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Descriptive Study of a Healthy Weight Management Program For Overweight or Obese Children and Youth

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BACKGROUND

The rise in obesity among children and youth in the last 20 years is a public health concern.

PROBLEM

The problem is a lack of an occupation-based evaluation tool utilized to link occupational participation to health, well-being, and quality of life to improve occupational engagement amongst children and youth who are overweight or obese ages 8-16.

PURPOSE

The purpose of this qualitative research capstone project was to pilot the Pizzi Healthy Weight Management Assessment PHWMA on children and youth ages 8-16 to improve health, well-being, and Quality of life and occupational engagement.

TRANSTHEORETICAL MODEL

The TTM focuses on decision making of the individual. The model operates on the assumption that people do not change behaviors quickly and decisively. The Transtheoretical Model move through six stages of change. Precontemplation, Contemplation, Preparation, Action, Maintenance, and Termination.

METHODS

Participants

- Children and Youth between the ages of 8-16
- Parents or Caretakers of the children and youth
- N=8 participated
- Parents chose not to participate due to COVID-19

Instrumentation

- PHWMA
- Six Modules Occupation Based Program For Healthy Behaviors

Research Questions:

- Can the PHWMA be used to learn healthy behaviors in youth in an aftercare program?
- Can the PHWMA be used to learn readiness to change health behaviors in children and youth in an aftercare program?
- Does the PHWMA capture information on participant occupational engagement?

Objectives

- Implement PHWMA and Six Modules Occupation Based Program for Healthy Behaviors to children and youth and parent or caretaker
- Participants retook PHWMA on module 6
- Evaluate and analyze assessment and program.
- Educate the youth and their families
- Promote leisure participation etc.



RESULTS & THEMES

Decrease Childhood Obesity

- Can the PHWMA be used to learn health behaviors in youth in an aftercare program?

Want to Change? ITEM Statistics	Mean
Eating Habits and routines	3.75
Doing play, fun, or leisure activities	3.63
My Weight	3.50

Decrease Unhealthy Behaviors

- Can the PHWMA be used to learn readiness to change health behaviors with youth in an aftercare program?

ITEM	ITEM NUMBER	Participants
I do not want to change this area?	1	0
I am thinking about making a change in this area?	2	0
I have decided to make a change in this area?	3	4
I already started making changes in this area?	4	3
I need to maintain or keep my behavior/changes I have made in this area?	5	1

Increase Play Time

- The PHWMA revealed to answer this research question: Does the PHWMA capture information on participant occupational engagement? The theme that emerged from this question was "Increase Play Time." After participants answered the 24 items in the What to Change category from the PHWMA, they were then asked to list any ideas to make changes in the following 24 items. A question that captured occupational engagement was Doing play, fun or leisure activities. When asked What do you think can be done to make each area better for you? 6 out of 8 of the participants responded that increasing play time with my friends and family will help in this area.

Conclusion

- The findings from this qualitative research study confirmed that OTs can use the PHWMA to help improve the overall health, well-being, quality of life, and occupational engagement for children and youth who are overweight or obese. This study answered the following research questions: (1) Can the PHWMA be used to learn health behaviors youth in an aftercare program? (2) Can the PHWMA be used to learn readiness to change health behaviors youth in an aftercare program? (3) Does the PHWMA capture information on participant occupational engagement?

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