

## Multi Component Interventions

Article/Review	Goals	Components	Measurements	Findings	Discussion	Future Recommendations?
<b>APPLE Project:</b> 2 yr findings and follow up. Taylor et al, 2007 and 2008.	prevent excess weight gain in 5-12 yos by enhancing opportunities for healthy eating [HE] and noncurricular [NC] PA	» nutrition education: ↓ soda/sugary drinks, ↑ F/Veg activity prog focused on NC, lifestyle-based activities » activity coordinators [AC] to dev NC PA sessions » focus on HE and PA with all kids, not just OW/OB	H, W, BMI, BP, WC, HR, Dietary Intake, PA [accelerometer]	↑ opp for NC PA + simple HE msgs slowed the rate of excessive weight gain in 1 <sup>o</sup> school children	» designed so no ↑ workload for teachers » high response rates from schools » fdbk: importance of addl staff/AC to ↑ PA opportunities	» Target age group is key/: younger is better, primary school age » Par/Comm Involvement is crucial to success and sustainability » use TREND statement for design/reporting procedures
<b>BUFFALO Programme:</b> Burnley food and fitness aimed at lowering obesity. NHS East Lancashire, UK.	↑ PA of children ↑ kids knowledge of health, fitness, and nutrition help kids develop an interest in good food and cooking	» Curr based [CB] healthy lifestyle activities » after school healthy lifestyle club » parental programme to improve their WB and cooking skills	Height, Weight, BMI, PA habits of kids and parents	» kids: ↑ PA and fitness, ↓ BMI, improved dietary choices » parents: ↑ confidence in cooking skills, ↑ participation in PA, ↑ sense of belonging to local community	» who will pay once the funding runs out? » don't collect too much data » get other staff on the boat » social cohesion is important for parents » link to national events: change4life » encourage teachers to go to after school clubs	
<b>CHOPPS:</b> 3 year Follow up. James et al, 2007. BMJ.	measure long term effects of an obesity prevention program in schools	4 nutrition sessions delivered to students 4x/yr, init program: focused on reducing soda consumption	Height, Weight, WC, BMI	the initial success [↓ BMI] of the intervention was not maintained two years after it ended	suggests that the true impact of a school intervention may not be known unless the programme is continuous	
<b>KISS:</b> school based physical activity program. Kriemler et al, 2009. BMJ.	assess the effect of a 1 year PA prog on fitness and psychological health	2 addl PE lessons per wk, daily activity breaks, PA based homework	fitness, PA, Quality of life Q-aies, body fat % [skf]	A multi-component physical activity intervention during 1 school yr had beneficial effects: on PA, aerobic fitness, and adiposity	Success was probably due to: attractiveness of the programme for children and teachers, its intensity, the use of expert physical education teachers, and integration into the regular school curriculum	
<b>Review:</b> PA Interventions. Sluijjs et al, 2007. BMJ	systemic review of controlled PA Intv for kids	various		interventions: school, family or comm involvement have pos impact on PA levels	some evidence of effect was shown for environmental intvs and targeted @children low SES. studies should include assessment of implementation issues and carry out cost effectiveness analyses	