

NR 716

Week 3 Discussion

Hi Dr. Jennings,

My practice question is in families with children, does implementing the healthy Home Offerings via the Mealtime Environment (HOME) Plus Program compared to standard mealtime practices impact nutrition-related outcomes and behavior over the course of the next 8-10 weeks? (Fulkerson et al., 2018).

As obesity continues to be considered a serious costly, epidemic concern in adults and children (CDC, 2022). It is important to continue to work together to approach this problem that requires attention in creating an environment that supports healthy lifestyles. Working as a team and sharing the responsibility of recognizing what the gap is will further assist in improving the problem (Leach & Tucker, 2018). The evidence-based interventions from the study considered various factors associated with creating healthful home food environments, promoting positive shopping, and eating behaviors, reducing screen time, and enhancing self-efficacy in creating healthy family meals. The patient population included 160 children aged 8-12 years, their parents; 81 parents were randomized to intervention and 79 parents were the control group.

The outcome demonstrated that intervention parents had greater improvement over time in their scores of self-efficacies for identifying appropriate portion sizes compared to control parents. This improvement was statistically significant, with adjusted means showing significant differences at both post-intervention ($P=0.002$) and follow-up ($P=0.01$). This suggests that the intervention had a positive impact on parents' ability to accurately determine appropriate portion sizes for their children. The intervention children were less likely to consume at least one sugar-sweetened beverage daily at post-intervention compared to control children. This difference was statistically significant ($P=0.04$), indicating that the intervention had a beneficial effect on reducing sugar-sweetened beverage consumption among children.