

Title of Intervention	Mothers as Agents of Change to Improve Food Choices in their 1-3-Year-Old Children	
Intervention Strategies	Group Education	
Purpose	To improve food choices, fat habits, and increase physical activity levels of 1-3 year old children by providing weight loss classes to obese and overweight mothers.	
Populations	Low income, obese or over weight mothers, with children between 1-3 years of age, who participate in the Women Infants and Children (WIC) program.	
Settings	Community-based	
Partners	WIC	
Intervention Description	"Registered dietitians taught eight weekly two hour classes that included a 15 minute weigh-in, 1 1/4 hour discussion and activities, and 30 minutes of low- to moderate-intensity exercise. The program promoted nutritious food choices and lifestyle changes for good health and weight loss in mothers, with additional components of behavioral modification and physical activity. Child care was available at the classes but transportation to/from the sessions was not. Classes ranged in size from 2 to 10 mothers."	
Theory	Social Cognitive Theory	
Resources required	Staff/Volunteers:	Registered Dietician, Childcare.
	Training:	None
	Technology:	None
	Space:	Not mentioned
	Budget:	Not mentioned
	Intervention:	Curriculum, pedometers, food logs, and incentive prizes.
	Evaluation	Program evaluation form, SPSS statistical software, stadiometer, calibrated digital scale, 40-item general questionnaire, 24 hour food frequency questionnaires, pedometers, and the Toddler Behavior Assessment Questionnaire (TBAQ).
Evaluation	Design:	Pre-test, Post-test

	Methods and Measures:	"Overweight and obese mothers participated in an 8-week weight loss intervention encompassing diet, physical activity, and behavioral modification. Anthropometrics, demographic, dietary, and physical activity questionnaires were administered at weeks 0 and 8; anthropometrics were re-evaluated at week 24." Measures were taken for both mother and child.
Outcomes	Short term impact:	'Weight loss in mothers was modest and sustained at week 24, and children gained in height and weight as expected for normal growth. Beneficial changes in children's diets were decreased total and saturated fat, high-fat snacks/desserts, added fats, sweetened beverages, and fast food consumption, and increased home-prepared meals. Physical activity scores improved by 7% in children. Comparable changes in food choices and activity also were seen in mothers.'
	Long term impact:	Not measured
Maintenance	One time 8 week intervention.	
Lessons Learned	"Mothers with the least education benefited most from the intervention as measured by decreases in their child's BMI-for-age."	
	"In the program evaluation, the most highly rated aspects were the interactive learning components (i.e., wearing pedometers, cooking demonstrations) and group support."	
	Peer educators could be a feasible, cost-effective means for delivery of these programs in the community. Provision of transportation and child care could also improve retention.'	
	'Emphasis should be placed on positive messages that stress inclusion of all foods in moderation, without labeling items as "good" and "bad".'	
Citation(s)	Klohe-Lehman, Deborah M., Freeland-Graves, Jeanne, Clarke, Kristine K., Cai, Guowen, Voruganti, V. Saroja, Milani, Tracey J., et al. (2007) Low-Income, Overweight and Obese Mothers as Agents of Change to Improve Food Choices, Fat Habits, and Physical Activity in their 1-to-3-Year-Old Children. Journal of the American College of Nutrition, Vol. 26, No. 3, 196-208	