**TARGET AUDIENCE**

This program is delivered to pediatric clinicians (i.e., pediatricians, nurse practitioners, and registered dietitians) and is intended to impact children who are 2 to 10 years old.

**SUMMARY**

Brief Motivational Interviewing to Reduce BMI, a clinically based program, is designed to reduce obesity in children by training pediatricians and registered dietitians to deliver behavioral counseling through motivational interviewing techniques to parents and their children.

**EVIDENCE**

A cluster-randomized controlled trial was conducted in 42 pediatric offices in which offices were randomized to have parent/caregivers and their children receive the following: Group 1: a group that received usual care; Group 2: a group that received four motivational interviewing visits with a clinician; Group 3: a group that received four motivational interviewing visits with a clinician and six motivational interviewing visits with a registered dietitian. After 2 years, children in Group 3 had significantly lower body mass index (BMI) percentile compared to Group 1 children, but there were no differences between Groups 2 and 3. Parental self reports of children's fruit and vegetable intake were significantly higher in Group 3 compared to Group 1. Additionally, parental report of hours of screen time indicated that children in Group 3 spent significantly less time viewing screens than children in Group 1 or Group 2. No significant differences were observed for parental reports of children's physical activity or sweetened beverage consumption.

**COMPONENTS**

Brief Motivational Interviewing to Reduce BMI intends to positively impact children's dietary and physical activity behaviors and, consequently, reduce potential weight concerns. This program provides clinicians and dietitians with training to deliver motivational interviewing sessions to parents/caregivers and their children. Clinicians and dietitians are taught how to discuss topics, such as snack foods, sweetened beverage consumption, eating in restaurants, fruit and vegetable consumption, TV/screen time, video games/computer games, and physical activity.

In order for the professionals to address a family's specific concerns, prior to visits with the health professionals, parents complete a screening measure in which they indicate their child's frequency in engaging in the topics and behaviors discussed above. Clinicians are provided with a scoring template of either red, yellow, or green, which they then assign to specific behaviors. Then, during the motivational interviewing sessions, clinicians, parents, and children, who are old enough to participate in discussions, concentrate on the red and yellow behaviors, which parents have indicated they are willing to modify, and strategies to address any concerns.

**PREVIOUS USE**

A randomized controlled trial of the program was tested between 2009 and 2013. The extent to which the program has been used since then is unknown.
Brief Motivational Interviewing to Reduce BMI

TRAINING
Primary care practitioners, including pediatricians; nurse practitioners; and registered dietitians must complete 2 days of training in motivational interviewing and behavioral therapy. They also receive an interactive DVD that provides booster training in motivational interviewing that is focused on pediatric obesity. No additional information on training or training costs was located.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from pediatric clinical offices, facilitators, parents, and children who are old enough to be able to understand and participate in this program; ensuring clinicians and dietitians complete training; finding time for parents to complete the measures prior to appointments and providing potential child care while they complete the measures; and understanding that the clinicians and dietitians are encouraged to offer a specific number of motivational interviewing sessions with families and that success of the program relies on their adherence to this component.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing Brief Motivational Interviewing to Reduce BMI, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
Primary care practitioners provide parents and their children with three motivational interviewing sessions in the first year and one additional session in the second year. Registered dietitians, who are linked to the pediatric clinics, are expected to complete six motivational interviewing sessions over the 2 years. Developers recommend that more sessions are held at the beginning of this 2-year period. Time to complete these sessions varies.

COST
No information about implementation costs was located.

EVALUATION PLAN
To move Brief Motivational Interviewing to Reduce BMI to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Ken Resnicow by mail 3867 SPH I, 1415 Washington Heights, Ann Arbor, Michigan 48109, phone 1-734-647-0212, or email kresnic@umich.edu

SOURCE
Resnicow et al. (2015) and Resnicow et al. (2016).