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# Promoting Healthy Food & Exercise Choices in Children

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# Research Focus

- Child obesity prevention

- Children
- Adolescents

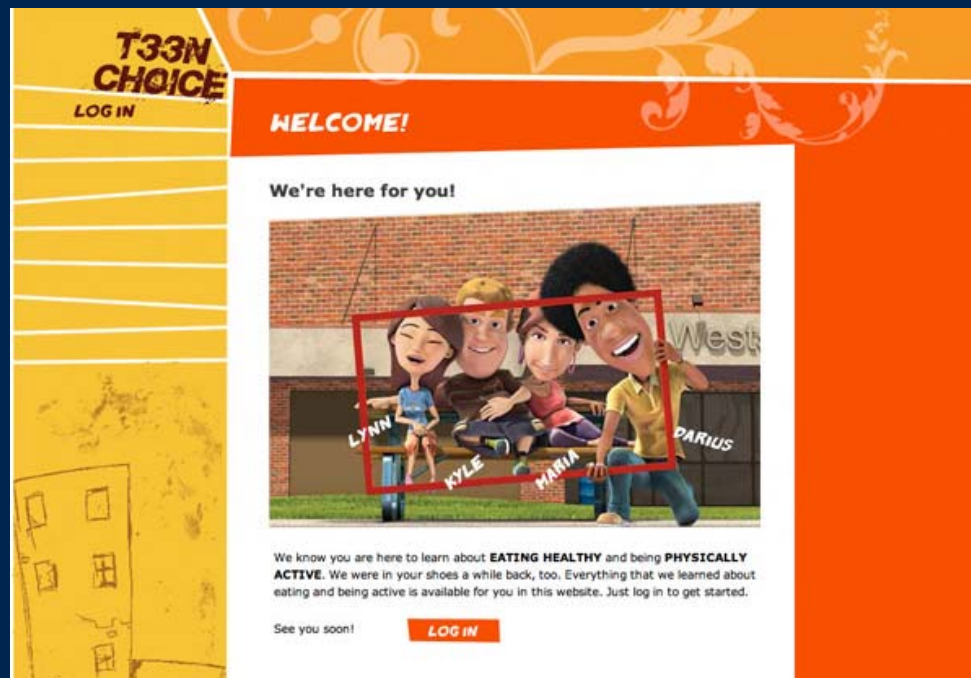
- Behaviors

- Healthy diet
- Physical Activity

# Technology-Based Interventions

- Online programs
- Video games
- Text messaging

# Teen Choice: Food and Fitness



<http://www.archimage.com/portfolio-screeningroom-teenchoice.cfm>

Thompson D et al. Design of a website on nutrition and physical activity for adolescents: Results from formative research. Journal of Medical Internet Research. 2012;14(2):e59. doi:10.2196/jmir.1889.

# The Butterfly Girls: Quest for Founder's Rock

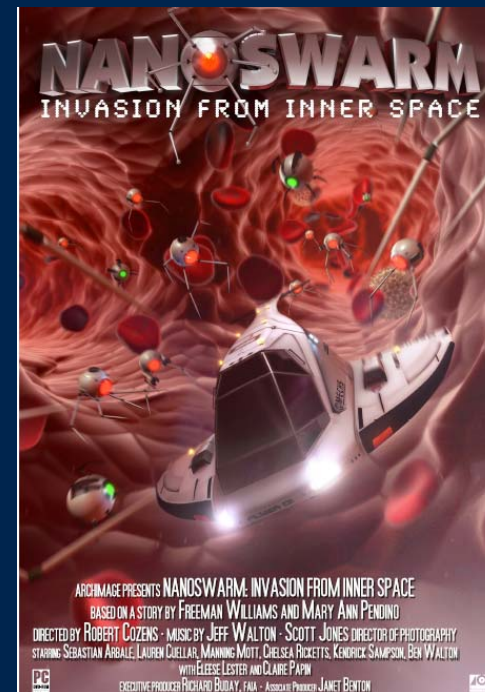
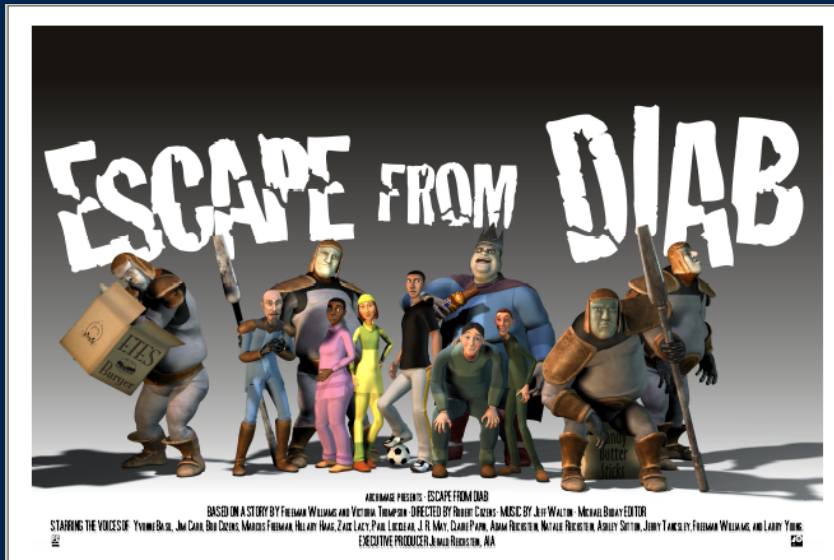


<http://youtu.be/wNPQVNLWRQg>

Thompson D et al. The Butterfly Girls; an online program promoting healthy nutrition and physical activity behaviors to young African American girls: rationale and design (in progress).



# Escape From Diab; Nanoswarm: Invasion From Inner Space



<http://www.archimage.com/portfolio-screeningroom-escapefromdiab.cfm>

<http://www.archimage.com/portfolio-screeningroom-nanoswarm.cfm>

Thompson D et al. Serious video games for health: how behavioral science guided the development of a serious video game. Simulation & Gaming 2010; 41(4): 587-606.

Baranowski et al. Video game play, child diet, and physical activity behavior change: a randomized clinical trial. American Journal of Preventive Medicine 2011; 40(1): 33-38

Pediatrics



Baylor College of Medicine



Texas Children's Hospital

# Squire's Quest! II: Saving the Kingdom of Fivealot



<http://youtu.be/rigHfRgTvTc>

Thompson D et al. A serious video game to increase fruit and vegetable consumption among elementary aged youth (Squire's Quest! II): Rationale, Design, and Methods. Journal of Medical Internet Research Protocols. 2012;1 (2):e19. doi:10.2196/resprot.2348

*Pediatrics*





# Texting to Increase PA



# Texting to Increase PA

**Prompt:** What will your step goal be this week? :D

**Autonomy:** Your steps, your choice, your life! You're in charge!



**Relatedness:** Achieve success today - meet your step goal!

**Competence:** Meet your step goal? Of course! You've got what it takes!!

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