

Abstract for Pediatric Journal

Chrystal R. Brown

Johns Hopkins School of Nursing

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Dr. Brigit VanGraafeiland

“On my honor, I pledge that I have neither given nor received any unauthorized assistance on this assignment.” - C. Brown

Abstract

- **The abstract** should appear on the first page after the title page and should be limited to about 250 words.
- **The information in the abstract should be substantive**, not descriptive. Do not actually refer to the article in the abstract. For instance, do not say "this article discusses...", "this article describes", "the authors provide recommendations...", etc.
- **Different types of articles** have different abstract requirements.

Original/Research article abstracts should include: (a) the question(s) addressed by the article; (b) the basic design of the study; (c) the location and level of clinical care; (d) the manner of selection and number of participants who entered and completed the study; (e) the treatment or intervention, if any; (f) the primary study outcome measure as planned before data collection began; (g) the key findings; and (h) key conclusions, including direct clinical/nursing applications.

Abstract

The omnipresence of childhood obesity in the United States has caused a mass shift of increased vigilance and operations in support of healthy diet and physical activity for children. Government and health entities are undecided as to a best practice for implementing programs that support this modification of behavior in children. However, previous systematic reviews delineate structure for a school-based intervention that promotes increase in physical activity and consumption of fresh fruits and vegetables with children. This 12-week pilot study provides support for those reviews and seeks to ascertain if a school-based intervention increases knowledge and changes behaviors that will decrease the risk of obesity in middle school children.

In this pilot, students from a middle school health class were requested to take part in a study. Based on the inclusion criteria, students had to be in a pre-selected sixth grade health class with no pre-existing health conditions. All 31 students that agreed to participate met the inclusion criteria. Over the 12-week period students engaged in five lessons on nutritional wellness, obesity, and noncommunicable diseases and three interactive lessons on physical activity. Body mass index (BMI) and knowledge from a modified screening tool were measured pre-and post-intervention.

The pre-conclusive data is that there was increased knowledge on obesity and its risk factors and most students felt prepared to make healthier lifestyle choices. In preparation for a follow up study there would need to be more parental involvement as well as inclusion of counselors to address mental and social determinants.

Keywords: body mass index (BMI), obesity, nutrition, physical activity, middle school