Docket #: S13-367

Materials, processes and methods used in the Stanford Pediatric Weight Control Program/Packard Pediatric Weight Control Program

Stanford Researchers from the Department of Pediatrics have created a family-based, group behavioral weight control program for overweight and obese children (ages 8-12) and adolescents (ages 13-15) and their parent/guardian support. The goal of the program is to promote lifelong good exercise and nutrition habits.

Applications

- Behavioral weight control
- Individual, phone-based or computer-based counseling
- Communication technology-based groups, mobile or other technology-based programs or tools, such as "apps" or games

Advantages

- Higher rates of participant retention and weight changes than are typical for similar programs or other behavior change weight control interventions for children, adolescents and their families.
- Appropriate for a diverse population.
- Both English and Spanish language versions of the program are available
- Theory driven and developed and improved over many years of experience.

Innovators

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