

Abstract:

The Utility of Audiovisual Media in Providing Nutrition and Culinary Education for Children Ages 9-14

Ellean Zhang, DO

PGY3 Resident, McGaw Family Medicine Residency at Delnor

Purpose:

Despite serious health sequelae related to childhood obesity, many primary care providers cite time constraints during office visits as a limiting factor in their ability to deliver prevention and treatment interventions for childhood obesity. This study aims to assess the effectiveness of TikTok-style videos compared to informational handouts (current standard of care) as a way of improving competency and building healthy lifestyle habits in children ages 9-14.

Methods:

Study design: Multi-site, randomized controlled trial with cross-over option from control to intervention group. Setting/intervention: Subjects were recruited from two Northwestern Medicine Regional Medical Group primary care locations including the Family Medicine Residency at Delnor and Pediatrics at St. Charles. After consent, subjects were randomized to either the control or intervention group and given two weeks to complete the assigned curriculum. Participants: Children ages 9-14 who are patients that belong to the two aforementioned primary care practices. Measures/main outcomes: Pre/post intervention surveys administered via protected survey driver REDCap assessing nutritional knowledge using multiple-choice questions, dietary habits including a 48-hour dietary recall, and opinions related to the interventions.