**Evidence Table 61. Description of the interventions used in community settings with school and home components**

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| **Author, year** | **Arm** | **Description** | **Psychosocial dietary intervention** | **Physical/environ-mental dietary intervention** | **Psychosocial physical activity/ exercise intervention** | **Physical/environ-mental physical activity/ exercise intervention** | **Decrease sedentary behavior intervention** | **Other interventions** | **General Comments** |
| Economos, 20071 | 2 | Shape Up Sommerville (SUS)Length of intervention, weeks: 43Setting: School: Breakfast program; walk to school campaign; professional development for staff; school food service; classroom curriculum; Enhanced recess; school wellness policy development; after school SUS curriculum; walk from school campaignHome: Parent outreach and educational information; family events; nutrition forums; Child's health report cardCommunity or environment-level: SUS Community Advisory Council; Ethnic-minority collaborations; walking trainings; Farmers Market; City Employee Wellness Campaign; SUS approved restaurants; SUS 5K & Fitness fair; media placement; collaboration on health events. | Targeting students: SUS classroom curriculum; cooking lessons; promotion of health snacks.Targeting parents: nutrition forums, parent outreach and educationTargeting community members: city employee wellness campaignTarget: ChildParent/CaregiverOther: CommunityDelivery: ResearcherTeacherOther: community organizationsComment: Additional information is provided here: http:nutrition.tufts.edu/research/shapeup. However, the duration and frequency is not clearly stated in the paper. | Targeting students: Breakfast program; School food service.Targeting community members: Farmers market; SUS "approved restaurants"Target: ChildOther: CommunityDelivery: ResearcherTeacherOther: community organizationsComment: Additional information is provided here: http:nutrition.tufts.edu/research/shapeup. However, change in intake is not clearly stated in the paper. | Targeting students: Walking contests; walk to/from school campaign; SUS classroom physical activity lesson; safe routes to school map.Targeting community members: Walking trainings; resource guides for physical activityTarget: ChildOther: community membersDelivery: ResearcherTeacherOther: community based organizationsComment: Additional information is provided here: http:nutrition.tufts.edu/research/shapeup. However, information on duration/frequency is not clearly stated in the paper. | Targeting children: enhanced recess; safe routesTargeting community members: City ordinances on walkability/bike ability; 5K fitness fair.Target: ChildOther: CommunityDelivery: ResearcherOther: community organizationsComment: Additional information is provided here: http:nutrition.tufts.edu/research/shapeup. However, information on duration/frequency is not clearly stated in the paper. | Other: Child's health report card |  |  |
| 3 | Control 2  |  |  |  |  |  |  |  |

SUS = Shape Up Sommerville