

## HOME VISITS TO REDUCE TV TIME

Home visits to reduce TV time is a program to disseminate a screen time managing device to families through a home visiting program to reduce screen time among children ages 4-7.

### WHAT POPULATION BENEFITS?

Children ages 4-7 with BMI >75th percentile who receive home visits.

### WHAT ARE THE ESTIMATED BENEFITS?

*Relative to not implementing the strategy*

Reduce child daily television time which can help improve dietary intake and, in turn, promote healthy child weight.



✓ Decrease in television viewing time



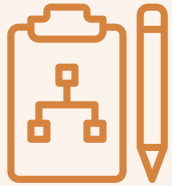
✓ Promote healthy child weight

➔ More details available on the CHOICES National Action Kit at [choicesproject.org/actionkit](http://choicesproject.org/actionkit)

### WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Coordinate the training rollout	<ul style="list-style-type: none"> <li>Time for the director to coordinate the trainings</li> </ul>	Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program
Train community health workers who would implement the program	<ul style="list-style-type: none"> <li>Time for community health workers to receive trainings</li> <li>Travel costs</li> <li>Material costs</li> </ul>	Home Visiting Program Coordinator
Train registered nurses about referring children to home visits to reduce screen time	<ul style="list-style-type: none"> <li>Time for registered nurses to receive trainings</li> <li>Travel costs</li> </ul>	Home Visiting Program Coordinator
Purchase program materials	<ul style="list-style-type: none"> <li>TV control device cost</li> <li>Posters cost</li> <li>Incentives for children cost</li> </ul>	Home Visiting Programs
Coordinate patient referrals and provide counseling during home visits	<ul style="list-style-type: none"> <li>Time for registered nurses to recruit and refer patients</li> <li>Time for community health workers to implement</li> </ul>	Community health center registered nurses & community health workers

## HOME VISITS TO REDUCE TV TIME *(continued)*



### Strategy Modification

Some state and local health agencies added to this strategy by teaching about parental controls on other screen devices (e.g., tablets, smart phones, etc.). This could help parents limit all types of screen time for their children, not just on the television. This would require additional training and materials for families.

## FOR ADDITIONAL INFORMATION

Kenney EL, Mozaffarian RS, Long MW, Barrett JL, Cradock AL, Giles CM, Ward ZJ, Gortmaker SL. Limiting television to reduce childhood obesity: cost-effectiveness of five population strategies. *Child Obes.* 2021 Oct;17(7):442-448. doi: 10.1089/chi.2021.0016.

### *Selected CHOICES research brief including cost-effectiveness metrics:*

Carter S, Bovenzi M, Sabir M, Bolton AA, Reiner JR, Barrett JL, Cradock AL, Gortmaker SL. *Boston, MA: Home Visits to Reduce Screen Time* {Issue Brief}. Boston Public Health Commission, Boston, MA, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; February 2023. Available at: <https://choicesproject.org/publications/brief-home-visits-screen-time>

- ✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at [choicesproject.org/resource-library](https://choicesproject.org/resource-library)
- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at [choicesproject.org/actionkit](https://choicesproject.org/actionkit)

## SUGGESTED CITATION

CHOICES Strategy Profile: Home Visits to Reduce TV Time. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; September 2023.



*Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist*

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