**Evidence Table 44. Description of the interventions used in primary care settings**

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| **Author, year** | **Arm** | **Description** | **Psychosocial dietary intervention** | **Physical/environmental dietary intervention** | **Psychosocial physical activity/ exercise intervention** | **Physical/environmental physical activity/ exercise intervention** | **Decrease sedentary behavior intervention** | **Other interventions** | **General Comments** |
| Polacsek, 20091 | 2 | MYOC study  Length of intervention, weeks: 78 weeks  Setting: Primary care (describe): clinical decision support. | Targeting Primary Care Providers:  Providers were encouraged and supported to routinely deliver 5-2-1-0 healthy lifestyle messages. The 5-2-1-0 behavioral goals include: encouraging >5 servings of fruits and vegetables daily; limiting screen time to <2 hours daily and; avoiding (0) sugar-sweetened beverages.   Targeting families:  Tools developed for the office visit include the 5-2-1-0 behavioral screening tool. The 5-2-1-0 behavioral goals include: encouraging >5 servings of fruits and vegetables daily; limiting screen time to <2 hours daily and; avoiding (0) sugar-sweetened beverages.  Target: Child  Family  Other : Primary Care Provider  Delivery: Researcher  Clinician  Comment: Providers were targeted through learning sessions, bimonthly calls, site visits, other communications and tools. | Targeting Family through physician: Tools for clinicians included the Pediatric Obesity Clinical Decision Support Chart with an algorithm and guidelines for the prevention and management of overweight; guidelines for medical evaluation of overweight patients and hypertension management; reference laboratory values and blood pressure and BMI percentile charts; a discussion of limitations of the BMI; and guidelines for effective communication with families, including tips for brief, focused advice and brief negotiation around the 5-2-1-0 behavioral targets.  Target: Primary care physician  Delivery: Researcher | Targeting Primary Care Providers:  Providers were encouraged and supported to routinely deliver 5-2-1-0 healthy lifestyle messages. The 5-2-1-0 behavioral goals include: encouraging greater than 1 hour of physical activity daily.   Targeting families:  Tools developed for the office visit include the 5-2-1-0 behavioral screening tool. The 5-2-1-0 behavioral goals include: encouraging greater than 1 hour of physical activity daily.  Target: Child  Family  Other : Primary Care Provider  Delivery: Researcher  Clinician  Comment: Providers were targeted through learning sessions, bimonthly calls, site visits, other communications and tools. | Targeting Family through physician: Tools for clinicians included the Pediatric Obesity Clinical Decision Support Chart with an algorithm and guidelines for the prevention and management of overweight; guidelines for medical evaluation of overweight patients and hypertension management; reference laboratory values and blood pressure and BMI percentile charts; a discussion of limitations of the BMI; and guidelines for effective communication with families, including tips for brief, focused advice and brief negotiation around the 5-2-1-0 behavioral targets.  Target: Primary care provider  Delivery: Researcher | Target: Clinician  Delivery: The 5-2-1 tool covers questions regarding TV and other screen time and whether a TV is in the room. |  |  |