

## Minutes of the W2005 Meeting

Meeting: Annual Meeting of the W2005 Multistate Research project: Parenting, energy dynamics, and lifestyle determinants of childhood obesity: New directions in prevention

Meeting Date: November 14-15, 2013

Meeting Location: University of Nevada Cooperative Extension Southern Area Office, 8050 Paradise Road, Las Vegas, NV

### Attendance:

Janet Kurzynske (University of Kentucky)  
Ann Bock (New Mexico State University)  
Karen Chapman-Novakofski (University of Illinois)  
Kate Dicken (Cornell University - via Skype)  
Marie Fialkowski (University of Hawaii)  
Barbara Fiese (University of Illinois)  
Nurgul Fitzgerald (Rutgers University - via Skype)  
Kay Hongu (University of Arizona)  
Linda Houtkooper (University of Arizona)  
Laura Hubbs-Tait (Oklahoma State University)  
Rafida Idris (South Carolina State University)  
Ashley Kimble (Oklahoma State University graduate student)  
Enette Larson-Meyer (University of Wyoming)  
Michael Liebman (University of Wyoming)  
Annie Lindsay (University of Nevada Cooperative Extension)  
Melinda Manore (Oregon State University)  
Rachel Novotny (University of Hawaii)  
Madeleine Sigman-Grant (University of Nevada Cooperative Extension)  
Diane Tidwell (Mississippi State University)

### Thursday November 14, 2013

8:30am Networking and technology set-up for those using Skype

9:00am Meeting was called to order by Chair Janet Kurzynske. Introductions, instructions for the meeting and the agenda, travel to and from hotel, meals, registration, conference rooms available for break-out sessions.

### Items by Janet Kurzynske:

9:15am Review of prior 2012 meeting's objectives and where we are now, and also discussed the participants of W2005. There are currently about 17 active members and 10 inactive members.

Presented and discussed the two 2012 objectives: (1) Compare and contrast outcomes from 2006 W1005 objective 1 (field practice perspective) and objective 3 (parent-child interaction) with findings from seminal obesity-prevention research to identify successful child obesity prevention strategies as influenced by parenting, (2) Using results of objective 1, develop resources such as

translational research articles that community and public health professionals could use in implementing community programs that ultimately could change the trajectory of childhood obesity and overweight. Objectives are from the Logic Model for W2005 – 2012-2017 and available

at [http://www.lgu.umd.edu/lgu\\_v2/pages/attachs/14456\\_W1005%20logic%20model%20-%2004.30.12.pdf](http://www.lgu.umd.edu/lgu_v2/pages/attachs/14456_W1005%20logic%20model%20-%2004.30.12.pdf)

The three groups were discussed (physical activity (PA), diet quality (DQ), and parenting); groups' work needs to be clarified during the group meetings.

The W2005 Guidelines for Publication (Governance of Publications) document was approved with the addition of New Mexico and Wyoming added to the states participating in W2005 (page 8 of document).

#### Items by Laura Hubbs-Tait:

10:30am Laura Hubbs-Tait discussed meta-analysis and led a discussion of the following papers:

1. Meta-analysis of interventions on diet and exercise – Ho et al., *JAMA Pediatr.* 2013;167(8):759-768
2. Meta-analysis of cohort studies of SSB-BMI link and RCTs to reduce SSB consumption – Malik et al., *Am J Clin Nutr* 2013;98:1084–102.
3. Meta-analysis of educational interventions with outcomes that included BMI, waist circumference, etc. – Sbruzzi et al., *Preventive Medicine* 2013;56:254–264
4. Meta-analysis of “nutrition education, physical activity education, physical activity sessions, behavior education, behavior therapy, or a combination of these activities” – Nieimeier et al., *Preventive Medicine* 2012; 55:3-13
5. Meta-analysis by Hammons and Fiese in *Pediatrics* that does a very nice job of illustrating analyses for moderators (effect modifiers) and uses the same software with which Diane, Ashley, and I are familiar. Hammons & Fiese, *Pediatrics* 2011;127: e1565.

Tentative list of possible characteristics/coding variables that may be coded:

1. Is parent participation required?
2. Were sessions parent only, parent + child, child only?
3. Was one of the main research questions related to parenting?
4. What was the focus of parenting intervention? (e.g. family-level, parenting skills, nutrition only, etc).
5. Was parent participation/attendance measured and reported?
6. Are results reported for differences in parent conditions (attendance, intervention group, other variables/etc)?

The level of parenting was discussed, in particular, developing and using a scaled variable.

Other discussion included spreadsheet update, coding other variables including parenting variables, diet quality as prevention, physical activity as prevention, research quality and clarifying the independent and dependent variables, effectiveness of the parenting variable

(parenting is the moderator), improved diet quality and increased physical activity as outcome measures for groups 1 and 2, and research designs to use for a meta-analysis. Research design and checklists are available at the NEL at <http://www.nel.gov/topic.cfm?cat=3232>  
An overall question to think about is “What can we communicate as Extension professionals?”

12:00 Lunch and group meetings (diet quality (DQ), physical activity (PA), and parenting groups)

2:00pm W2005 participants re-convened. Each group presented their work with discussion following the presentations.

W2005 – PA group (M. Manore, A. Lindsay, K. Hongu, E. Larson-Meyer):

What effect do community based interventions have on physical activity (min/d; PA fitness assessment), sedentary behavior (e.g. min/d of screen time) and participation in PA outside of school?

Key words to search to see if a meta-analysis has been done to answer our research question: children, adolescent, physical activity, community programs, structured/ unstructured or formal/informal PA, meta-analysis, review, sedentary behavior, sitting behavior.

Defining the question using PICO:

People = apparently healthy children, regardless of size; Age (school age)

Intervention – community based intervention outside of school; competition group is a control group; cohort studies (baseline data)

Comparison group: no PA intervention [control group]; pre/post data will be collected; or comparison to national standards/guidelines such 60 min/d of PA, no more than 2 h of screen time

Outcomes: PA (min/d); Sedentary behavior (min/d); PA outside of school (amt of time/wk); PA fitness (Fitness Gram assessment);

Other variable to be noted: Parents level of PA/Fitness; Modeling of PA by Parents; BMI or other anthropometric outcomes; nutrition part of program

Study Design: RCT, interventions with or without control group, cross sectional studies (e.g. baseline data)

W2005 – DQ group (Michael Liebman, Diane Tidwell, Janet Kurzynske, Rafida Idris, Ann Bock, Karen Chapman-Novakofski (Nurgul Fitzgerald attended later on Skype):

P-presumably healthy 2 to 12 year olds

I-Intervention to achieve healthy eating [diet quality] with caregiver involvement

C- Intervention to achieve healthy eating [diet quality] without caregiver involvement

O-outcomes- diet quality and one or more eating behaviors. What about breakfast? Not part of our original outcome but could be continued. Nutrients or food? Food.

Research Question - Will the nutrition intervention that includes parental/caregiver involvement have greater effect on the child’s diet quality than those interventions that do not include parental/caregiver involvement?

Inclusion: both in school and out of school; both food and nutrient focused; global; both control and non-controlled

Exclusion: those with other than caregiver/parent; other than English publications; studies that have a weight criteria for participation or health-related criteria

Coding for type of intervention and coding for number of educational approaches.

Coding for behavior theory in intervention design or not.

Primary search words: child, diet quality, parent, caregiver

Secondary search words nutrition program, nutrition intervention, nutrition education, fiber, whole grains, dairy, fruit, vegetables, SSB, saturated fat

Databases: EBSCO host (Mike), Pubmed (Refrida), Web of Science (Mike), PsychInfo (Diane)

Coding (Karen and Janet) Ann as Arbitrator

Timeline was discussed. Next meeting, conference call, is January 30, 2014, at 2:00 Central.

W2005 – Parenting group (Laura Hubbs-Tait, Madeleine Sigman-Grant, Rachel Novotny, Marie Fialkowski, Barbara Fiese):

Research Questions

1. Do interventions targeting caregivers/family of 0- to 12-year-old children lead to changes in caregiver/family behaviors? [Maybe change to 0 to 12 as well??]
  - a. Use 0 to 12 years for the first search strategy
2. Do obesity prevention interventions targeting parenting styles, feeding styles, responsive versus restrictive feeding, and modeling and other healthful practices lead to changes in caregiver/family parenting style and behavior? [Maybe change to 0 to 12 as well??]
  - a. Use 0 to 12 years for the first search strategy
3. Do interventions targeting parents/family/caregivers of 2- to 12-year-old children lead to changes in the child's behavior (physical activity, diet quality)?
  - a. Food (SSB, FV, water, fastfood, takeout)
  - b. Preferences
  - c. PA
  - d. Screentime/video games
  - e. Sleep
  - f. Inactivity/sedentary behavior
  - g. Self-efficacy, TTM (transtheoretical model), HBM (health belief model)
4. Do interventions targeting parents/family/caregivers of 2- to 12-year-old children lead to changes in child anthropometric outcomes? [Maybe change to 0 to 12 as well??]
  - a. Use 0 to 12 years for the first search strategy
5. Do obesity prevention interventions targeting parenting styles, feeding styles, responsive versus restrictive feeding, and modeling and other healthful practices lead to changes in the child's behavior?
  - a. Food (SSB, FV, water, fastfood, takeout)
  - b. Preferences
  - c. PA
  - d. Screentime/video games
  - e. Sleep
  - f. Inactivity/sedentary behavior
  - g. Self-efficacy, TTM (transtheoretical model), HBM (health belief model)

6. Do obesity prevention interventions targeting parenting styles, feeding styles, responsive versus restrictive feeding, and modeling and other healthful practices lead to changes in the child's anthropometric outcomes? [Maybe change to 0 to 12 as well??]
  - a. Use 0 to 12 years for the first search strategy

Quality checklist – EAL

Code quality of child involvement

Search for question 1

Key words piloting

Title words piloting

Abstract words piloting

Databases: Scopus, Pubmed, Cochrane, PsycINFO, Cinahl (+) = Cinahl plus, Web of Science  
Nevada: caregiver OR caretaker AND 0- to 12-year-old children OR birth OR newborn OR neonate OR infant OR toddler OR preschooler OR preschool OR early childhood OR school-age OR school age OR elementary OR middle childhood OR preadolescent AND behavior or behavior change or parenting AND intervention OR RCT OR trial

Oklahoma: parenting OR parent OR mother OR father AND 0- to 12-year-old children OR birth OR newborn OR neonate OR infant OR toddler OR preschooler OR preschool OR early childhood OR school-age OR school age OR elementary OR middle childhood OR preadolescent AND behavior or behavior change or parenting AND intervention OR RCT OR trial

Hawaii: family OR grandparent OR foster OR household AND 0- to 12-year-old children OR birth OR newborn OR neonate OR infant OR toddler OR preschooler OR preschool OR early childhood OR school-age OR school age OR elementary OR middle childhood OR preadolescent AND behavior or behavior change or parenting AND intervention OR RCT OR trial.

Mendeley– for referencing. Will use Dropbox.

Step 1 – run search, list generated

Step 2 – save result set through database OR print to pdf to ensure copy

Step 3 – record number generated in PRISMA flowchart

Step 4 – Skim abstracts to see whether strategy needs to be changes

Document what should be excluded

Document what you are getting and add revised search strategy

Step 5 = repeat steps 1 to 4 if needed

Step 6 – generate overall search strategy with revised lists.

Time line: through step 5 done by March. March 4, 2014, conference call.

4:50pm - Meeting ended.

Friday November 15, 2013

8:40am Meeting began.

Dates were decided for next year's meeting: November 6-7, 2014, at same location.

Election of officers for W2005:

Nominations were taken from the floor.

Slate of Officers was presented:

Janet Kurzynske, Chair  
Laura Hubbs-Tait, Co-Chair  
Diane Tidwell, Secretary

Melinda Manore made a motion to accept Janet Kurzynske as Chair, Laura Hubbs-Tait as Co-Chair and Diane Tidwell as Secretary for W2005. Karen Chapman-Novakofski seconded the motion. Voting results: all were in favor (all yes votes).

Group meetings: the DQ, PA, and parenting groups discussed further details regarding research questions, search strategies, variables, coding, analysis, timelines, and commitments.

11:00am Re-convened, group work discussion. Janet discussed timelines and reviewed commitments for participants of W2005. Conference calls will be conducted within the three groups.

Linda Houtkooper provided a summary and gave an overview of her role as the administrative advisor. The NIMSS W2005: Parenting, energy dynamics, and lifestyle determinants of childhood obesity: New directions in prevention website is at <http://nimss.umd.edu/homepages/saes.cfm?trackID=14456>

Janet reminded all that written reports would be due and she would be in contact.

Meeting was adjourned at 11:30.