Overview of the Problem
Children 2-19 years

- 17% children are obese
- 32% children years are overweight

Combined Overweight/Obesity Prevalence Rates by Ethnicity
Children 2-19 years

- 29.3% Non-Hispanic White
- 35.9% Non-Hispanic Blacks
- 38.2% Hispanics

COMMUNITY-BASED PARTICIPATORY RESEARCH
A Model for Successful Intervention

- More of an orientation to research than a method
- Focuses on respect for the participants
- Participants involved in all aspects of the process
- Researchers learn from the community & the community learns from the researchers
- Balance between research and action
- Long term commitment often extending beyond the research period

EXAMPLES OF COMMUNITY ENGAGEMENT FROM THE LITERATURE

<table>
<thead>
<tr>
<th>Pathways Intervention</th>
<th>Willing with Wellness</th>
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</thead>
<tbody>
<tr>
<td>Intervention trial for prevention of obesity in American Indian (AI) children</td>
<td>Pilot program intervention based on the Centers for Disease Control and Prevention coordinate school health program (CSH)</td>
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<tr>
<td>5 year, multi-site school-based randomized controlled study - 1,704 children in 41 schools</td>
<td>Total 114 students in 3rd &amp; 4th grade surveyed in Northeast Tennessee (Appalachia)</td>
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<tr>
<td>Behavioral &amp; environmental approaches utilized to address concepts of physical activity, nutrition, family intervention</td>
<td>Program designed by community coalition including educators, health-care providers, parents, community members, and researchers</td>
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<tr>
<td>Three years spent in the formative phase – AI included at all levels of the project</td>
<td>Focus groups conducted with students, teachers and parents</td>
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<tr>
<td>Representatives from all 7 participating tribes provided input &amp; voted on the Pathways program</td>
<td>Results 7 months after intervention program instituted: no significant ↓ BMI z-scores; student’s physical activity ↑ &amp; nutritional offerings at school improved</td>
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<tr>
<td>Results – Children’s body fat not significantly decreased; however, health knowledge ↑ for the children &amp; their families</td>
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</tbody>
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CONSIDERATIONS FOR FUTURE USE OF CBPR AS A STRATEGY TO GUIDE PEDIATRIC OBESITY PREVENTION & INTERVENTION RESEARCH

1. Be prepared to spend a sufficient amount of time in the formative phase of a research project
2. Involve the community in all aspects of the research
3. Form a Community Advisory Board AND include children/teens on the Board
4. Survey the families as well as the children regarding the problem – What do parents think about pediatric obesity? What do children think? What strategies do parents and families think will work?