



TRIFECTA

A COLLABORATION

COMMUNICATION>ENGINEERING>NURSING

Intervention With Parents to Increase Physical Activity and Healthy Eating Among Their Adolescent Children

Family involvement and community partnerships are recommended in school-based interventions to reduce the high overweight and obesity prevalence among adolescents. Although important, actively involving parents/guardians has been a challenge in studies to date due to their lack of time for time-intensive approaches and various issues preventing frequent travel to a site. Social media represent a convenient, socially engaging, supportive, and cost-effective approach for involving parents/guardians. To our knowledge, no intervention has involved parents/guardians through Facebook to assist and encourage them to help their adolescent children increase their physical activity (PA) and healthy eating.

To contribute toward filling this gap, a 4-week pilot study will be conducted in spring 2015 to establish the feasibility, acceptability, and satisfaction of two interventions for parents/guardians of 5th – 6th graders (N = 20 dyads): (1) two 90-minute meetings with parent/guardian and adolescent dyads (one in week 1 and the other in week 4) at the adolescents' school; and (2) an innovative web-based social media intervention delivered via Facebook for parents/guardians. At the initial meeting, each dyad will receive: (1) information on national recommendations, behavioral strategies, and encouragement for increasing PA and healthy eating; (2) a healthy cooking lesson from a chef; (3) a cooking appliance; and (4) a small bag of groceries to facilitate preparation of the demonstrated recipe at home.

Also, each parent/guardian will be given a tablet (including Internet service) to take home after receiving instructions in its use. (cont'd over)

Amount: \$10,000

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Additional Researchers: Millie Horodyski, Professor, College of Nursing; Jiyong Ling, Assistant Professor, College of Nursing; Jina Huh, Assistant Professor, Department of Media and Information, College of Communication Arts and Sciences; Mi Zhang, Assistant Professor, Department of Electrical and Computer Engineering, College of Engineering; Joyce McGarry, Extension Educator, MSU Extension-Health and Nutrition; Sheilah Hebert, Associate Program Leader, MSU Extension-Health and Nutrition



Parents/guardians from the participating school will be connected to each other via a private Facebook group in order to receive information on a weekly PA and healthy eating theme, share behavioral strategies/success stories, and offer support to each other. The 4-week web-based intervention delivered via Facebook will include weekly information, motivational messages, and behavioral strategies on PA and healthy eating and two challenges every week (one on PA and the other on healthy eating) posted every Saturday morning. Each parent/guardian will be asked to post a statement or picture to respond to each of the two weekly challenges and also to respond to at least one other person's posting before midnight every Friday. The 2nd meeting in week 4 will include a review of information and behavioral strategies for maintaining PA and healthy eating. Parents/guardians will complete a survey to indicate their satisfaction with the web-based intervention (challenges and content) and its acceptability (format, ease of use, and delivery method) and receive incentives for completing both the survey and weekly challenges. Immediately after the 2nd meeting, a small focus group will be conducted with 6 parents/guardians and another one with 6 adolescents who volunteer to share their thoughts about the intervention and suggestions for improving it. To prepare for examining fidelity on a broader scale, five interested parents/guardians will be selected from those in the pilot who are interested in using a custom-made electronic gadget to be developed by MSU engineers that will automatically detect appliance usage.

Drs. Robbins, Ling, Horodyski (Nursing), Huh (Communication Arts and Sciences), and Zhang (Engineering) will collaborate and contribute time to: (1) develop and monitor the web-based intervention for parents/guardians to help them support their adolescents in attaining adequate PA and eating healthy and (2) develop the gadget to automatically detect use of the cooking appliance.