

The Effectiveness of a Family-Centered Childhood Obesity Intervention at the YMCA: A Pilot Study

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specific
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Study procedures

Modified

Hispanic/Latino	0 (0.0%)	2 (7.4%)
Multi-ethnicity	1 (6.7%)	0 (0.0%)
Education, N (%)		
Some college or vocational training	0 (0.0%)	1 (3.7%)
Two-year college degree	0 (0.0%)	2 (7.4%)
Four year college degree	2 (13.3%)	13 (48.1%)
Post-Baccalaureate education/degree	13 (86.7%)	11 (40.7%)
Employment, N (%)		
Full time	12 (80.0%)	22 (81.5%)
Part time	2 (13.3%)	4 (14.8%)
Not employed outside of home	1 (6.7%)	1 (3.7%)
Child characteristics		
Gender, N (%)		
Female	7 (46.7%)	18 (66.7%)
Male	8 (53.3%)	9 (33.3%)
Race/Ethnicity, N (%)		
Caucasian	6 (40.0%)	22 (81.5%)
Asian	3 (20.0%)	2 (7.4%)
Black	1 (6.7%)	2 (7.4%)
Hispanic/Latino	1 (6.7%)	0 (0.0%)
Multi-ethnicity	4 (26.7%)	1 (3.7%)
Age (years), Mean (SD)	9.8 (1.7)	8.7 (1.5)

Measure, Median (IQR)	Intervention group (N=14)	Control group (N=26)	p-value‡
BMI (kg/m²)			
Baseline	18.7 (16.8, 23.0)	16.2 (15.2, 18.6)	0.007
Change†	0.5 (-0.2, 0.8)	-0.1 (-0.3, 0.4)	0.18
BMI percentile (%)			
Baseline	81.5 (54.0, 95.0)	54.0 (24.0, 80.0)	0.04
Change	0 (-2.0, 4.0)	-2.5 (-8.0, 2.0)	0.2
Waist circumference (cm)			
Baseline	68.9 (62.3, 75.3)	63.6 (58.5, 67.6)	0.018
Change	0.3 (-1.1, 1.7)	0.8 (-0.5, 2.0)	0.46
Waist circumference percentile (%)			
Baseline	77.5 (59.4, 93.5)	64.3 (48.6, 81.9)	

Healthy Habit item	Intervention group (N=14)		Control group (N=26)	
	N (%) based on all N=14	N (%) based on those who didn't meet the target at baseline	N (%) based on all N=26	N (%) based on those who didn't meet the target at baseline
Fruit and vegetable servings (Target=5 or more servings each day)				
Met target at both baseline and follow-up	0 (0.0%)	-	4 (15.4%)	-
Met target at baseline, but worsened at follow-up	2 (14.3%)	-	2 (7.7%)	-
Worsened at follow-up	1 (7.1%)	1 (8.3%)	2 (7.7%)	2 (10.0%)
No change	5 (35.7%)	5 (41.7%)	13 (50.0%)	13 (65.0%)
Improved at follow-up	6 (42.9%)	6 (50.0%)	5 (19.2%)	5 (25.0%)
Eat dinner at table with family (Target=7 or more times each week)				
Met target at both baseline and follow-up	4 (28.6%)	-	9 (34.6%)	-
Met target at baseline, but worsened at follow-up	2 (14.3%)	-	2 (7.7%)	-
Worsened at follow-up	4 (28.6%)	4 (50.0%)	2 (7.7%)	2 (13.3%)
No change	2 (14.3%)	2 (25.0%)	4 (15.4%)	4 (26.7%)
Improved at follow-up	2 (14.3%)	2 (25.0%)	9 (34.6%)	9 (60.0%)
Eat breakfast (Target=7 times each week)				
Met target at both baseline and follow-up	11 (78.6%)	-	21 (80.8%)	-
Met target at baseline, but worsened at follow-up	1 (7.1%)	-	2 (7.7%)	-
No change	1 (7.1%)	1 (50.0%)	0 (0.0%)	0 (0.0%)
Improved at follow-up	1 (7.1%)	1 (50.0%)	3 (11.5%)	3 (100.0%)
Eat takeout or fast food (Target=0 times each week)				
Met target at both baseline and follow-up	1 (7.1%)	-	6 (23.1%)	-
Met target at baseline, but worsened at follow-up	0 (0.0%)	-	2 (7.7%)	-
Worsened at follow-up	1 (7.1%)	1 (7.7%)	0 (0.0%)	0 (0.0%)
No change	9 (64.3%)	9 (69.2%)	13 (50.0%)	13 (72.2%)
Improved at follow-up	3 (21.4%)	3 (23.1%)	5 (19.2%)	5 (27.8%)
Drink 8-ounce servings of sugary drinks, including 100% juice (Target=0 servings each week)				
Met target at both baseline and follow-up	6 (42.9%)	-	12 (46.2%)	-
Met target at baseline, but worsened at follow-up	0 (0.0%)	-	3 (11.5%)	-
Worsened at follow-up	1 (7.1%)	1 (12.5%)	1 (3.8%)	1 (9.1%)
No change	-	-	-	-

1 (3.8%-1%)

Drink 8-ounce servings of sugary drinks, not including 100% juice (Target=0 servings each week)				
Met target at both baseline and follow-up	8 (57.1%)	-	20 (76.9%)	-
Met target at baseline, but worsened at follow-up	1 (7.1%)	-	4 (15.4%)	-
No change	1 (7.1%)	1 (20.0%)	0 (0.0%)	0 (0.0%)
Improved at follow-up	4 (28.6%)	4 (80.0%)	2 (7.7%)	2 (100.0%)
Drink 8-ounce servings of water (Target=5 or more servings each week)				
Met target at both baseline and follow-up	1 (7.1%)	-	2 (7.7%)	-
Met target at baseline, but worsened at follow-up	2 (14.3%)	-	2 (7.7%)	-
Worsened at follow-up	2 (14.3%)	2 (18.2%)	1 (3.8%)	1 (4.5%)
No change	3 (21.4%)	3 (27.3%)	9 (34.6%)	9 (40.9%)
Improved at follow-up	6 (42.9%)	6 (54.5%)	12 (46.2%)	12 (54.5%)

Discussion

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