**Evidence Table 40. Description of the interventions used in home settings with school and community components**

| **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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Gentile, 20091 | 2 | Switch InterventionLength of intervention, weeks: 30Setting: School: focus was on designed to reinforce the Switch messages and facilitate the family component of the interventionHome: Targets families as the primary leverage point. Parents influence eating behaviors by altering the types of food available in the home or restaurants, and the ways that food is prepared and consumed, also the PA is influenced by parents.Community or environment-level: focus was on promote awareness of the importance of healthy lifestyles. | The Switch program promoted healthy active lifestyles byencouraging students to 'Switch what you Do, Chew, and View'. The specific Chew goals to eat five fruits/vegetablesor more per day. Study was not designed as a school-based (curricular) intervention.Target: ChildParent/CaregiverDuration: Over a period of 6-8 months |  | Family, school and community interventions aimed specifically at the 'Do' part of the switch intervention were to be physically active for 60 minutes or more per day.Target: ChildParent/CaregiverDelivery: ResearcherDuration: 60minutesFrequency: 7Other: Over 6-8 months |  | Target: ResearcherDelivery: The 'View' goals were to limit total ST (television and video game time) to 2 hours or fewer per day.  |  | Training was provided to classroom teachers at each PAAC school in a six hour in-service at the beginning of each school year. The goal of in-service training was to develop competency and strategies to deliver 90 min of moderate to vigorous intensity, physically active PAAC lessons per week. |

H = hour; PA = Physical Activity; PAAC = Physical Activity Across the Curriculum; ST = Sedentary Time