

S03.5

Decreasing screen time and increasing physical activity to prevent obesity among European adolescents - the formative evaluation phase of the ENERGY-intervention

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Purpose

To develop a ready to pilot test, school-delivered and family-focused intervention to decrease sitting time and increase light physical activity among 10-12 year olds in Europe

Methods

The intervention is developed following the Intervention Mapping protocol. The behaviours were chosen to contribute to an emerging research field, and the determinants based on reviews of the literature with emphasis on longitudinal data and experimental data demonstrating mediating potential when available. Practical applications including family involvement and economic incentives were first brainstormed within the research team fueled by the results of other parts of the project. A list of the most innovative and practical applications will then be discussed with stakeholders (i.e. headmasters, teachers, pupils and parents) in the 5 countries that will pilot test the intervention in the fall of 2011 (Belgium, Germany, Greece, Hungary, Norway). A pretest of the developed material and methods is planned in February/March in all 5 countries.

Results

At the symposium, the formative evaluation of the intervention will be presented with an emphasis on how consulting with the stakeholders and the pretesting of materials and methods helped form the final program. Special focus will be placed on how similarities and differences across and within the 5 countries were dealt with.

Conclusion

The formative evaluation of the ENERGY intervention will contribute to the research field through stakeholders input and pre-testing of material and methods to involve families through school-based interventions in 5 different countries.

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