

# W3005: HEALTHY WEIGHT IN CHILDHOOD

Despite the existence of child obesity interventions, childhood obesity in the United States had continued to rise from the 1960s to 2017.

Therefore, researchers collaborated from 2017-2022 to meet the need to identify and disseminate the most effective childhood obesity programs involving parents.

Researchers and extension specialists at 12 universities publicized evidence for effective child obesity prevention strategies in fact sheets, broadcast media, social media, podcasts, and press releases.

Example of IMPACT of one 2019 broadcast on family mealtimes in one community in Oklahoma: 8,665 viewers were estimated to have viewed the live broadcast. Facebook analytics showed 795 people were reached via the Facebook post of the broadcast with 65 engagements and 12 shares.

Example of IMPACT of YouTube videos of children's physical activity from 2017-2022 in Nevada: More than 5000 viewers watched the videos that ranged from classroom physical activity to African dance to Native American dance to polka to salsa (in Spanish).



Unique W3005 strategy to attain multi-state goals and research and extension IMPACT: In FY2018, the active members of W3005 organized into two working groups to meet the three W3005 objectives: the Research Working Group and the Extension Working Group.

## W3005 HIGHLIGHTS

### W3005 RESEARCH WORKING GROUP

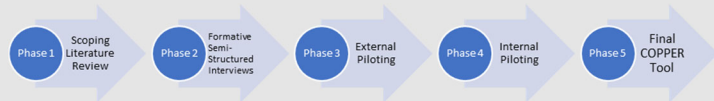
The W3005 Research Working Group review is the first umbrella review to evaluate systematic reviews and meta-analyses of both prevention and treatment interventions for child obesity that included parents. One MA that met all seven of the crucial AMSTAR-2 quality domains evaluated effectiveness of treatment programs that targeted diet, PA, and/or behavior of children with overweight or obesity and included parent involvement showed that programs that integrated parent involvement had significant effects on three obesity-related outcomes, change in body weight, change in BMI, and change in BMI-z.

**OUTPUT:** Tomayko, E. J., Tovar, A., Fitzgerald, N., Howe, C.L., Hingle, M.D., Murphy, M.P., Muzaffar, H., Going, S.B., & Hubbs-Tait, L. (2021). Parent involvement in diet or physical activity interventions to treat or prevent childhood obesity: An umbrella review. *Nutrients*, 13, 3227. <https://doi.org/10.3390/nu13093227>

**IMPACTS:** Accessed more than 3700 times as of 03.06.23.

### W3005 EXTENSION WORKING GROUP

The extension working group developed the Child Obesity Prevention Programs in Extension Rubric (COPPER) in five phases.



The COPPER tool consists of 10 items, including questions about whether the child obesity prevention program is focused on healthy eating, physical activity, and/or parental involvement; the nature of the evaluation process; and evaluation of program construction such as stakeholder and target group input. The tool can be used to evaluate Extension, public health, and other community programs addressing childhood obesity and targeting young children, parents, and/or caregivers.

**OUTPUT:** Norman-Burgdolf, H., Lindsay, A. R., Webber, K. H., Parker, J., Adams, I. K. R., Idris, R., Hubbs-Tait, L., Chapman-Novakofski, K. (in press). Development and piloting of a novel evaluation tool for childhood obesity prevention programs. *Journal of Human Sciences and Extension*.

**IMPACTS:** 13 child obesity intervention programs used the COPPER tool during the two pilot phases of the development of the tool.

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Participating institutions include: University of Arizona, University of Illinois, University of Kentucky, Mississippi State University, Montana State University, University of Nevada-Reno, University of Nevada-Las Vegas, Northern Illinois University, Ohio State University, Oklahoma State University, University of Rhode Island, and Rutgers University.