

Title of Intervention: Family Health Promotion Program

Intervention Strategies: Group Education, Supportive Relationships, Individual Education

Purpose of the Intervention: To alter families' patterns of interaction regarding eating, exercise and coping behaviors

Population: Families with children in 4th or 5th grade at risk for cardiovascular disease

Setting: Elementary schools in Jefferson Parish, Louisiana; school-based

Partners: School districts

Intervention Description:

- Group Education: Families attended six weekly group instructional sessions on the school premises. Activities focused on eating, exercise and coping skills.
- Supportive Relationships: Families attended nutrition, exercise, and behavioral counseling for six sessions. Techniques used included contingency contracting, self-monitoring, social and physical reinforcement, stimulus control and enhancement of self-efficacy.
- Individual Education: Tailored feedback was provided to create behavioral contracts and valued rewards given for success.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dietitians, behaviorists
- Training: Not mentioned
- Technology: Not mentioned
- Space: Space for weekly sessions on the school premises
- Budget: Not mentioned
- Intervention: Contracts, rewards, education materials
- Evaluation: Questionnaire, DINE System to analyze food records, cardiovascular disease screening supplies

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Questionnaire assessed cardiovascular health knowledge, smoking and alcohol habits, use of social support, perceived self-efficacy, eating and exercise patterns and family cohesion and adaptability
 - 24-hour food records were kept by families twice a week for 1 weekday and 1 weekend to direct counseling and provide feedback concerning progress
 - Cardiovascular risk factor screenings included anthropometric evaluation, blood pressure, serum lipids, lipoproteins, urinary sodium and potassium excretion

Outcomes:

- Short Term Impact: There were decreases in intake of calories, total fat, saturated fat, monounsaturated fat and total sugar in the intervention group. Parents in the intervention group had significantly decreased blood pressure and non-significant weight reduction.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The study found that the counseling/contracting format resulted in improvements in food intake and adjustments in food preparation practices. There were corresponding increases in healthier food and beverage choices.

Citation(s):

Johnson, C. C., T. A. Nicklas, et al. (1992). "Behavioral counseling and contracting as methods for promoting cardiovascular health in families." J Am Diet Assoc 92(4): 479-81.

Nicklas, T. A., C. C. Johnson, et al. (1988). "A dynamic family approach for the prevention of cardiovascular disease." J Am Diet Assoc 88(11): 1438-40.