

Name of study: The effectiveness of a supplementary in school program on reducing body mass index in 5 to 7 year old children

Authors: Jim McPherson, Jan Hager, Sara Brown, Mary Johnson, Heather Ferrell

US Preventive Services Task Force. (2005). Screening and interventions for overweight children and adolescents: Recommendation statement. *Pediatrics*, 205-209.

AOTA. (2007). Obesity and Occupation Therapy [Position Paper]. *American Journal of Occupational Therapy*, 701-703.

AOTA. (2001). Occupational therapy in the promotion of health and the prevention of disease and disability. *American Journal of Occupational Therapy*, 656-660.

Baker, J. L., Olsen, L.W., & Sorensen, T. I. A. (2007). Childhood body-mass index and the risk of coronary heart disease in adulthood. *New England Journal of Medicine*, 2329-2337.

Baranowski, T., Mendlein, J., Resnicow, K., Frank, E., Cullen, K. W., & Baranowski, J. (2000). Physical activity and nutrition in children and youth: An overview of obesity prevention. *Preventive Medicine*, S1-S10.

Bass, J. L., Bhatia, A., Bous, F. E., Sansary, J., & Rauch, D. (2006). Validation of a body mass index nomogram for children as an obesity screening tool in young children. *Clinical Pediatrics*, 45, 718-724.

Branen, L., & Fletcher, J. (1999). Comparison of college student's current eating habits and recollections of their childhood food practices. *Society for Nutrition Education*, 304-310.

Brownson, R. S., Smith, C., Pratt, M., Mack, N. E., Jackson-Thompson, J., Dean, C. G., et al. (1996). Preventing cardiovascular disease through community-based risk reduction: The Bootheel heart health project. *American Journal of Public Health*, 206-213.

Cambell, K. W. (2001). Interventions for preventing obesity in childhood: A systematic review. *Obesity Reviews*, 149-157.

Deforche, B. J., De Bourdeaudhuij, I. M., & Tanghe, A. P. (2006). Attitude toward physical activity in normal-weight, overweight, and obese adolescents. *Journal of Adolescent Health*, 560-568.

Dennison, B., Rockwell, H., & Baker, S. (1997). Excess fruit juice consumption by preschool-aged children is associated with short stature and obesity. *Pediatrics*, 15-22.

Dietz, W., & Bellizzi, M. C. (1999). Introduction: The use of body mass index to assess obesity in children. *American Journal of Clinical Nutrition*, 123S-125S.

- Dietz, W. (1998). Health consequences of obesity in youth: Childhood predictors of adult disease. *Pediatrics*, S518-S525.
- Freedman, D., & Perry, G. (2000). Body composition and health status among children and adolescents. *Preventive Medicine*, S34-S53.
- Guten, B., & Owen, S. (1999). Role of exercise intervention in improving body fat distribution and risk profile in children. *American Journal of Human Biology*, 237-247.
- Gutin, B., Zenong, Y., Humphries, M., & Barbeau, P. (2005). Relations of moderate and vigorous physical activity to fitness and fatness in adolescents. *American Journal of Clinical Nutrition*, 746-750.
- Heitzler, C. D., Martin, S. L., Duke, J., & Huhman, M. (2006). Correlates of physical activity in a national sample of children aged 9 to 13 years. *Preventive Medicine*, 254-260.
- Hughes, A. R., Henderson, A., Ortiz-Rodriguez, V., Artinou, M. L., & Reilly, J.J. (2006). Habitual physical activity and sedentary behaviour in a clinical sample of obese children. *International Journal of Obesity*, 1494-1500.
- Jago, R., & Baranowski, T. (2004). Non-curricular approaches for increasing physical activity in youth: A review. *Preventive Medicine*, 157-163.
- Johnson, R. K. (2000). Changing eating and physical activity patterns of US children. *Proceedings of the Nutrition Society*, 295-301.
- Lindsay, A., Sussner, K., Kim, J., & Gortmaker, S. (2006). The role of parents in preventing childhood obesity. *The Future of Children*, 169-186.
- Lobstein, L., Baur, L., & Uauy, R. (2004). Obesity in children and young people: A crisis in public health. *Obesity Reviews*, S1, 4-85.
- Ludwig, D., Peterson, K., & Gortmaker, S. (2001). Relation between consumption of sugar-sweetened drinks and childhood obesity: A prospective, observational analysis. *Lancet*, 505-508.
- McGraw, S. A., Sellers, D., Stone, E., Resnicow, K. A., Kuester, S., Fridinger, F., et al. (2000). Measuring implementation of school programs and policies to promote healthy eating and physical activity among youth. *Preventive Medicine*, S86-S97.
- McPherson, J. C., Warnock, Cantrell (2008). Study on obesity rates in Eastern Kentucky
- Mei, Z., Grummer-Strawn, L. M., Pietrobelli, A., Goulding, A., Goran, M. I., & Dietz, W. H. (2002). Validity of body mass index compared with other body-composition screening indexes for the assessment of body fatness in children and adolescents. *American Journal of Clinical Nutrition*, 978-985.

- Melanson, K. (2008). Lifestyle approaches to promoting healthy eating for children. *Nutrition Review*, 26-29.
- Must, A., Spandano, J., Coakley, E. H., Field, A. E., Colditz, G., & Dietz, W.H. (1999). The disease burden associated with overweight and obesity. *JAMA*, 1523-1529.
- Nelson, D. L. (1996) Therapeutic Occupation: A definition. *American Journal of Occupational Therapy*. 50, 775-782
- Nicklas, T., Baranowski, T., Cullen, K. W., & Berenson, G. (2001). Eating patterns, dietary quality and obesity. *Journal of the American College of Nutrition*, 599-608.
- Nicklas, T., Yang, S., Baranowski, T., Zakeri, I., & Bere. (2003). Eating patterns and obesity in children: The Bogalusa heart study. *American Journal of Preventive Medicine*, 9-16.
- Nihiser, AJ, Lee, SM, Wechsler, H, McKenna, M, Odom, E, Reingold, C, Thompson D, Grummer-Strawn, L (2007) Body mass index in schools. *The Journal of School Health*. Vol 77(10) p. 651-71.
- Ogden, C., Carroll, M. D., Curtin, L. R., McDowell, M. A., Tabak, C. J., & Flegal, K. M. (2006). Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA* 295, 1549-1555.
- Ogden, C., Carroll, M. D., & Flegal, K. M. (2008). High body mass index for age among US children and adolescents, 2003-2006. *JAMA* 299, 2401-2405.
- Pate, R. R., Freedson, P. S., Sallis, J. F., Taylor, W. C., Sirard, J., Trost, S. G., et al. (2002). Compliance with physical activity guidelines: Prevalence in a population of youth and children. *An Epidemiolog*, 303-308.
- Poulsen, A. A., & Ziviani, J.M. (2004). Health enhancing physical activity: Factors influencing engagement in children. *Australian Occupational Therapy Journal*, 69-79.
- Putnam, J. A. (1999). *Prices and expenditures, 1970-1997*. US Department of Agriculture.
- Rowland, T. W. (2007). Promoting physical activity for children's health: Rationale and strategies. *Sports Medicine*, 929-936.
- Schwimmer, J. B., Burwinkle, T. M., & Varni, J. W. (2003). Health-related quality of life of severely obese children and adolescents. *JAMA*, 1813-1819.
- Serdula, M. K., Ivery, D., Coates, R. J., Freedman, D. S., Williamson, D. F., & Byers, S. T. (1993). Do obese children become obese adults? *Preventive Medicine*, 167-177.

- Sharma, M. (2006). School-based interventions for childhood and adolescent obesity. *Obesity Reviews*, 261-269.
- Sobel, J. (1984). *Everybody wins: 393 non-competitive games for young children*. New York, NY: Walker and Company.
- Stone, E. J., McKenzie, T. L., Welk, G. J., & Booth, M. L. (1998). Effects of physical activity interventions in youth: Review and synthesis. *American Journal of Preventive Medicine*, 298-315.
- Story, M. (1999). School-based approaches for preventing and treating obesity. *International Journal of Obesity*, S2, S43-S51.
- Thomas, Julie Jepsen. (1996) Materials-based, imagery-based, and rote occupational forms: Effect on repetitions, heart rate, duration of performance and self-perceived rest period in well-elderly. *AJOT*, 50(10) p.783-789
- Trost, S., Sallis, J. F., Pate, R. R., Freedson, P. S., Taylor, W. C., & Dowda, M. (2003). Evaluating a model of parental influence on youth physical activity. *American Journal of Preventive Medicine*, 25, 277-282.
- Wang, C. K. J., Chatzisarantis, N. L. D., Spray, C. M., & Biddle, S. J. H. (2007). Achievement goal profiles in school physical education: Differences in self-determination, sport ability beliefs, and physical activity. *British Journal of Educational Psychology*, 433-445.
- Weschler, H., Devereaux, R. S., Davis, A. B. M., & Collins, J. (2000). Using the school environment to promote physical activity and healthy eating. *Preventive Medicine*, S121-S137.
- Wilson, G. (1994). Behavioral treatment of childhood obesity: Theoretical and practical implications. *Health Psychology*, 371-372.

http://www.cdc.gov/nchs/about/major/nhanes/growthcharts/clinical_charts.htm