Promoting Healthy Habits for Children

Sponsored by NSU/CCB Quality of Life Faculty Community Based Applied Research Grant.
Project Goals

- The purpose of this 19 week study was to study the effects of teaching healthy lifestyles habits on a number of measures of emotional and physical well-being with children who were obese or at risk for obesity.
Three Groups and Four YMCA Centers

- All Groups randomly assigned at week one during first testing period
  - Free memberships to YMCA
  - Self-reported physical and sedentary activity sheets
  - Instructions for remaining 3 Testing Periods

- Experimental Group A
  - Nutrition, Activity, & Systemic Information
  - 1 ½ hour weekly sessions for a total of six weeks
  - Family Homework review sessions for a total of six weeks

- Experimental Group B
  - Nutritional and Activity Information only
  - 1 hour weekly meetings for a total of six weeks
  - Family Homework for a total of six weeks

- Control Group C
  - No information
  - No meeting
  - No Family involvement
## 19 Week Study Schedule

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<th>T2*</th>
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- **T1**, **T2**, **T3**, **T4** = Data Collection Periods
- **S1**, **S2**, **S3**, **S4**, **S5**, **S6** = Weekly Intervention
- **FHW** = Family Homework
Description of Measures

4 testing periods

- Pre
- Mid
- Post
- Follow-up (1 month)

Three sets of Measures

- Self Reported Activity
  - Physical/Sedentary Activity

- 4 Anthropometric measures
  - blood cholesterol
  - waist
  - BMI
  - blood glucose

- 3 Psychometric measures
  - RSE
  - CES
  - FACES-III
Participant Incentives

● Entire study 19 week
  – Free membership to YMCA
    • Group A
    • Group B
    • Group C

● 4 Data Collection Periods
  – $10.00 at each data collection period for all participants
    • Group A
    • Group B
    • Group C
  – Self Report Activity Sheets raffles for $20.00 gift certificates
    • Group A
    • Group B
    • Group C

● 12 Weekly interventions
  – Family homework raffles for $20.00 gift certificates
    • Group A
    • Group B
Results

Average Standardized Change

- Self-esteem
- Compulsive Eating
- Physical Activity
- Total Cholesterol to HDL Ratio
- Triglycerides
- Waist
- Absolute Value BMI

6/1/2015

[Legend: Interventions A and B, Control]
Overall Benefits

- This study makes a contribution because of prevention focus rather than treatment focus
- Teaching kids and their families comprehensive information impacts more than just body weight