Development of an Educational Program for Parents and Children to Address Childhood Obesity in Northern Utah

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PROJECT METHODOLOGY

Due to the ongoing issue of childhood obesity a micro-learning video will be created in an effort to better educate children, adolescents, and their parents on a variety of key topics pertaining to the prevention, promotion, and engagement of a healthier lifestyle. In addition to the micro-learning video a handout will be distributed to participants. This will include a place for notes to be taken during the video presentation, directions on where to locate the video on YouTube, the links to view the video directly, and information on how to access the CDC, Obesity Society, American Academy of Pediatrics, and other helpful websites for further knowledge. A pretest and posttest will be used to evaluate the effectiveness of the class presentation and micro-learning video.

Plan and Implementation

- Contact to district school office will be initiated.
- Upon approval, schools will be selected according to whom might benefit most from the program.
- The micro-learning video, handout, and pre- and posttests will be presented to children and their parents in the form of an annual class.
- If preferred or if the parents are unable to attend the annual class all of the information may be sent home for private use and viewing on YouTube.

Evaluation

A pre- and posttest will be utilized to evaluate the effectiveness of the annual class material in the micro-learning video and handout. The insight gained from these tests will determine if:

- An increase in knowledge related to the negative health effects of childhood obesity occurred.
- An increase in knowledge related to proper interventions that promote and engage a healthier lifestyle occurred.
- Alterations need to be made to the educational content, in order to promote higher levels of success in future presentations.
- A subsequent posttest will be mailed six-months later to evaluate longevity of knowledge retention and to inquire if family-based interventions have been implemented.

THEORETICAL FRAMEWORK

The Health Promotion Model (HPM) focuses on four areas, including individual characteristics, experiences, behavior-specific cognitions and affect, and behavioral outcomes. The HPM model can be used as a guide to explore the biopsychosocial processes that motivates an individual to engage in healthy behavior.

Personal factors include:

- Biological
- Psychological
- Socio-cultural

Biological factors include:

- Race
- Gender
- BMI
- Pubertal status

CONCLUSIONS

As children, it may be difficult to change the personal and biological factors affecting their lifestyle and ultimately their weight. With gained knowledge and understanding among the entire family unit, change is possible.

LITERATURE REVIEW

A literature review found the following implications associated with childhood obesity:

- Hypertension, cardiovascular disease, type II diabetes, asthma, cancer, and impaired quality of life.
- Susceptible to being bullied, social isolation, depression, emotional eating, lower self-esteem, and suicide.
- Increase likelihood to smoke/drink.
- Child and parent misperception of body size.
- Parents fail to acknowledge the problem.
- Education/interventions are effective to change behavior.
- Role model promotes healthy behaviors among children.
- Early detection decreases medical/psychological problems.

PICO QUESTION

In children and adolescents, how does a family-based intervention, compared to no intervention, affect BMI during a one-year period?

REFERENCES