

**Title of Intervention and Website:** Home-based activity program for obese children

**Intervention Strategies:** Supportive Relationships, Individual Education

**Purpose of the Intervention:** To increase physical activity in obese children

**Population:** Obese children aged 9-14 and their parents

**Setting:** Kearney, Nebraska; home-based

**Partners:** None mentioned

**Intervention Description:**

- Supportive Relationships: Parents were enlisted to implement and maintain intervention programs for their children.
- Individual Education: A home activity packet was sent to parents. The packet contained information on how to implement the program and descriptions of activities that could be implemented in the neighborhood. Investigators met with parents and children prior to implementation of intervention to go over the packet.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: staff to prepare materials and review them with participants
- Training: not mentioned
- Technology: computers and printers
- Space: not mentioned
- Budget: not mentioned
- Intervention: informational materials
- Evaluation: consultants, skin fold test, aerobic fitness test, activity data sheets, statistical software

**Evaluation:**

- Design: pre/post
- Methods and Measures: Ten consultants were trained and met with families to ensure that the intervention was being properly implemented. A physical examination consisting of a skin fold test and an aerobic fitness (treadmill) test was conducted before and after the intervention. Parents were provided with activity data sheets so that they could enter in their child's activities. All data collected was used to perform statistical analysis.

**Outcomes:**

- Short Term Impact: not mentioned
- Long Term Impact: There was an increase in cardio-respiratory performance, measured using the treadmill test.

**Maintenance:** Not mentioned

**Lessons Learned:** Home-based activity may be an effective strategy to manage childhood obesity.

**Citation(s):** Bishop, P. and J. E. Donnelly (1987). "Home based activity program for obese children." Amer. Corr. Ther. J. 41(1): 12-19.