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

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


Squire’s Quest! II: Saving the Kingdom of Fivealot

http://youtu.be/rigHfRqTvTc

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!

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

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