Triple P (Positive Parenting Program) Group Lifestyle Program

TARGET AUDIENCE
This program is delivered to parents who have children, ages 5 to 10 years old, who are overweight or obese and is intended to impact children.

SUMMARY
Triple P (Positive Parenting Program) Group Lifestyle Program, a family- and community-based intervention program, is designed to provide education and active practice in skills that improve parenting regarding nutrition and physical activity patterns. This program is based on the Triple P (Positive Parenting Program) model.

EVIDENCE
One randomized control trial involving 101 families found that the program improved child weight status (i.e., body mass index), child weight-related problem behaviors, and ineffective child weight-related parenting practices, and parents’ sense of effectiveness in dealing with their child’s behavior. Parents maintained these improvements 1 year after program completion. Children experienced additional improvements in weight status at the 1-year follow-up as compared to both pre- and post-program time points.

COMPONENTS
Triple P is delivered in sessions to approximately 12 families in a group setting. Sessions provide information and hands-on activities to increase skills that are designed to help parents address and manage their children’s weight-related problem behaviors, such as eating unhealthy foods, having too much screen time, and coping with peers. In addition, individual phone calls to families are initiated to facilitate goal-setting and progress-monitoring within the family.

The Triple P model of positive parenting encourages parents to make changes within their home environment, increase health-promoting behaviors (e.g., reward good choices, increase access to physical activity, and model healthy eating by parents), and prevent or manage problem behaviors (e.g., limit TV time and set rules about soda consumption).

PREVIOUS USE
This program was first evaluated in 2004. The extent to which the program has been used is unknown.
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### TRAINING

Training is required, and facilitators must take a Provider Training Course. The course includes readings and resources, a 3-day training program, and a skills-based accreditation test. A 2-day training program is available for providers who have already completed training in the Group Triple P program, and it costs $2000 plus travel expenses.

### CONSIDERATIONS

Considerations for implementing this program include understanding that facilitators should be professionals who are involved in the delivery of long-term group interventions and who have experience in child development, physical activity, and nutrition fields; identifying a location to hold program sessions; and finding childcare for participants during sessions as the program does not provide coordinated education or activities for children.

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 Triple P Group Lifestyle Program, 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>COST</th>
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<td>There are 10 group sessions that last 90 minutes each, and four individual phone consultations last 15 to 30 minutes and are offered over 17 weeks.</td>
<td>The cost of this program is determined by the site.</td>
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### EVALUATION PLAN

To move the Triple P Program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

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 questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Triple P America by mail PO Box 12755, Columbia, SC 29211, phone 1-803-451-2278, email contact.us@triplep.net, or visit www.triplep.net/glo-en/contact/

### SOURCE

www.triplep-america.com/glo-en/home/