Trim Kids

### TARGET AUDIENCE
This program is for parents of youth who are 7 to 17 years old and overweight or obese and is intended to impact youth.

### SUMMARY
Trim Kids™, a community- and family-based program, is designed to equip parents with information, guidance, and tools to lead their child or teen through a weight management protocol that focuses on improving nutrition, increasing physical activity, decreasing sedentary behavior, and creating a supportive environment within the home.

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

### COMPONENTS
Trim Kids is a parent-led weight-management program for youth. Parents use the information and guidance provided in the book, *Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight*, to assist in changing the home environment and altering their parenting behaviors to enhance and support their child's weight loss. This program is divided into four levels:

- **Level 1-Red:** Severe obesity;
- **Level 2-Yellow:** Moderate obesity due to diet, behavior, and/or fitness;
- **Level 3-Green:** Overweight, at-risk for obesity; and
- **Level 4-Blue:** Program goal, maintaining healthy lifestyle.

A child's pediatrician determines in which level the child falls and then provides guidance about safe exercise and dietary restrictions and can offer medical support as needed. Parents use tools, such as checklists and tracking worksheets, to help their child or adolescent set goals and monitor progress. Parents follow a structured program that covers the following concepts:

- Understand nutrition through portion control and lifestyle changes, like reducing or eliminating sugar-sweetened beverages.
- Exhibit positive parental role modeling by displaying healthy eating and physical activity behaviors.
- Assess the body's needs by understanding metabolism and how it affects hunger and cravings and learn how to monitor heart rate and recognize activity limitations.
- Improve self-esteem and self-image by using positive self-talk.
- Reduce stress by practicing relaxation techniques.
- Use the moderate-intensity progressive exercise program that provides physical activity information and age-suitable exercises.
- Recognize relapse signs and encourage children's commitment and persistence.
- Learn tips to maintain healthy habits when traveling.
- Appreciate how social and emotional pressures can prompt unhealthy habits and how to overcome these pressures.

At the conclusion of the program, the child's pediatrician evaluates the youth's progress. The participant then moves to the next level or repeats the program until the weight loss goal is achieved.

### PREVIOUS USE
Trim Kids has been available since 2001, but the extent to which the program has been used is unknown.
Parents of Children  Parents of Teens  Community-Based  Obesity  Nutrition / Diet

Physical Activity  Sedentary Behavior  Parenting

Trim Kids

TRAINING

Training is not necessary or available. The book *Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight* provides all of the information parents will need to implement the program.

CONSIDERATIONS

Considerations for implementing this program include having access to a pediatrician who can provide support and council, understanding parents will need to commit significant time and energy into this program and will need a high degree of motivation to lead youth through the program, ensuring parents are willing and able to make parenting and environmental changes within the home, and understanding the book will need to be purchased.

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

TIME

This program lasts 12 weeks.

COST

A paperback copy of *Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight* costs about $13.

EVALUATION PLAN

To move Trim Kids 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

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