

Think, Eat and Move

Online weight management program for 13-17 year olds

Information for health professionals

The Think, Eat & Move (TEAM) program is a FREE, healthy lifestyle program for adolescents.

Adolescents are eligible if they are above a healthy weight, diagnosed with a chronic health condition or demonstrate increased risk of diet and lifestyle disease (assessed via a screening questionnaire).

It is funded by Central and Eastern Sydney PHN and free for those living, studying or seeing a health professional in the area. Delivered over eight weeks, the program combines engaging online sessions with professional coaching to encourage practical, lasting lifestyle changes.

The TEAM program focuses on nutrition, physical activity and behaviour change. Designed by dietitians, exercise professionals and health psychologists to acknowledge adolescents growing independence and help them make informed decisions through practical education and resources.

The TEAM program combines interactive online learning sessions with individual support from qualified health coaches. Participants are supported by weekly calls, a social facebook group and practical resources. Regular text messages and emails further encourage healthy behaviour development.



↓ Average BMI reduction of 1.05 points*



↑ 71% increased days meeting physical activity guidelines



↑ 62% increased daily vegetables intake & 48% increased daily fruit intake



↓ 53% decreased school day screen time



↑ Self esteem increased by 2.2 points on average

* for adolescents above a healthy weight pre program

Program approach

To encourage a sustainable approach to establishing healthy habits and maintaining a healthy weight, the TEAM program principles combines the three essential elements necessary for safe, effective weight management: nutrition, physical activity and behaviour change. Significant research concludes that multidisciplinary interventions combining these elements reduce weight in overweight and obese adolescents (Al-Khudairy et al., 2017).

TEAM has been developed in accordance with the clinical practice guidelines for the management of overweight and obesity in Australian adolescents. The guidelines emphasise the importance of multicomponent lifestyle interventions focusing on the program principles of nutrition, physical activity and behaviour change. The TEAM content aligns with all current Australian guidelines and recommendations including the Australian Dietary Guidelines and Australian Physical Activity & Sedentary Behaviour Guidelines for Young People (13-17 years).

Program Referrals

Health professionals can refer 13-17 year old who meet the eligibility criteria by returning a program referral form (available on the TEAM website) to:

e: info@betterhealthcompany.org

f: 1300 325 301

p: 1300 899 736

Individuals can also self refer to the program via:

w: www.thinkeatandmove.org

p: 1300 899 736

**BETTER
HEALTH
GO.**

*Think, Eat
and Move*

Think, Eat and Move towards a healthier and happier life!

www.thinkeatandmove.org

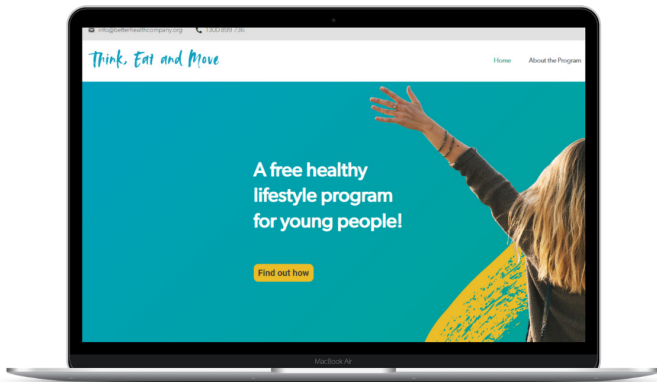
Program structure

The TEAM program’s online format enables delivery to participants in various locations, ensuring accessibility and flexibility. Web-based interventions for weight management of children and adolescents have been shown to be efficient in a systematic review of RCT trials (An et al., 2009).

A recent review on the effectiveness of non-face-to-face healthy lifestyle programs recommend a technology based delivery mode, including the use of online learning platforms, to achieve higher acceptability and optimise engagement by parents and children (Lombard et al., 2016). Furthermore, a systematic literature review of web-based interventions for weight management of children and adolescents found that these interventions demonstrated statistically significant changes to outcomes including BMI, total body weight loss, physical activity and dietary fat intake (An et al., 2009).

Online learning sessions

Weekly 30 minute online learning sessions focus on structured content relating to nutrition, physical activity and behaviour change. Sessions include interactive activities, narrated content, videos, animations and games that increase engagement while delivering key information in a clear, simple manner.



Personalised support

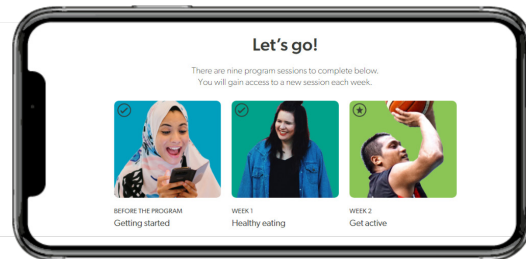
The TEAM program includes individual phone based coaching with a qualified health professional, as recommended in the Australian clinical practice guidelines for the management of overweight and obesity. Health coaches support healthy lifestyle behaviour implementation by engaging with participants to problem solve, address barriers, clarify information, answer questions and provide positive reinforcement of behaviour change.

Coaches adopt Motivational Interviewing (MI) strategies to encourage and support behaviour change. A recent study combining MI with a standard weight

loss program, found that the adolescents receiving MI treatment had a greater BMI decrease and a greater physical activity increase (Gourlan et al., 2013). Behaviour change strategies in the TEAM program are based on Cognitive Behaviour Therapy (CBT).

Practical resources

Participants are provided with a range of practical resources throughout the program to support behaviour change. This includes a handouts manual, a drink bottle, a label reading card and a garmin fitness tracker.



Program outcomes

264 eligible adolescents from the Central and Eastern Sydney catchment area have commenced the program since September 2018, with 83% completing the program.*

The program outcomes, together with a positive community response, strongly indicates that the TEAM program is an effective approach for heard to reach groups, including adolescents

The data in the table below is for all participants who were above a health weight before the program.

*A participant is considered a 'completer' if they complete at least 4 coaching calls and 4 online sessions during week 1-8 of the program.

Indicator	Change	p value
BMI	-1.05 points	p < 0.001
BMI z-score	-0.1	p < 0.001
Self-esteem	+2.2 points	p < 0.001
Daily fruit consumption	Increased for 48% of participants	p < 0.001
Daily vegetable consumption	Increased for 62% of participants	p < 0.001
Daily water consumption	Increased for 42% of participants	p < 0.001
Days meeting physical activity recommendations	Increased for 71% of participants	p < 0.001
School day screen time	Decreased for 53% of participants	p < 0.001