**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 studyLength of intervention, weeks: 78 weeksSetting: Primary care (describe): clinical decision support. | Targeting Primary Care Providers: Providers were encouraged and supported to routinely deliver5-2-1-0 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-sweetenedbeverages.Target: ChildFamilyOther : Primary Care ProviderDelivery: ResearcherClinicianComment: 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 ClinicalDecision Support Chart with an algorithm and guidelines for the prevention and management of overweight;guidelines for medical evaluation of overweightpatients and hypertension management; reference laboratory values and blood pressure and BMI percentilecharts; 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 physicianDelivery: Researcher  | Targeting Primary Care Providers: Providers were encouraged and supported to routinely deliver5-2-1-0 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: ChildFamilyOther : Primary Care ProviderDelivery: ResearcherClinicianComment: 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 ClinicalDecision Support Chart with an algorithm and guidelines for the prevention and management of overweight;guidelines for medical evaluation of overweightpatients and hypertension management; reference laboratory values and blood pressure and BMI percentilecharts; 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 providerDelivery: Researcher  | Target: ClinicianDelivery: The 5-2-1 tool covers questions regarding TV and other screen time and whether a TV is in the room. |  |  |