

How to reach adolescents from disadvantaged backgrounds?

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Targeting adolescents: bridging the gap between research and practice (WP6)

Aim:

- Create an overview of **evidence and practice-based recommendations** to develop actions to address adolescents living in deprived areas in the field of obesity prevention

Methods:

- **Concept mapping sessions** with both program coordinators and scientists
- **Literature review** focusing on recent innovative research findings and good practices in the field of obesity prevention with a focus on **how to address adolescents from disadvantaged backgrounds**



Literature Review

Systematic review of studies evaluating the effectiveness of obesity *prevention* and *treatment* interventions focusing on disadvantaged adolescents

Literature search PubMed, January 2000-November 2014

Inclusion criteria:

- 1) targeting adolescents (mean age ≥ 12 years)
- 2) from disadvantaged backgrounds (or stratified analysis for SES)
- 3) preventive or treatment intervention study
- 4) BMI as outcome



Literature Review

Quality assessment using the quality assessment tool for quantitative studies of the Effective Public Health Practice Project

- Selection bias
- Study design
- Confounders
- Blinding
- Reliability and validity of data collection methods
- Withdrawals and dropouts



Literature Review

Coding of intervention strategies using the behaviour change taxonomy tool (BCT taxonomy v1; Michie et al., 2013)

Cluster label and component BCTs

(4) **Antecedents**

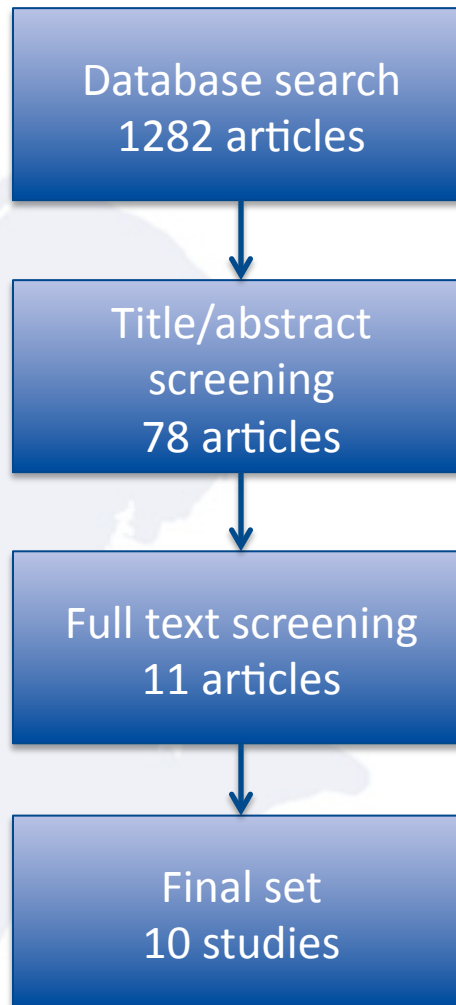
- Restructuring the physical environment
- Restructuring the social environment
- Avoidance/changing exposure to cues for the behaviour
- Distraction

(11) **Comparison of behaviour**

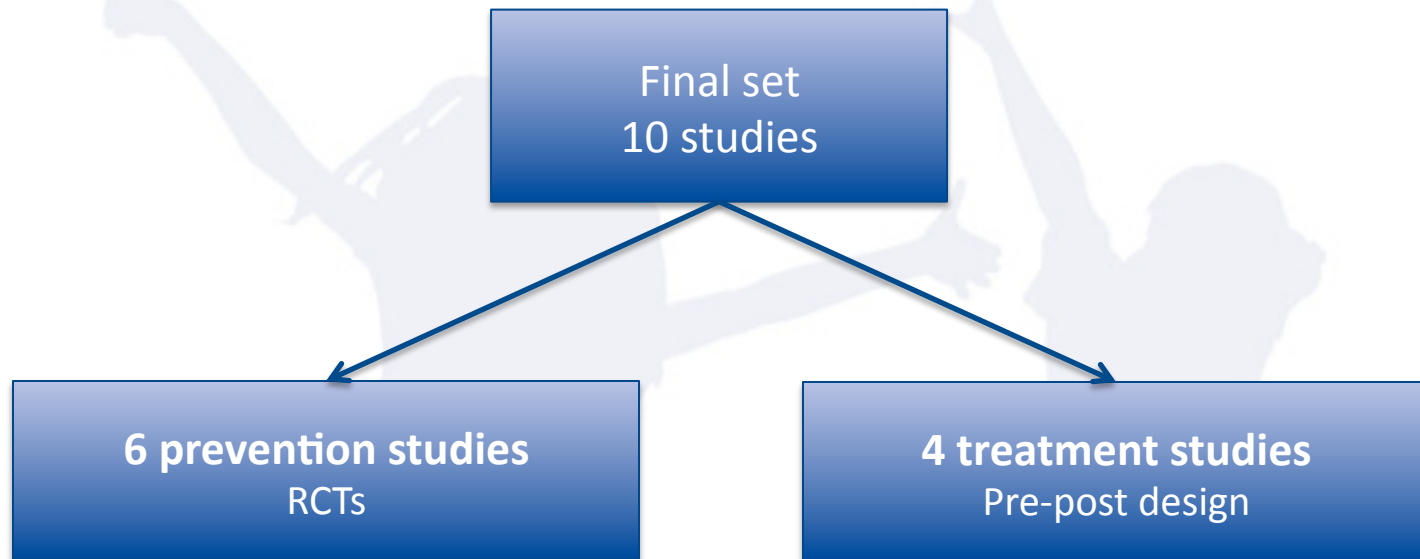
- *Modeling of the behaviour*
- *Information about others' approval*
- *Social comparison*



Literature Review: Results



Literature Review: Results



Intervention strategies

Most commonly used intervention strategies:

- behavioural rehearsal/ practice (9 studies)
- modeling of the behaviour (9 studies)
- instruction on how to perform a behavior (9 studies)
- parental involvement (8 studies)
- transmission of information (8 studies)
- involvement of students to become peer-mentors (5 studies)
- self-monitoring of behavior (5 studies)
- goal setting (5 studies)
- social support (5 studies)



Intervention effectiveness

Intervention effectiveness obesity *prevention* programs

	Black	Dewar	Lubans	Spruijt-Metz	Singhal	Smith
BMI	↔	↔	↓	↔	↔	↔
Body weight	↓		↓			
Body fat	↓	↓	↓	↔	↔	↔
Waist c.			↔		↓	↔



Intervention effectiveness

Intervention effectiveness obesity *prevention* programs

	Black	Dewar	Lubans	Spruijt-Metz	Singhal	Smith
PA	↔	↔	↔	↔		↔
Screen time		↔				↓
Diet	↑	↔	↑		↑	↑
Sedentary behaviour				↓		



Intervention effectiveness

Intervention effectiveness obesity *treatment* programs

	Rudolf	Resnicow	Baxter	Germann
BMI	↓	↑	↓	↓
Body weight		↑		
Body fat		↔		
Diet		↑		
Sedentary Behaviour				↓



Promising elements of successful interventions

- Peer-mentorship and encouraging students to become promoters of a healthy lifestyle
- Experiential activities:
 - ✓ Preparing and tasting of healthy meals
 - ✓ Physically active field trips
- Parental involvement (parental counselling/ strategies, meal and snack plans, newsletters)



Recommendations for practitioners

- Involve students in delivering intervention components
- Involve parents in facilitating a healthier lifestyle
- Use experiential activities (field trips, cooking workshops etc.)
- Deliver interventions at no costs to school or students
- Use incentives for achievements



Recommendations for future research

- Qualitative research: what does this target group prefer?
- What specific strategies are most effective for whom?
- Behavioural (change) theories tailored to youth
- Behaviour (change) strategies tailored to youth
- Behavioural change > than BMI?



Questions?



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