TARGET AUDIENCE

This program is delivered to pediatric clinicians and is intended to impact children.

SUMMARY

The Health and Obesity: Prevention and Education (HOPE) Project program consists of an online curriculum that is designed to educate clinicians and provide them with the resources and skills needed to assess, manage, and prevent pediatric obesity.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

This program intends to help pediatric clinicians improve nutrition/diet, increase physical activity, and reduce sedentary behavior among their patients. The HOPE curriculum consists of the following main components:

- Evaluates health outcomes related to childhood obesity;
- Offers selection techniques to identify children and families at risk for obesity;
- Makes recommendations to families based on current research; and
- Instructs clinicians on how to give culturally thoughtful weight counseling to families.

In particular, the program uses online modules to provide clinicians with education and strategies to help families decrease soda and sweetened beverage consumption; increase eating meals at home and decrease eating meals at restaurants; decrease portion size; increase breakfast consumption; increase physical activity to at least 1 hour every day; and decrease TV, video game play, and computer time to 2 hours per day.

PREVIOUS USE

The HOPE Project was developed in 2008, but the extent to which it has been used is unknown.
TRAINING

No training is required for implementation of the HOPE Project program. The online modules have already been developed by HOPE Project staff for clinicians to complete. Clinicians must register using the email address in the Contact section to complete the online program.

CONSIDERATIONS

Considerations for implementing this program include acquiring participant buy-in, ensuring clinicians have internet access to complete the program, and finding time for curriculum implementation.

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 the HOPE Project program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program includes seven 1-hour online modules. Time for the interactive practicum varies.

COST

The HOPE Project program curriculum is free.

EVALUATION PLAN

To move the HOPE Project program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or 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 mail The HOPE Project, 9500 Gilman Drive, MC 0811, LaJolla, CA 92093, phone 1-858-534-9550, fax 1-858-534-9404, or email hopeproject@ucsd.edu

SOURCE

http://cwphs.ucsd.edu/hope

www.militaryfamilies.psu.edu

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.