

Peer-Reviewed Scientific Publications and Reports

MEND 7-13

1. Imoisili, O., Lundeen, E., Freedman, D., Womack, L., Wallace, J., Hambidge, S., Federico, S., Everhart, R., Harr, D., Vance, J., Kompaniyets, L., Dooyema, C., Park, S., Blanck, H. and Goodman, A., 2021. Body Mass Index and Blood Pressure Improvements With a Pediatric Weight Management Intervention at Federally Qualified Health Centers. *Academic Pediatrics*, 21(2), pp.312-320. [link](#)
2. Liu S, Weismiller J, Strange K, Forster-Coull L, Bradbury J, Warshawski T, Naylor PJ. Evaluation of the scale-up and implementation of mind, exercise, nutrition...do it! (MEND) in British Columbia: a hybrid trial type 3 evaluation. *BMC Pediatrics*. 2020. 20:392. doi: /10.1186/s12887-020-02297-1. [link](#)
3. Eynde E, Camfferman R, Putten L, Renders C, Seidell J, Halberstadt J. Changes in the health-related quality of life and weight status of children with overweight or obesity aged 7-13 years after participating in a 10-week lifestyle intervention. *Childhood Obesity*. 2020. doi: 10.1089/chi.2020.0070. [link](#)
4. Barlow SE, Durand C, Salahuddin M, Pont SJ, Butte NF, Hoelscher DM. Who benefits from the intervention? Correlates of successful BMI reduction in the Texas Childhood Obesity Demonstration Project (TX-CORD). *Pediatric Obesity*. 2020;1-8. doi: 10.1111/ijpo.12609. [link](#)
5. Khanal S, Choi L, Innes-Hughes C, Rissel C. Dose response relationship between program attendance and children's outcomes in a community based weight management program for children and their families. *BMC Public Health*. 2019 Jun 10;19(1):716. doi: 10.1186/s12889-019-7094-5. [link](#)
6. Vidgen HA, Love PV, Wutzke SE, Daniels LA, Rissel CE, Innes-Hughes C, Baur LA. A description of health care system factors in the implementation of universal weight management services for children with overweight or obesity: case studies from Queensland and New South Wales, Australia. *Implement Sci*. 2018 Aug 7;13(1):109. doi: 10.1186/s13012-018-0801-2. [link](#)
7. Hartson KR, Gance-Cleveland B, Amura CR, Schmiede S. Correlates of physical activity and sedentary behaviors among overweight Hispanic school-aged children. *J Ped Nursing*. May-Jun 2018. 40:1-6. doi: 10.1016/j.pedn.2018.01.019. [link](#)
8. Wilson TA, Liu Y, Adolph AL, Sacher PM, Barlow SE, Pont S, Sharma S, Byrd-Williams C, Hoelscher DM, Butte NF. Behavior modification of diet and parent feeding practices in a community vs primary care-centered intervention for childhood obesity. *J Nutr Educ Behav*. 2018 Aug 20. pii: S1499-4046(18)30540-2. doi: 10.1016/j.jneb.2018.05.010. [link](#)
9. Sacher PM, Kolotourou M, Poupakis S, Chadwick P, Radley D, Fagg J. Addressing childhood obesity in low-income, ethnically diverse families: outcomes and peer effects of MEND 7-13 when delivered at scale in US communities. *Int J Obes (Lond)*. 2018 Aug 3. doi: 10.1038/s41366-018-0158-2. [link](#)
10. Butte NF, Hoelscher DM, Barlow SE, Pont S, Durand C, Vandewater EA, et al. Efficacy of a community- versus primary care-centered program for childhood obesity: TX CORD RCT. *Obesity (Silver Spring)*. 2017. Sep;25(9):1584-1593. doi: 10.1002/oby.21929. Epub 2017 Jul 13. [link](#)
11. Khanal S, Welsby D, Lloyd B, Innes-Hughes C, Lukeis S2, Rissel C. Effectiveness of a once per week delivery of a family-based childhood obesity intervention: a cluster randomised controlled trial. *Pediatr Obes*. 2016 Dec;11(6):475-483. doi: 10.1111/ijpo.12089. [link](#)



12. Watson LA, Baker MC, Chadwick PM. Kids just wanna have fun: Children's experiences of a weight management programme. *Br J Health Psychol*. 2015 Dec 11. doi: 10.1111/bjhp.12175. [link](#)
13. Hardy LL, Mahrshahi S, Gale J, Nguyen B, Baur LA, O'Hara BJ. Translational research: are community-based child obesity treatment programs scalable? *BMC Public Health*. 2015 Jul 14;15:652. doi: 10.1186/s12889-015-2031-8. [link](#)
14. Kolotourou M, Radley D, Gammon C, Smith L, Chadwick P, Sacher PM. Long-Term Outcomes following the MEND 7–13 Child Weight Management Program. *Child Obes*. 2015 Jun;11(3):325-30. [link](#)
15. Hoelscher DM, Butte NF, Barlow S, Vandewater EA, Sharma SV, Huang T, Finkelstein E, Pont S, Sacher P, Byrd-Williams C, Oluyomi A, Durand C, Li L, Kelder SH. Incorporating Primary and Secondary Prevention Approaches To Address Childhood Obesity Prevention and Treatment in a Low-Income, Ethnically Diverse Population: Study Design and Demographic Data from the Texas Childhood Obesity Research Demonstration (TX CORD) Study. *Child Obes*. 2015 Feb;11(1):71-91. doi: 10.1089/chi.2014.0084. Epub 2015 Jan 2. [link](#)
16. Fagg J, Cole TJ, Cummins S, Goldstein H, Morris S, Radley D, Sacher P, Law C. After the RCT: who comes to a family-based intervention for childhood overweight or obesity when it is implemented at scale in the community? *J Epidemiol Community Health*. 2015 Feb;69(2):142-8 [link](#)
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18. Lucas PJ, Curtis-Tyler K, Arai L, Stapley S, Fagg J, Roberts H. What works in practice: user and provider perspectives on the acceptability, affordability, implementation, and impact of a family-based intervention for child overweight and obesity delivered at scale. *BMC Public Health*. 2014 Jun 17;14:614. [link](#)
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20. Welsby D, Nguyen B, O'Hara BJ, Innes-Hughes C, Bauman A, Hardy LL. Process evaluation of an up-scaled community based child obesity treatment program: NSW Go4Fun®. *BMC Public Health*. 2014; 10; 14: 140. [link](#)
21. Kolotourou M, Radley D, Chadwick P, Smith L, Orfanos S, Kapetanakis V, Singhal A, Cole TJ, Sacher PM. Is BMI Alone a Sufficient Outcome To Evaluate Interventions for Child Obesity? *Childhood Obesity*. 2013; 9 (4): 350-6. [link](#)
22. Upton P, Taylor CE, Peters DM, Erol R, Upton D. The effectiveness of local child weight management programmes: an audit study. *Child Care Health Dev*. 2013 Jan;39(1):125-33. [link](#)
23. Baker J, Saunders K. Fitter, healthier, happier families: A partnership to treat childhood obesity in the West Midlands. *Public Health*. 2012; 126 (4): 332-4. [link](#)
24. Sacher PM, Kolotourou M, Chadwick PM, Cole TJ, Lawson MS, Lucas A, Singhal A. Randomized controlled trial of the MEND program: a family-based community intervention for childhood obesity. *Obesity*. 2010;18(S1):S62-8. [link](#)
25. Swain C. MEND Programmes: community solutions to a national problem. *Primary Health Care*. 2009;19(6):20-3. [link](#)
26. Sacher PM, Swain C. The MEND Programme: tackling childhood obesity. *British Journal of School Nursing*. 2007(2):4. [link](#)



27. Oldham A, Aylott H, Sacher PM. Mending the growing problem of childhood obesity. *The British Journal of Primary Care Nursing*. 2007;4(6):297-9. [link](#)
28. Sacher PM, Chadwick P, Wells JC, Williams JE, Cole TJ, Lawson MS. Assessing the acceptability and feasibility of the MEND Programme in a small group of obese 7-11-year-old children. *Journal of Human Nutrition and Dietetics*. 2005;18(1):3-5. [link](#)

MEND 5-7

1. Smith LR, Chadwick P, Radley D, Kolotourou M, Gammon CS, Rosborough J, Sacher PM. Assessing the short-term outcomes of a community-based intervention for overweight and obese children: The MEND 5–7 programme. *BMJ Open*. 2013;3. [link](#)

MEND 2-4 and 2-5

1. Skouteris H, Hill B, McCabe M, Swinburn B, Busija L. A parent-based intervention to promote healthy eating and active behaviours in pre-school children: evaluation of the MEND 2–4 randomized controlled trial. *Pediatr Obes*. 2015 Feb 27. doi: 10.1111/ijpo.12011. [link](#)
2. Hoelscher DM, Butte NF, Barlow S, Vandewater EA, Sharma SV, Huang T, Finkelstein E, Pont S, Sacher P, Byrd-Williams C, Oluyomi A, Durand C, Li L, Kelder SH. Incorporating Primary and Secondary Prevention Approaches To Address Childhood Obesity Prevention and Treatment in a Low-Income, Ethnically Diverse Population: Study Design and Demographic Data from the Texas Childhood Obesity Research Demonstration (TX CORD) Study. *Child Obes*. 2015 Jan 2. [Epub ahead of print]. [link](#)
3. Skouteris H, Hill B, McCabe M, Swinburn B, Sacher PM, Chadwick P. Recruitment evaluation of a preschooler obesity-prevention intervention. *Early Child Development and Care*. 2013. [link](#)
4. Skouteris H, McCabe M, Swinburn B, Hill B. Healthy eating and obesity prevention for preschoolers: a randomised controlled trial. *BMC Public Health*. 2010;10:220. [link](#)
5. Hardy S, Lowe A, Unadkat A, Thurtle V. Mini-MEND: an obesity prevention initiative in a children's centre. *Community Practitioner*. 2010;83(6):26-9. [link](#)
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7. Sacher PM, Wolman J, Chadwick P, Swain C. Mini-MEND: MEND's early year's healthy lifestyle programme for 2-4 year olds and their families. *British Nutrition Foundation*. 2008;33:364-7. [link](#)

MEND Reports

1. Childhood Obesity Foundation. Childhood Healthy Weights Intervention Initiative. Shifting the destination by shifting the trajectory. Evaluation report. 2015. [link](#)
2. Law C, Cole, T, Cummins S, Fagg J, Morris S, Roberts H. A pragmatic evaluation of a family-based intervention for childhood overweight and obesity. *Public Health Research*. 2; 5. 2014. [link](#)
3. Sacher PM. Randomised controlled trial of the MEND programme: a family-based community intervention for childhood obesity. Doctoral thesis, UCL (University College London) 2013. [link](#)
4. Kumanyika S, Libman K, Garcia A. Strategic action to combat the obesity epidemic. Report of the Obesity Working Group 2013. [link](#)



5. Scaling up effectively: How to deliver an evidence-based community programme at scale. MEND Central Ltd. 2011.
6. Making partnerships work: A collection of case studies about some of MEND's most recent partnerships. MEND Central Ltd. 2011.
7. NEF Consulting. The social and economic value of the MEND 7–13 Programme. York Health Economics Consortium. 2010. [link](#)
8. Kuipers YM. Focusing on obesity through a health equity lens. EuroHealthNet 2010. [link](#)
9. Upton D, Upton P, Bold J, Peters D. Regional Evaluation of Weight Management Programmes for Children and Families. University of Worcester. Commissioned by the Department of Health West Midlands. [link](#)