geq 25$  kg/m<sup>2</sup>. Inclusion criteria for children (n = 80): 6-10 years old with a BMI  $\geq 85^{\text{th}}$  percentile. Intervention parents will receive either 60-minutes of nutrition, physical activity education or a self-efficacy building class and 45-minutes of physical activity a week for three months or then a 60-minute class to discuss nutrition or physical activity, followed by 45-minutes of physical activity monthly for six months. Children in the intervention group will receive a 60-minute class that will focus on the Color Me Healthy curriculum and 45-minutes of free play weekly for three months and then monthly for six months. Control group parents and children will receive usual care. Data will be collected on nutrition and physical activity in the parents and children and self-efficacy in the parents. Data will be collected at baseline, after completion of the weekly and monthly intervention and after six months on their own.

**Results.** The results of this proposed study are pending.

**Conclusions.** Management of overweight in parents and children may decrease the risk of developing type 2 diabetes.