Mind, Exercise, Nutrition... Do It! (MEND) 2-5

TARGET AUDIENCE
This program is for children who are 2 to 5 and their parents.

SUMMARY
The Mind, Exercise, Nutrition... Do It! (MEND) 2-5 program is a family and community-based, multi-component behavioral modification program that promotes healthy eating and regular physical activity for participants.

EVIDENCE
A randomized controlled trial (RCT) was conducted in Australia for the MEND 2-4 program; the MEND 2-5 program is very similar to the MEND 2-4 program. The RCT found that immediately after the 10-week program ended, children in the intervention group reported significantly greater vegetable intake and satiety responsiveness and significantly lower high-energy snack food intake compared to the control group. No significant differences between the groups were observed for other dietary outcomes of fussiness; fruit, milk, water, or sweet drink intake; physical activity or sedentary behaviors; or body mass index z scores. Outcomes were assessed again at 6 months and 12 months, and no significant differences were observed or sustained between the two groups.

COMPONENTS
MEND 2-5 classes engage parents and children in an effort to promote healthy lifestyles.

Specific information on the MEND 2-5 program was not available. However, the MEND 2-5 program is very similar to the British MEND 2-4 program. In the British MEND 2-4 program, parents and children attend sessions together in which they learn about healthy eating, proper portion sizes, and active play. Parents are provided with strategies and ideas for encouraging their children to taste and enjoy different fruits, vegetables, and other healthy foods. Class time is divided so parents and children have time to play together, and adults participate in group discussions while children take part in active play.

MEND 2-5 is adapted from the MEND 7-13* program.

* A separate Fact Sheet is available for this program.

PREVIOUS USE
The MEND program was developed in 2000, and the pilot program launched in 2002. In 2011, MEND Central, Inc., came to the United States and offered MEND programs throughout the country. To date, two pilot studies have been conducted at the University of Texas Public School and Baylor College of Medicine. The MEND Central, Inc., also has partnerships with the University of Nebraska Medical School and Duke University. Previous use information for the MEND 2-5 program was not located.
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## TRAINING

Training is mandatory, and staff members at locations, such as children's daycare centers, recreation centers, and preschools, facilitate MEND 2-5. All delivery teams are trained by MEND experts and are fully supported over the course of the programs.

## CONSIDERATIONS

Considerations for implementing this program include obtaining facilitators and ensuring they receive training, finding time and space to hold program sessions, providing child care for older or younger siblings of participants, and acquiring parental buy-in and commitment.

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 MEND 2-5, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

<table>
<thead>
<tr>
<th>TIME</th>
<th>Sessions are 90 minutes and are held once a week for 10 weeks.</th>
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<tbody>
<tr>
<td>COST</td>
<td>Program implementation costs were not located. Please contact the program developer using details in the Contact section for more information.</td>
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## EVALUATION PLAN

To move the MEND 2-5 program 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 MEND by phone 1-866-407-7974, email info@mendcentral.org, or use the contact us form at http://us.mendcentral.org/contactusform. This website is currently under renovation.

## SOURCE

http://us.mendcentral.org/whatweoffer/mend2-5 and http://healthyweightpartnership.org/. The first website listed here is currently under renovation.