Title of Intervention: Coping skills training and problem-solving in diabetes for high-risk youth

Intervention Strategies: Group Education, Supportive Relationships, Individual Education

Purpose of the Intervention: To improve metabolic and psychosocial outcomes through training

Population: English-speaking youth between the ages 10 and 14 who have a family history of diabetes and a body mass index greater than the 95th percentile

Setting: Middle schools in urban Connecticut; school-based

Partners: School districts, community clinic

Intervention Description:
- Group Education: Weekly nutrition classes, each lasting 45 minutes, were taught to children and their parents. Some of the topics included "Multi-cultural pyramids," "Dining out in the fast food lane," "Basics to building better school lunches" and a supermarket tour. The curriculum was designed to be family-centered and culturally-sensitive. Coping skills training was taught along with the nutrition classes. Training included culturally-sensitive weight management materials. There was also an afterschool physical activity program scheduled two days a week for 45 minutes each. Activities included basketball, double-dutch, hip-hop dance, whiffle ball, baseball, Frisbee and walking.
- Supportive Relationships: Parents were invited to the weekly nutrition classes and were encouraged to engage in physical activity with their children at least three times a week at home. During the summer, participants received phone calls from the class leaders to reinforce weekly nutrition and exercise goals and coping skills training.
- Individual Education: Children created weekly goals, with assistance from the dietitian.

Theory: Social Cognitive Theory

Resources Required:
- Staff/Volunteers: School nurse practitioners, a registered dietitian, exercise interventionist
- Training: Cognitive skills training for the dietitian
- Technology: Not mentioned
- Space: Classroom space
- Budget: Not mentioned
- Intervention: Large exercise balls, two- and five-pound hand weights, jump ropes, resistance bands, pedometers, hip hop dancing videos, sports equipment, free transportation to clinic, curriculum
- Evaluation: Surveys

Evaluation:
- Design: Quasi-experimental
- Methods and Measures:
  o Surveys measured changes in self-efficacy, depression and physical activity.
  o Oral glucose status and body mass indices were measured at screenings.
  o Twenty-four-hour dietary recalls assessed dietary intake.

Outcomes:
- Short Term Impact: Self-efficacy related to physical activity improved in the intervention group. Children and parents both reported an improvement in knowledge.
- Long Term Impact: Participants receiving the intervention demonstrated trends in lower glucose and insulin levels. The weight and body mass index increased in both groups. The intervention group had a lower rate of gain.

Maintenance: During the summer, telephone support calls were made by course instructors to reinforce weekly goals.
Lessons Learned: Not mentioned

Citation(s):