

Comparison of the Programs to be presented in the SNE Post-Conference:

Positive Programs to Prevent Obesity in Children, Tweens and Teens, to be held at the Sheraton Hotel in New Orleans, LA, July 15, 2009.

Developers of the program:	Connie Sobczak/ Elizabeth Scott	Kathy Kater	Catherine Steiner-Adair/ Lisa Sjostrom	Jennifer O'Dea
Name of the program	The Body Positive	Healthy Body Image	Full of Ourselves	Everybody's Different
Website	Thebodypositive.org	Bodyimagehealth.org	Mclean.harvard.edu/ education/youth	j.o'dea@edfac.usyd.edu.au
Presenter:	Connie Sobczak	Kathy Kater	Suzy Pelican & Mary Kay Wardlaw, U. Wyoming. Consultant: Lisa Sjostrom.	Jennifer O'Dea
Designed for:	4 levels: (boys, girls, young women) <ul style="list-style-type: none"> • BodyTalk 1: Ages 12-18 • BodyTalk 2: Ages 9-12 • BodyTalk 3: Ages 6-9 • College women 	Grades 4-6 boys and girls	Healthy population of girls: 7 th to 8 th graders who then teach 4 th and 5 th graders:	Whole school intervention in Intermediate/High School. Teens of both sexes
Delivery Audience	Grade K-12 teachers, school or community youth leadership groups, after-school programs, churches, colleges and universities	Elementary school teachers	Schools, after-school programs, town libraries, summer camps, churches, synagogues	School personnel
Stated goals of program	<ul style="list-style-type: none"> • Youth-led body image programs to prevent eating and body image concerns • BodyTalk 1: resist media messages, foster self-love, engage in activism • BodyTalk 2: enhance body image and self-esteem, skills to resist teasing, release shame • BodyTalk 3: respond to teasing, healthy eating, and playful exercise. • Young women stop dieting, eat/exercise intuitively 	<ul style="list-style-type: none"> • Develop an identity based on inner strengths • Gain historical perspective • Understand normal weight gain during puberty • Respect genetic diversity • Aware of dangers of dieting for weight loss • Develop incentives for healthy eating and active lifestyles • Think critically about media messages • Resist unwholesome cultural pressures • Choose health as goal (not size) 	<p>Prevention of eating disorders. Positive changes in:</p> <ul style="list-style-type: none"> • body image • body satisfaction • body esteem <p>sustained positive changes in knowledge about:</p> <ul style="list-style-type: none"> • nutrition • weightism • puberty 	<p>Whole school approach based on self-esteem</p> <ul style="list-style-type: none"> • Health • Puberty • Body image • Nutrition • Self-esteem • Obesity prevention • Prevention of eating disorders • Media messages <p>Addresses concerns about:</p> <ul style="list-style-type: none"> • Dieting • Eating disorders • Obsessive exercise • Excessive weight lifting • Steroid abuse

Comparison of the Programs to be presented in the SNE Post-Conference:

Positive Programs to Prevent Obesity in Children, Tweens and Teens, to be held at the Sheraton Hotel in New Orleans, LA, July 15, 2009.

Developers of the program:	Connie Sobczak/ Elizabeth Scott	Kathy Kater	Catherine Steiner-Adair/ Lisa Sjostrom	Jennifer O'Dea
Format	Youth materials: DVD, 2 lessons and journal writing component • Children on DVDs talking to their peers • Youth leadership training • Self inquiry and creative projects Adult materials: • DVD-medical experts, diverse women's stories	Structured lesson plans (discovery/dialogue): • Lesson objectives • Background • Teach for these outcomes • Concepts needed to teach the lesson • Lesson preparation and materials • Lesson summary • Suggested lesson script	• Body centered activities • Importance of putting ideas into action • Admirable qualities in themselves and others • Ways girls bodies change in adolescence • Assertiveness training • Media messages	• Case studies • Research outcomes • Classroom activities • Worksheets, games, word puzzles • Teacher training • Community links • Lesson plans for interactive puberty websites • References
Evaluation	Leadership model used by more than 1,000 schools and communities, including 525 school districts in the state of Illinois. DVDs viewed by more than 1,000,000 youth worldwide. Formal evaluation not yet funded.	Formal evaluation: • Kater, Rohwer, Levine. Eat Disord J Treat Preven 2000;8(1):3-16. • Kater, Rohwer, Londre. J Sch Health 2002; 72(5): 199-204	Formal evaluation: • Steiner-Adair, et al. Int. J Eat Disord. 2002;32(4): 401-411 • Sjostrom, et al. JNEB 2005; 37 suppl 2: S141-144.	Formal evaluation: • O'Dea & Abraham, Int J Eat Disord. 2000 Jul;28(1):43-57. • O'Dea, Eat. Disord. 2002;10(1):1-13 • Wade, Davidson, O'Dea. Int J Ea Disord 2003;33:371-383 • O'Dea. J Am Diet Assoc. 2003;103:497-501.
Cost	BodyTalk DVDs-\$89.95+s/h Curriculum-\$26.95+s/h Guidebook-\$39.95+s/h Adult DVD-\$19.95+s/h	Book (2005). Publication of the National Eating Disorder Organization \$65.00 + s/h	Book (2006): Published Teachers College Press \$44.95 + s/h	Book (2007). Published by ACER (Australian Council for Educational Research) \$ (Australian) 59.95 + s/h
Organization involved	Proprietary	Proprietary	McLean Hospital (Harvard Medical School Affiliate)	Univ. Sydney, Australia
Program developed in:	Berkeley CA	St. Paul, MN	Belmont, MA	Sydney, Australia

--Compiled by Ann Macpherson-Sánchez, 2009

Workshop funded in part by CSREES-USDA. The views expressed during this workshop are those of the presenters only and do not necessarily reflect or represent those of USDA or USDA-CSREES.