**Evidence Table 31. Description of the interventions used in home only settings**

| **Author, year** | **Arm** | **Description** | **Psycho-social Dietary Inter-vention** | **Physical/Environ-mental Dietary Intervention** | **Psychosocial Physical Activity/ Exercise Intervention** | **Physical/Environ-mental Physical Activity/ Exercise Intervention** | **Decrease Sedentary Behavior Intervention** | **Other Interventions** | **General Comments** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Epstein, 20011 | 2 | Increase Fruit and Vegetable  Length of intervention, weeks: 26 weeks  Setting: Home (describe) : Take home child workbook; active parental involvement (parent-focused intervention) | The goal of the intervention was to incrementally increase intake of fruits and vegetables to reach at least two servings of fruits and three servings of vegetables per day.  Target: Child; parent  Delivery: Researcher  Other : Parents  Comment: Participating parents and children attended the first meeting, at which they received the first modules in their parent and child workbooks. Child materials were sent home with the parents each week and included new workbook modules and program-related activities for the children to do with their parents. Children were reinforced for completing their program-related activities at home. |  | Parents were taught to increase access to physical activity. |  | Parents were taught to reduce access to sedentary behaviors. |  |  |
| Epstein, 20011 | 3 | Decrease Fat and Sugar  Length of intervention, weeks: 26 weeks  Setting: Home (describe) :Take home child workbook ; active parent involvement (parent-focused intervention) | Participants in the decrease Fat and Sugar group were provided incremental goals to reach a goal of no more than 10 servings of high-fat/high-sugar foods per week.  Target: Child; parent  Delivery: Researcher  Other : Parents |  | Parents were taught to increase access to physical activity. |  | Parents were taught to reduce access to sedentary behaviors |  |  |
| Lappe, 20042 | 2 | Calcium rich diet  Length of intervention, weeks: 104  Setting: Home (describe): the focus was on eating calcium rich food products. | Treatment group were asked to consume at least 1,500 mg calcium per day in their diet. The girls were allowed to eat calcium-fortified foods, but parents were asked not to give them calcium supplements. At the first visit the girls and their parent(s) were taught about the calcium content of various foods, including calcium-fortified products. Participants were asked to track their intake every day to assure they met their goal of 1,500 mg. Families were instructed about foods naturally high in calcium and were educated frequently on new calcium-fortified products. Participants were asked to purchase foods with a high calcium content, either naturally high in calcium or calcium-fortified and were provided with a local supermarket “credit card” to cover the costs of calcium foods.  Target: Child  Parent/Caregiver  Delivery: Researcher  Comment: Researchers also notified the parents when calcium fortification was removed from a food product. |  |  |  |  |  |  |
| French, 20113 | 2 | home-based intervention  Length of Intervention (weeks): 52  Setting: Home: TV watching, nutrition/eating behaviors, PA | Monthly group sessions (for HH members >=12 years), behavioral strategies to promote behavior change, and home activities to reinforce behavioral messages from group sessions related to weight control  Target: Family  Delivery: Researcher, family members help each other  Duration: monthly group sessions: 2 hours  Frequency: monthly sessions: 1x/month for the first 6 mos; home activities were included in the monthly newsletters (1/month)  Comments: intervention goals included: - limit consumption of high cal snack foods to <=1/day - replace 1/2 of high cal prepackaged meals with lower cal versions - limit sweetened drinks to <=12 oz/day - eat at least 5 servings fruits & veg each day - eat smaller portions ("eat less") - limit eating fast foods to <=2/week - make healthy choices when eating out | Intervention provided guidelines about HH food availability  Target: Family :  Delivery: Researcher, family members help each other  Change in Intake: see notes  Change in Calorie Intake: - limit availability of high Cal snack foods to one reg sized package per household member - replace 1/2 of high Cal prepackaged meals with lower Cal versions  Comments: - make healthy choices when eating out, note for change in intake, intervention goals included: - limit HH availability of sweetened drinks to <=12 oz/person - serve smaller food portions - make at least 2 fruits and 3 vegetables available and visible in your home for each person - limit trips to fast food restaurants to <=2x/week | Monthly group sessions (for HH members >=12 years), behavioral strategies to promote behavior change, and home activities to reinforce behavioral messages from group sessions related to weight control  Target: Family  Delivery: Researcher, family members help each other  Duration: monthly sessions: 2 hours each  Frequency: monthly sessions: 1x/month for the first 6 mos.; home activities were included in the monthly newsletters (1/month)  Comments: intervention goals included:  - encourage each other to do 30 min of activity daily. & do some together. [on a HH level] | Monthly group sessions included time for PA  Target: Family  Delivery: Researcher, family members help each other  Duration: in the monthly group sessions, 20-30 min of PA were included  Frequency: for the monthly sessions: 1 session/mo for the first 6 mos  Comments: intervention goals included: - be physically active for a total of 30 min or more each day. [on an ind. level] | Target: Family  Delivery: Researcher,  Comments: intervention goals included: - reduce total household TV viewing time by 1/2. [on a HH level] - Limit TV viewing [on an ind. level], a TV limiting device was provided to limit TV viewing. Devices were programmed to allow only the number of hours of TV viewing that HHs selected as the weekly viewing limit. After the limit was reached, the TV was disabled until the start of the next week. | Intervention: general support  Target: Parent/Caregiver, Family  Delivery: Researcher  Comments: monthly telephone support calls were made between sessions & emails were used to maintain regular contact with intervention HHs. goal was to provide support, troubleshoot/problem solve and reinforcement for the behavioral changes being made. |  |
| Fitzgibbon,20124 | 2 | Hip-hop intervention  Length of Intervention (weeks): 14  Setting: School: classroom sessions Home: parent/family component (parent sessions) | For child: classroom sessions included 20 min of nutrition instruction, which, combined with the PA component below, was designed to target specific child behaviors (e.g. incr. FV and fiber consumption as well as duration & level of PA, decr. fat intake & TV viewing)  for parent: interactive instruction on healthful eating (and family exercise)  Target: Child Parent/Caregiver  Delivery: bilingual/bicultural educator  Duration: child: 20 min nutrition (with 20 min for PA below); parent: 60 min  Frequency: child: 3 sessions/wk for 14 weeks; parent: 1x week (6 total). | Creating a home environment to facilitate healthy choices  Target: Parent/Caregiver :    Comments: Parents also received weekly newsletters containing culturally adapted information that paralleled the 14 week school based curriculum | For parent: interactive instruction on family exercise (and healthful eating)  Target: Parent/Caregiver    Duration: 60 min  Frequency: 1x/week 6 total | For child: classroom sessions included an aerobic activity component  for parent: 30 min sessions additional to the interactive instruction of moderate PA  Target: Parent/Caregiver Child  Delivery: child: bilingual/bicultural educator; parent: NR  Duration: child: 20 min PA (with 20 min for nutr above); parent: 30 min session  Frequency: child: 3x week for 14 weeks; parents: 1x/week (6 total) | Target: Child  Comments: bilingual/bicultural educator, for child: was tied into the classroom sessions above. |  |  |

Ind = Individual; Hr = Hours; Mg = milligram; mo = Months; oz = ounce; reg = Regular; SCORES = America SCORES Bay Area