

## Targeting Family Meal Quality and Quantity to Reduce Childhood Obesity Using Ecological Momentary Intervention (EMI) and Video Feedback

**Status:** Recruiting

### Eligibility Criteria

**Age:** Up to 18 years old

This study is also accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

- Child 5-10 years old - Have a sibling who lives in the home with the child - Live in the Metro area - Speaks English or Spanish

### Conditions & Interventions

#### Interventions:

Behavioral: Ecological Momentary Intervention, Behavioral: Feedback on Video-recorded Family Meals, Behavioral: In-home Visits and Food Preparation Activities, Behavioral: Maintenance

#### Conditions:

Children's Health, Prevention & Wellness

#### Keywords:

family, family meals, nutrition, primary care

### More Information

**Description:** The proposed study is an individual three-arm randomized controlled trial aimed at utilizing state-of-the-art intervention methods to examine whether increasing the quality and the quantity of family meals reduces childhood obesity.

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**Phase:** NA

#### IRB

**Number:** STUDY00000706

**System ID:** 20261

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