Appendix. Program composition and content

Session 1: Adolescent obesity and the role of schools

1. Outline
   - Length: 50 minutes
   - Implementer: Health center obesity project manager/staff or school health teacher
   - Place: Classroom or assembly hall in the school

2. Goals
   - Participants understand the importance and methods of adolescent obesity prevention
   - Participants understand the importance of the school environment and school life for obesity prevention

3. Necessary items: Questionnaire, portable stadiometer, portable body weight scale, educational materials, worksheet

4. Composition and special notes

| Sequence | Composition (run-time) | Program content | Procedure and special notes | Necessary items | Method of implementation |
|----------|------------------------|-----------------|-----------------------------|-----------------|-------------------------|
| 1        | Preliminary survey     | - Self-report questionnaire survey<br>- Height and weight measurements | - Distribute self-report questionnaire to participants and collect them when completed<br>- Measure the height and weight of each participant, record them on the worksheet, and give it to the participant<br>- Special note: Height and weight measurements are performed only in advance to allow participants to understand their weight status and motivate them to participate in the program. Therefore, if time constraints are expected, data from students’ health records may be used upon approval from school administrators | - Questionnaire<br>- Portable stadiometer<br>- Portable body weight scale<br>- Worksheet | - Lecture |
| 2        | Group education        | - Status, causes, and results of adolescent obesity<br>- Ways to prevent adolescent obesity<br>- Advantages of preventing adolescent obesity<br>- School and obesity prevention | - Provide a lecture using educational materials (PPTX)<br>- Special note: The worksheet from the preliminary survey is used to let each participant understand his/her weight status. The lecture on obesity is given after raising students’ interest in obesity. Since the participants are typically sensitive to weight and appearance at their age, implementers must be careful not to draw or express attention to a specific student | - Educational materials (PPTX) | - Lecture |
| 3        | Wrap-up                | - Adolescent obesity and the role of schools | - Summarize and emphasize the lecture content using the educational materials (PPTX) | - Educational materials (PPTX) | - Lecture |

PPTX, PowerPoint file.
Session 2: Healthy eating behaviors at school

1. Outline
   • Length: 50 minutes
   • Implementer: Health center obesity project manager/staff or school health teacher
   • Place: Classroom or assembly hall in the school

2. Goals
   • Participants understand how to establish healthy eating behaviors at school

3. Necessary items: Educational materials, worksheets

4. Composition and special notes

| Sequence | Composition (run-time) | Program content | Procedure and special notes | Necessary items | Method of implementation |
|----------|------------------------|-----------------|-----------------------------|-----------------|-------------------------|
| 1        | Group education (5 mins) | • Review of the content from the previous session | • Give a quiz on the topics from the previous session (adolescent obesity and the role of schools) | Educational materials (PPTX) | Quiz                   |
|          |                        |                 | • Special note: A prize may be given (ex: health center memento) to induce competition among participants |                  |                        |
| 2        | Individual activity (10 mins) | • Barriers and solutions to healthy eating behaviors at school | • Guide each participant to write the barriers and solutions to practicing healthy eating behaviors at school | Worksheet | Presentation Feedback |
|          |                        |                 | • Invite 2-3 participants to present their experiences and provide feedback |                  |                        |
|          |                        |                 | • Special note: A prize may be given (ex: health center memento) to boost participants’ motivation to participate |                  |                        |
| 3        | Group education (15 mins) | • Ways to improve healthy eating behaviors at school | • Provide a lecture using educational materials (PPTX) | Educational materials (PPTX) | Lecture                |
| 4        | Individual activity (15 mins) | • Set goals to improve healthy eating behaviors at school | • Guide participants to write their goals to practice healthy eating behaviors at school | Worksheet | Presentation Feedback |
|          |                        |                 | • Invite 2-3 participants to present their experience and provide feedback |                  |                        |
|          |                        |                 | • Special note: A prize may be given (ex: health center memento) to boost participants’ motivation to participate |                  |                        |
| 5        | Wrap-up (5 mins) | • Healthy eating behaviors at school | • Summarize and emphasize today’s lecture content using the educational materials (PPTX) | Educational materials (PPTX) | Lecture                |

PPTX, PowerPoint file.
Session 3: Increasing physical activity at school

1. Outline
   - Length: 50 minutes
   - Implementer: Health center obesity project manager/staff or school health teacher
   - Place: Classroom or assembly hall in the school

2. Goals
   - Participants understand how to improve physical activities at school

3. Necessary items: Questionnaire, educational materials (PowerPoint file), worksheet, poster, resistance band

4. Composition and special note

| Sequence | Composition (Run-time) | Program content | Procedure and special notes | Necessary items | Method of implementation |
|----------|------------------------|----------------|----------------------------|----------------|------------------------|
| 1        | Group education (5 mins) | · Review of the content from the previous session | · Give a quiz on the subject from the previous session (adolescent obesity and the role of schools)  
· Special note: A prize may be given (ex: health center memento) to induce competition among participants | · Educational materials (PPTX) | · Quiz |
| 2        | Group education (15 mins) | · Ways to improve physical activities at school | · Provide a lecture using educational materials (PPTX)  
· Demonstrate exercises that can be done indoors using a resistance band and invite the participants to try them  
· Special note: Display posters in conspicuous places to encourage continued improvement in physical activities after the program | · Educational materials (PPTX)  
· Poster  
· Resistance band | · Lecture  
· Demonstration  
· Practice (in-school campaign) |
| 3        | Individual activity (10 mins) | · Barriers and solutions to improving physical activities at school | · Guide each participant to write the barriers and solutions to improving physical activities at school  
· Invite 2-3 participants to present their experiences and provide feedback  
· Special note: A prize may be given (ex: health center memento) to boost participants’ motivation to participate | · Worksheet | · Presentation  
· Feedback |
| 4        | Individual activity (5 mins) | · Set goals to improve physical activities at school | · Guide participants to write their goals to improve physical activities at school  
· Invite 2-3 participants to present their experience and provide feedback  
· Special note: A prize may be given (ex: health center memento) to boost participants’ motivation to participate | · Worksheet | · Presentation  
· Feedback |
| 5        | Post-survey (10 mins) | · Self-report questionnaire survey | · Distribute self-report questionnaire to participants and collect them when completed  
· Special note: If available, briefly introduce the obesity prevention program for adolescents currently provided at the health center | · Questionnaire | |
| 6        | Wrap-up (5 mins) | · Improve physical activities at school | · Summarize and emphasize today’s lecture content using educational materials (PPTX) | · Educational materials (PPTX) | · Lecture |

PPTX, PowerPoint file.
Program material example

1. Educational materials (PowerPoint file)

2. Worksheet

3. Operating manual

4. Poster