



## Family-Based Behavioral Weight Management Interventions

Shannon M. Robson, PhD, MPH, RD  
Assistant Professor  
Department of Behavioral Health and Nutrition




## Objective

To describe the key components of a standard family-based behavioral weight management intervention.



### Key Components to Pediatric Weight Management Interventions

- Multicomponent or comprehensive:
  - Nutrition prescription
  - Physical activity prescription
  - Behavior modification
- Simultaneous involvement of the parent and child (“family-based”)

Epstein, 1998; Wilfley, 2007; Epstein, 2007



## Nutrition Prescription

- A dietary prescription that can help the child achieve a healthy weight.
- The Traffic Light Diet is the most efficacious dietary prescription for obesity treatment in children.



## Traffic Light Dietary Prescription

- The goal is to decrease energy intake and increase overall diet quality.
  - 1200-1500 kcals per day and  $\leq 10$  “red” foods/week
  - Foods are coded based on a traffic light system:
 

Green Foods	Yellow Foods	Red Foods
0-1g fat/serving	2-5g fat/serving	>5g fat/serving



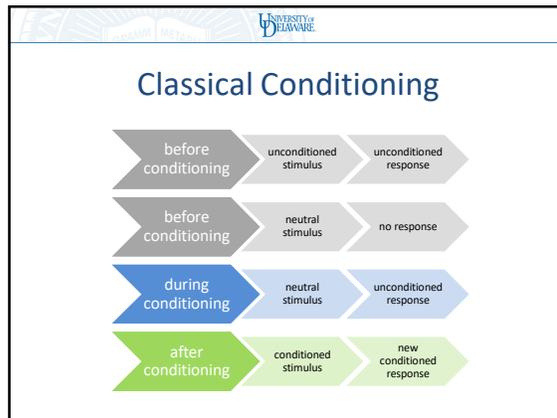
## Physical Activity Prescription

- Minutes of moderate-to-vigorous physical activity
  - Adults: 150 minutes per week
  - Children: 60 minutes per day

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## Behavior Modification

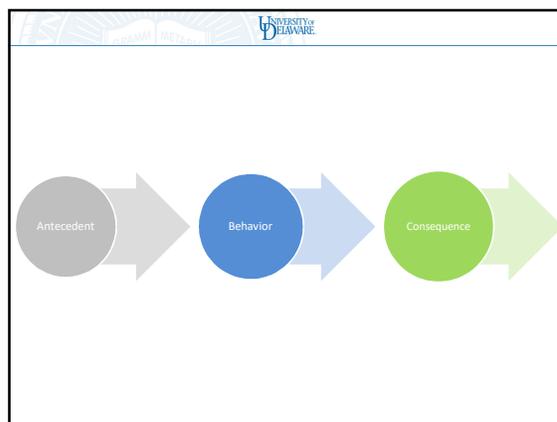
- Behavior modification techniques come from two primary types of learning:
  - Classical conditioning (Pavlov)
  - Operant conditioning (Skinner)



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## Operant Conditioning

A photograph of B.F. Skinner, the psychologist known for his work on operant conditioning, standing in a laboratory.



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## Observational Learning

- Children learn by watching others even if they are not engaging in the behavior

An illustration of five children sitting around a table with plates of food, engaged in a meal and observing each other.







**Steps for implementing positive reinforcement:**

- 1) Catch your child “being good”
- 2) Give praise and attention for good behavior
- 3) Praise and rewards should follow good behavior right away

**Example of verbal praise:** “I love how you chose to drink water instead of juice.”

**Small Rewards**

- Reading a book
- Coloring
- Stickers
- Drawing

Your ideas: \_\_\_\_\_

• \_\_\_\_\_

**Medium Rewards**

- Dance party
- Playing a board game
- Making a fun craft
- Jumping rope or hula hooping
- Playing basketball or baseball
- Bike ride

Your ideas: \_\_\_\_\_

• \_\_\_\_\_

**Big Rewards**

- Trip to the zoo
- Going to the movies
- Going bowling
- Going roller skating or ice skating
- Bike ride
- Hiking, playing a sport, playing tag, going for a walk or bike ride, etc.
- Having a family game night
- Chore freebie: your child can get out of one chore and instead, do an activity together!
- Having a “rewards day” where your child gets to choose his or her favorite family activity to do together

Your ideas: \_\_\_\_\_

• \_\_\_\_\_



stimulus control

Stimulus control is focused on “cues” in our environment (e.g., home, school/work, social settings) that prompt eating or inactivity.

- Aspects of the environment are possible to change



**Examples:**

- Throw or give away sugar-sweetened beverages at home and do not buy them again.
- Identify a spot for the parent and child to place fruits and vegetables. The child should be able to easily reach them.
- Encourage the family to only eat in the kitchen or dining area.





problem solving

Problem solving steps:

1. Describe the problem
2. Brainstorm options (with your child)
3. Pick one option to try
4. Make a positive action plan
5. Implement the action plan and evaluate it



modeling

- Children learn by watching their parents:
  - Do not drink a sugar-sweetened beverage in front of your child
  - Eat a vegetable for snack and encourage them to take a bite



## Summary

- Family-based behavioral weight management intervention needs to be multi-component and include both the parent and child
- Behavior theory provides the foundation for the behavioral strategies used in multi-component interventions to change dietary and physical activity behaviors