**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 VegetableLength of intervention, weeks: 26 weeksSetting: 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 andthree servings of vegetables per day.Target: Child; parentDelivery: ResearcherOther : ParentsComment: Participating parentsand children attended the first meeting, at which they receivedthe first modules in their parent and child workbooks. Child materials were sent homewith the parents each week and included new workbookmodules and program-related activities for the children todo 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 SugarLength of intervention, weeks: 26 weeksSetting: 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 ofhigh-fat/high-sugar foods per week.Target: Child; parentDelivery: ResearcherOther : Parents |  | Parents were taught to increase access to physical activity. |  | Parents were taught to reduce access to sedentary behaviors |  |  |
| Lappe, 20042 | 2 | Calcium rich dietLength of intervention, weeks: 104Setting: Home (describe): the focus was on eating calcium rich food products. | Treatment group were askedto consume at least 1,500 mg calcium per day in theirdiet. 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 newcalcium-fortified products. Participants were asked to purchase foods with a high calciumcontent, 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: ChildParent/CaregiverDelivery: ResearcherComment: 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 componentfor 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: ChildComments: 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