

Title of Intervention: San Diego Family Health Project

Intervention Strategies: Group Education, Individual Education, Campaigns and Promotions

Purpose of the Intervention: To improve nutrition and physical activity behaviors

Population: Families residing in the San Diego area

Setting: Elementary schools in lower and middle income neighborhoods in the San Diego Unified School District; school-based

Partners: None mentioned

Intervention Description:

- Group Education: Families met for 90 minutes one evening each week for 12 weeks. Each session consisted of four parts: aerobic exercise session, separate adult and child education segments, behavior management segment and a heart healthy snack that was prepared by a different family member each week. Session topics included training in self-monitoring, physical activity, sodium intake and saturated and total fat intake. The final sessions assessed progress made in support, exercise, fat intake and sodium intake. The course ended with a heart healthy, potluck dinner celebrating “graduation” from the intervention. Games and participatory exercises were emphasized. Children were given rewards for participation during the group education sessions
- Individual Education: Participants had notebooks that contained instructional materials, self-monitoring forms and recipes.
- Campaigns and Promotions: A family-oriented newsletter with mail-in contests and monetary rewards was conducted..

Theory: Social Learning Theory

Resources Required:

- Staff/Volunteers: Health educators
- Training: Not mentioned
- Technology: Computer, printer
- Space: Classroom space and gym/play area
- Budget: Not mentioned
- Intervention: Educational materials, teaching aides, newsletters, rewards, healthy snacks, games, recipes, notebooks, self-monitoring forms
- Evaluation: Surveys, attendance logs, equipment to assess blood pressure, weight, height, cholesterol

Evaluation:

- Design: Randomized, controlled trial
- Methods and Measures:
 - Education session attendance
 - Standardized interviewer-administered and self-report surveys captured target behaviors.
 - Physiological assessments were collected to study behavioral change (urinary sodium/potassium, hypertension, blood pressure, height, weigh, graded exercise test, cholesterol)
 - 24-hour diet recall and 7-day physical activity recall assessed behaviors
 - Family Adaptability and Cohesion Evaluation Scale measured self-efficacy for diet and exercise habits and perceived social support for diet and exercise habits
 - Health knowledge survey
 - Acculturation Rating Scale for Mexican-Americans
 - Physical activity and eating behaviors could be observed during an intervention zoo outing

Outcomes:

- Short Term Impact: Participants made a significant gain in knowledge of the skills required to change diet and exercise habits. Analysis suggested that those who attended intervention sessions with greater regularity showed greater decreases in blood pressure. Intervention families had a significant decrease in LDL-cholesterol. Intervention families spent more time being active than controls.
- Long Term Impact: Not measured

Maintenance: After the initial weekly sessions, four monthly and two bi-monthly maintenance sessions were conducted. Maintenance sessions for the intervention covered behavior chaining, restaurant eating techniques, grocery shopping, peer pressure and planned and unplanned breaks in exercise and dietary routines.

Lessons Learned: The project demonstrates that the school may be used to target and reach potential family participants. The results support the ability of family-based interventions to produce long-term changes in dietary habits. Findings suggest that family members are more likely to influence other family members of similar ages.

Citation(s):

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