TARGET AUDIENCE

This program is delivered to youth who are 6 to 12 years old with a body mass index at or above 85% and their parents and is intended to impact children.

SUMMARY

Fit Family Challenge, a clinical-based program for youth and their parents, intends to provide families with education around the 5-2-1-0 health initiative and encourage families to adopt healthier lifestyle behaviors.

EVIDENCE

A pretest/posttest pilot study was implemented in 29 primary care practices. Significant differences were observed in body mass index (BMI) percentile for children who completed at least 6 to 9 months of the program. No significant differences were observed in children who only completed 3 to 6 months of the program. Also, BMI z scores were significantly reduced in youth who completed 9 to 15 months of the program but not for those with less time in the program. Among participants who completed 3 months of the program, statistically significant improvements were observed for daily fruit and vegetable intake, days with 60 or more minutes of physical activity, the number of times per week families participated in physical activity, daily screen time, intake of sugar sweetened beverages, and the number of times eating out. No significant differences were observed for systolic or diastolic blood pressure. All study findings should be interpreted with caution since there was no control group for comparisons and children's exposure to the program varied greatly (i.e., some participated for 3 months, while some participated for 15 months).

COMPONENTS

Children and their parents attend group sessions that are facilitated by their clinic’s lead clinician and care manager. At each session, children’s weight, height, and blood pressure are measured. Children also complete the HeartSmartKids questionnaire that asks questions about their lifestyle behaviors with a specific focus on the 5-2-1-0 message. The 5-2-1-0 message suggests that youth should eat 5 or more fruits and vegetables a day, engage in 2 hours or less recreational screen time, engage in 1 hour or more of physical activity, and consume 0 sugar sweetened beverages. This message is the primary focus of the monthly sessions. In addition to the 5-2-1-0 topics, sessions also cover the following:

- Reading food labels;
- Realizing the importance of portion sizes;
- Eating out;
- Getting enough sleep;
- Understanding media & advertising;
- Growing gardens;
- Incorporating children in the kitchen;
- Promoting healthy bodies for life;
- Engaging in family communication;
- Building self-esteem; and
- Ensuring parental role modeling for health behaviors.

At each monthly session, parents and their children receive education and participate in an activity. They also set a goal with an action plan to work on for the next 4 weeks. Children and parents have weekly meetings with the care manager to discuss progress on their goal and their action plan.

PREVIOUS USE

A pilot study was conducted at primary care practices throughout Colorado from 2011 to 2014. The extent to which the program has been used beyond this pilot study is unknown.
## TRAINING

This program is facilitated by a team of leaders that includes a lead clinician and a designated care manager, who is a medical assistant, nurse, dietitian, social worker, or behavioral health specialist, from the clinical practices. The Fit Family Challenge Team provides 1-day training sessions to leaders. This training includes an overview of the content and explains how to implement the monthly group visits, collect data, and conduct motivational interviewing. Clinical practice leaders also participate in a monthly call with the Fit Family Challenge Team. In addition, each clinical practice receives a step-by-step facilitator guide and a curriculum for each monthly group visit. Members of the Fit Family Challenge Team also conduct a 2-hour rapid improvement activity in clinics, so the providers and staff are trained to implement and deliver the HeartSmartKids questionnaire and Fit Family Challenge curriculum.

## CONSIDERATIONS

Considerations for implementing this program include acquiring buy-in from clinicians and staff members at clinical practices, identifying a care manager and lead clinician to supervise and implement the program, finding the time to implement the program in the clinic each month, and ensuring both parents and children attend sessions.

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 Fit Family Challenge, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### TIME

Youth and their parents attend monthly sessions held at a physician's office/clinical practice. Sessions last approximately 60 minutes. The curriculum consists of 16 modules. Additionally, families are expected to contact the care manager each week via text, phone, or email to update him or her on their family's progress towards their goals and their action plans.

### COST

No information about implementation costs was located.

## EVALUATION PLAN

To move Fit Family Challenge to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion. 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 Fit Family Challenge by visiting the web contact form at [http://ourfitfamily.org/?page_id=58](http://ourfitfamily.org/?page_id=58)

## SOURCE