

# Multicenter Trials of Pediatric Obesity Prevention

## Girls Health Enrichment Multi-site Studies (GEMS)

- Two year intervention: Memphis and Oakland
- 8-10 yo low income African American girls

## Childhood Obesity Prevention and Treatment Research Consortium (COPTR)

- Three year intervention: Cleveland, Nashville, Minneapolis
- Low-income African American or Hispanic children
- Preschool (2-5 yo) or middle school (11.6 yo)

# Characteristics of GEMS and COPTER

## Strengths

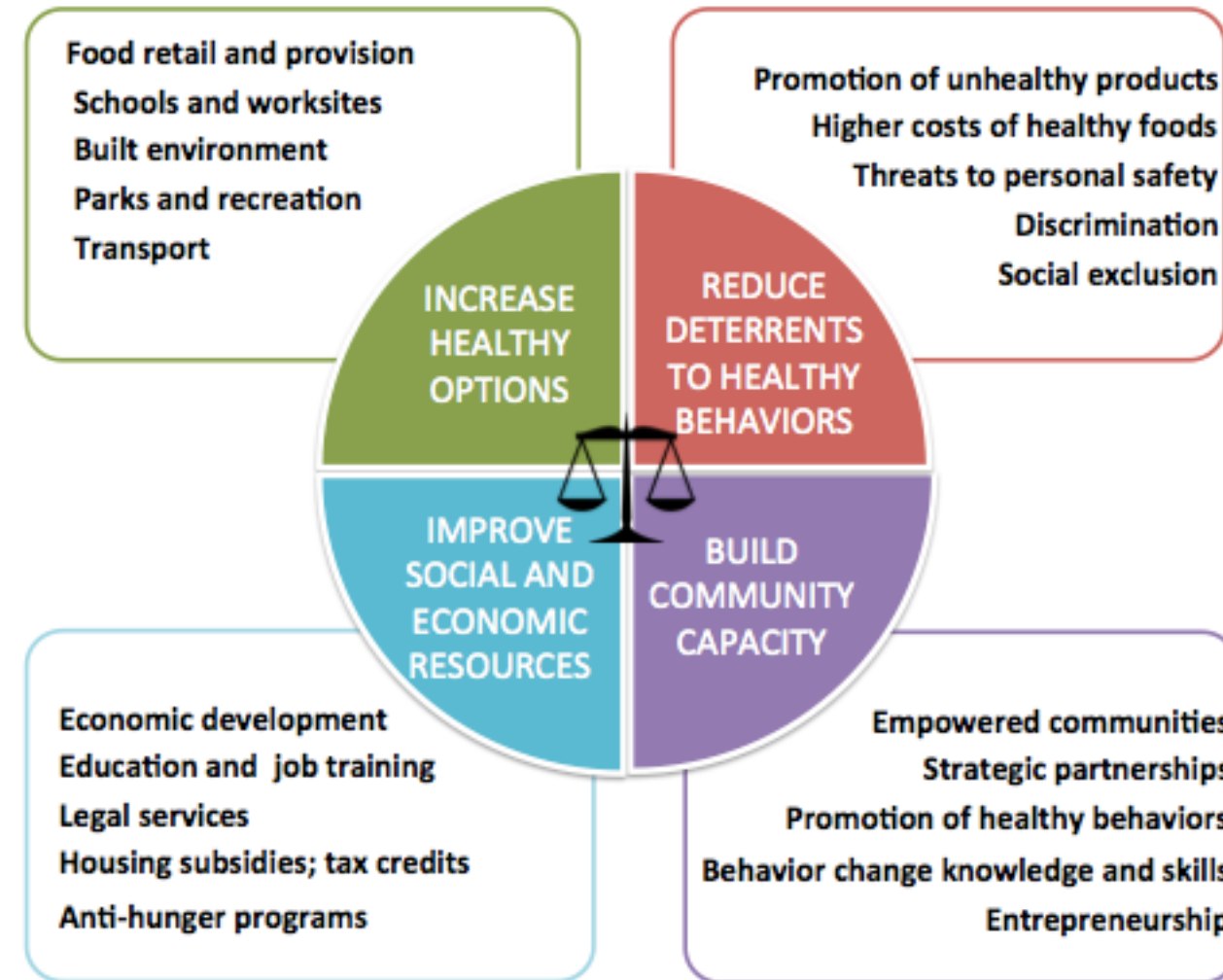
- Highly experienced PIs
- Interventions included family interventions skill building, innovative approaches including dance and reduced media time, counseling to promote healthy eating and physical activity,
- 75-95% 2-3 year retention rate
- All programs met the USPSTF recommended 26 contact hours in year 1

## Challenges

- High rates of food insecurity across all studies
- Cleveland – several children were friends of Tamir Rice, and 1 participant was shot in a drive-by shooting
- Cleveland – 10% families changed residences  $\geq 3$  times, and 30% changed schools annually
- Oakland – center leadership or violent crimes prompted 6 site changes
- Oakland – lost transportation services early in program
- Minneapolis – families moved in and out of various intervention program components

# Equity-oriented Obesity Prevention and Action Framework

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