**Evidence Table 65. Description of the interventions used in community settings with a home component**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author, year** | **Arm** | **Description** | **Psychosocial dietary intervention** | **Physical/environ-mental dietary intervention** | **Psychosocial physical activity/ exercise intervention** | **Physical/environmental physical activity/ exercise intervention** | **Decrease sedentary behavior intervention** | **Other interventions** | **General Comments** |
| Robinson, 20101 | 2 | GEMS Jewels and STARTLength of intervention, weeks: 104 weeksSetting: Home: home television reduction interventionCommunity or environment-level: after school dance sessions offered at community centers in selected neighbor-hoods. |  |  |  | Daily sessions lasted up to 2 1/2 hours and started with a 1-hour homework period and small snack followed by 45 to 60 minutes of learningand practicing dance routines. Three styles of dance were taught: traditional African dance, hip-hop, and step.Additional activities to maintain motivation included GEMS Jamboree dance performances approximately every 8 weeks for families and friends.Target: ChildFamilyfriendsDelivery: female African American college students and/or recent graduates from the local communityDuration: Two and a half hoursFrequency: 5 days per week; 12 months per year. | Target: Other: Young adult, female, African American START mentorsDelivery: Sisters Taking Action to Reduce Television (START) is ahome-based screen time reduction intervention designed to incorporate African or African American history and culture,12including up to 24 lessons during 2 years. Young adult, female, African American START mentors met with families in their homes to deliver each lessonOther: incentives/ motivations |  |  |
| Klesges, 20122 | 2 | Length of intervention, weeks: 104 weeks | Subjects are given practical experience with nutrition through interactive learning, as well as develop behavioral goals to eat a nutritional diet. |  | Subjects are given practical experience with physical activity through interactive learning, as well as develop behavioral goals to increasing physical activity. |  | Subjects set behavioral goals to reduce sedentary time |  |  |

GEMS = Girls health Enrichment Multi-site Studies; START = Sisters Taking Action to Reduce Television