Long-term obesity prevention and the Motivating Adolescents with Technology to CHOOSE Health program

Given the high prevalence of childhood obesity, it is essential to develop scalable and intensive interventions that have the capacity to influence lifestyle behaviours and prevent obesity. For several reasons, schools have been identified as an ideal setting for the implementation of public health interventions. The Motivating Adolescents with Technology to CHOOSE Health (MATCH) is a “teacher-developed, school-based childhood obesity intervention for the seventh graders that began in 2007 in a rural, high-minority, economically challenged middle school in eastern North Carolina.” This study aimed to identify the long-term outcomes for the first two cohorts of adolescents participating in MATCH.

The study looks at the outcome from the MATCH intervention by examining changes in the proportion of adolescents present in each weight category at baseline as well as after a number of years. Additionally, it also looks at changes in body mass index measures over time and compares them to nationally representative samples. Overall, the results highlighted that adolescents who participated in MATCH sustained healthier BMI trajectories over time given the setting in which they are.