

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

| | | | | | | | | | | | | | | | |
|-----|----|-----|----|-----|----|-----|-----|----|-----|----|-----|----|-----|-----|-----|
| T1* | S1 | FHW | S2 | FHW | S3 | FHW | T2* | S4 | FHW | S5 | FHW | S6 | FHW | T3* | T4* |
| A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| B | B | B | B | B | B | B | B | B | B | B | B | B | B | B | B |
| C | | | | | | | C | | | | | | | C | C |

- 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)

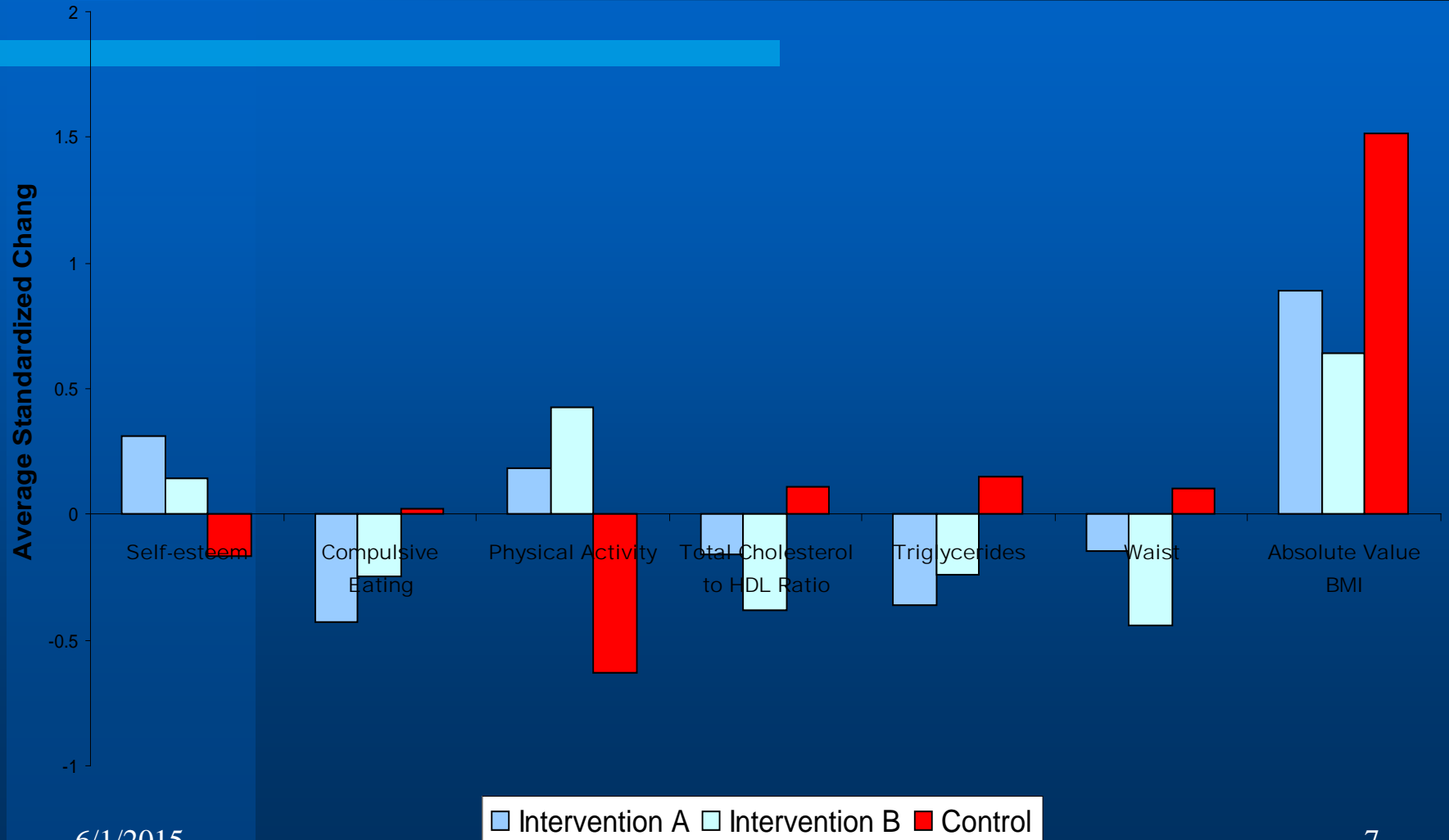
- Three sets of Measures

- 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



6/1/2015

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**