

## ABSTRACT

TITLE: Evaluation of the SHAPEDOWN Weight Loss Program Conducted Through a Hospital in North Central Indiana: A Family Approach

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The purpose of this study was to determine if participation in the ten-week SHAPEDOWN program was associated with a reduction in body mass index and improved measures of physical fitness among obese children and their parent-participants and to determine if a parent's success in the program was correlated with his or her child's success. Subjects included 47 obese children aged 8-18 years and their parent-participants who completed the program during 2009-2011. Results obtained during the first session (e.g., height, weight, BMI, and endurance, stretch, and flexibility tests) were compared to post-test results in a paired analysis. Results indicated participation was associated with a decrease in BMI ( $p < 0.01$ ) and heart rate ( $p < 0.01$ ) and an increase in flexibility ( $p < 0.01$ ) and the number of sit ups completed in one minute ( $p < 0.01$ ) among the children and an increased number of sit ups ( $p < 0.01$ ) and flexibility ( $p < 0.01$ ) among the parents. No reduction in body weight was observed among the children ( $p = 0.33$ ) or their parent-participants ( $p = 0.16$ ) over the ten weeks. A positive correlation was observed between the parent-child for both weight loss ( $p < 0.01$ ) and flexibility ( $p < 0.01$ ). These results indicate SHAPEDOWN positively impacted indices of health and that parental

participation positively impacted a child's weight loss and flexibility. Parents should be encouraged to engage in healthy behaviors with their overweight child.