Weight Loss Program for Parents of Children with a Disability

Background
Childhood obesity is a serious public health concern and there are few healthy weight programs designed for children with vision impairments. COVID-19 restrictions have heightened concerns about childhood obesity and home-based healthy weight programs are needed. This pilot program takes a “parent only” approach to addressing healthy weight for children. Studies show that helping a parent lose weight often results in weight loss for the child. Healthy Weight at Home is a weight loss study for parents with children who have a disability. Our long-term goal is to develop accessible healthy-weight-at-home programs that support healthy weight among children with disabilities.

Who is Eligible?
We are recruiting fifteen parents who have BMI greater than 24, and have children with a disability. The parents should be interested in losing weight and believe their children could benefit from achieving a healthier weight. Everybody in the study gets the weight loss program.

The Program
The 12-week pilot weight loss program is for the parent and is completely remote using email and video calls. We use weight loss strategies that have been proven safe. The program includes 12 weekly weight loss sessions for the parent using video calls. We will examine changes in weight for both the parent and the child. There are no fees to participate although parents need access to Zoom and the internet to support the video calling.

There is the potential to receive a $50 gift card for completing the data collection.

Contact Us
For more information please email us at paphl@towson.edu.

This study is being conducted by Dr. Jerome at Towson University. This study was approved by the Towson University Institution Review Board.