
A PILOT STUDY OF A HEALTH AND WELLNESS INTERVENTION ON BMI FOR ADOLESCENT FEMALES WITH SEVERE EMOTIONAL DISORDERS AND HISTORIES OF TRAUMA WITHIN A RESIDENTIAL TREATMENT FACILITY

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Using a single group pre-posttest design, the pilot study assessed the impact of a health and wellness intervention on body mass index (BMI) of female adolescents who had a serious emotional disturbance (SED), a history of trauma, and high levels of obesity.

Sample & Measurement: Body mass index (BMI) was measured for six females housed within a Residential Treatment Facility (RTF) by the staff members at pre and post-testing time points. Data was analyzed using descriptive statistics including cross-tabulations.

Intervention: The intervention was delivered within the RTF and was designed to elicit healthy lifestyle changes through modification of food choices and menu options as well as increased fitness and activity levels. Each participant developed an action plan that detailed key strategies to address diet and exercise.

Results: At pretesting, 100% of the participants were measured as either obese or overweight. Conversely, at posttesting, only 50% of the participants were measured in the obese BMI range. More specifically, one individual had moved into the normal category of BMI range and two participants moved into the overweight BMI range. The average weight loss, in pounds, was 7.8 pounds per person, with weight loss ranging from 2 to 19 pounds.

Conclusions: Though a small pilot study, the findings of this study have strong implications for both practice and research areas of child and adolescent wellness. The health and wellness intervention provided a means through which adolescents were effectively able to improve BMI levels through education regarding and modification of lifestyle behaviors and habits.