The Effect of Attendance on Anthropometric Outcomes of Children Completing Vidas Activas y Familias Saludables (VALÉ), a Pediatric Weight Management Program for Latino Families

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BACKGROUND
• Latinos have high rates of pediatric obesity compared to other ethnic minorities1.
• Treatment efforts should include a multidisciplinary and culturally-adapted approach2.
• Program attendance has shown to influence health outcomes yet, has not been explored with pediatric programs targeting low-income and ethnic minority populations3.

STUDY DESIGN, SETTINGS, PARTICIPANTS
• Latino children ages 5-9, BMI-for-age ≥85th percentile (overweight/obese), participated in a multidisciplinary and culturally-adapted group-based program focusing on diet, exercise, behavior modification.
• Families met ~90 minutes/week for 10-weeks.

MEASURABLE OUTCOME/ANALYSIS
• Attendance at each session was recorded.
• Anthropometric measurements including waist circumference, body fat (using bioelectrical impedance), height and weight for BMI-for-age Z scores (compared to CDC growth charts) were measured pre- and immediately-post intervention.
• Attendance and anthropometric outcomes were analyzed via SPSS using Spearman correlation and Kruskal Wallis H test for non-normally distributed data.

CONCLUSIONS
• Higher program attendance did not significantly affect anthropometric outcomes of children participating in a pediatric weight management program targeting low-income Latino families.
• Limited sample size may have affected these results.
• Future work should look into larger sample size and tracking the relationship of attendance and adherence of interventions in the home.

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REFERENCES: