

ABSTRACT

USING BEHAVIORAL TREATMENTS TO IMPROVE HEALTHY LIFESTYLE HABITS IN SCHOOL CHILDREN

Overweight and obesity has dramatically increased in both adults and children. Behavioral interventions are the most commonly used method of treatment and weight loss has shown to be more successful in childhood rather than adulthood. The easiest way to treat children on a large scale is to teach children how to live a healthy lifestyle as part of the school curriculum. In this study, fourth grade teachers implemented a 12-week program in their classroom that taught their students about eating healthy foods and engaging in physical activities. The students were given weekly goals and were asked to self-monitor their progress toward their goals. Parent involvement was also assessed by assigning some students to complete activities at home with their parents. BMI scores, knowledge gained throughout the study, percentage of self-monitoring forms turned in, and percentage of goals attained were assessed to determine the effectiveness of the behavioral intervention.

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