PACE MySteps

TARGET AUDIENCE

This program is delivered to adolescents who are 12 to 16 years old and are overweight or at risk for becoming overweight and their parents and intends to impact the adolescents.

SUMMARY

PACE MySteps™ is a web-based, self-administered program that is designed to facilitate weight loss. The program offers online counseling support, cell-phone functionality, and automated pedometer uploading.

EVIDENCE

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

COMPONENTS

The goal of the PACE MySteps™ program is to promote gradual weight loss and long-term health benefits. The program is designed to guide participants as they make changes to lose weight and improve and maintain general health. The program intends to help participants do the following:

- Increase fruit, vegetable, and fiber consumption;
- Decrease dietary fat consumption;
- Increase the amount of time spent doing moderate, vigorous, and lifestyle activities; and
- Decrease time spent doing sedentary activities.

Lessons provide information on nutrition and physical activity behaviors and encourage goal-setting and tracking progress. The use of pedometers is highly encouraged, and tools are provided for tracking total steps and activity levels. In addition, a parent program is offered to help parents support their children in making healthy lifestyle changes. After the initial program ends, optional access to continued weight loss support and tools are offered. Text messaging support and tracking functions are also available for teens and parents.

PREVIOUS USE

Information about previous use was not located.
**PACE MySteps**

**TRAINING**

No training is required to implement this program.

**CONSIDERATIONS**

Considerations for implementing this program include recruiting committed participants and parents as this program promotes lifestyle changes and requires self-motivation and ensuring that adolescents and/or parents have access to a computer and the internet.

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 PACE MySteps™, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program lasts 4 months and includes weekly lessons.

License fees are determined based on several factors that can include number of end users and amount of tailoring or set-up services requested. Please contact the developer using details in the Contact section for more information.

**EVALUATION PLAN**

To move PACE MySteps™ 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 Sheri Thompson by mail Santech, Inc., 8950 Villa La Jolla Dr, Suite A 206, San Diego, CA 92037, phone 1-858-453-4948, fax 1-858-453-4410, or email sthompson@santechhealth.com

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