Using an Electronic Application on Weight Management for Children with Obesity in Primary Care

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**Background:** Obesity affects one in five children and adolescents in the United States (CDC, 2022). Children who suffer from chronic obesity are at a higher risk of becoming adults with obesity. Chronic obesity in children can develop physiological diseases and psychological conditions such as metabolic diseases, heart disease, bullying, and low self-esteem. Current clinical weight management strategies are designed to promote the consumption of fruits and vegetables, while increasing active play to reduce obesity rates among children. The development of technology has increased the number of electronic applications geared toward managing adults’ wellness. Children have grown up with technology and can use it with ease. The literature is limited to using electronic applications as tools in weight management for children to track their healthy behaviors. **Purpose:** Assess the effect of implementing an electronic application on school-age children for weight management. **Methods:** Participants were children from 10–12-year-olds without co-morbidities. Participant variables analyzed included body weight, BMI, BMI%, waist circumference, self-esteem, intake of fruits, vegetables, and water, and electronic application use. **Results:** 14 out of the 18 participants completed the project. There was an increase in body weight and BMI with a decrease in waist circumference. The self-esteem scores were stable throughout the project. Overall, there was an increase in fruit and vegetable intake. Daily exercise minutes increased post-intervention among all participants. **Conclusion:** The SSMP weight management project successfully decreased waist circumference, which may have been an indication of visceral fat loss.

**Keywords:** Children, obesity, weight management, MyPlate diet, Start Simple with MyPlate electronic application, body weight, BMI, waist circumference, and self-esteem.