The Quest to Lava Mountain® (QTLM)

TARGET AUDIENCE

This program is for children who are 8 to 12 years old.

SUMMARY

The Quest to Lava Mountain® (QTLM), a web-based video game, is designed to use stealth learning to teach players about healthy eating.

EVIDENCE

Results from one quasi-experimental study demonstrated self-reported decreases in children's sugar consumption and improved nutrition/physical activity attitudes at post-test. There were no direct effects of QTLM on physical activity; however, greater exposure to the program was associated with increased frequency of physical activity. There were decreases in energy intake in both the intervention and comparison groups; however, the decrease was greater in the comparison group. There was also a decrease in knowledge in the intervention group compared to the comparison group.

COMPONENTS

The QTLM program is an action-adventure video game. To complete their quest, players must create an avatar, keep the avatar healthy by eating well and being physically active, and complete a series of progressive gaming challenges. The game is designed to improve problem-solving, personal control, decision-making, knowledge, self-efficacy, and behavioral capability. The program is based on the following five concepts:

- Food is fuel;
- Food and physical activity are related;
- Healthy foods and beverages (e.g., fruits, vegetables, whole grains, low-fat dairy, water) provide nutrients for overall health and performance;
- Healthy diets include a variety of nutritious foods, in moderation; and
- A physically active lifestyle is important to maintain optimal health.

PREVIOUS USE

QTLM was created by the Cooper Institute in 2010 in partnership with the Texas Department of Agriculture. The extent to which QTLM has been used is unknown.
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TRAINING
No training is required to implement this program.

CONSIDERATIONS
Considerations for implementing this program include understanding that a site license may need to be purchased, ensuring participants have access to computers and the internet, and finding time and locations for children to engage in game play.

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

TIME
QTLM involves approximately 10 hours of game play; however, this time estimation will vary depending on the participants’ gaming abilities.

COST
Implementation costs were unavailable.

EVALUATION PLAN
To move the QTLM 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 contact The Cooper Institute by mail 12330 Preston Road, Dallas, Texas 75230, phone 1-800-635-7050 or 1-972-341-3200, fax 1-972-341-3227, or visit www.cooperinstitute.org/contact

SOURCE
Beasley et al. (2012) and Sharma et al. (2015).