

HOT EVIDENCE

Health Management and Maintenance for Children & Youth, 5–21

Why This Matters

- Obesity, sedentary lifestyle, and poor nutrition are becoming more prevalent.
- Occupational therapy practitioners provide services to children and youth to develop healthy behaviors and health-promoting routines.

Improving Physical Activity, Nutrition, Health Routines, and Wellness

Evidence-Based Interventions

Activity-based
interventions at school



Curriculum-based



Group-based



Internet-based



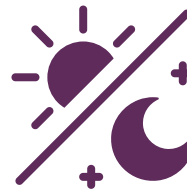
Family-centered



Family education and
at-home practice



Self-management
practice



Cognitive behavioral
strategies



Find the Evidence

Visit www.aota.org to review this Critically Appraised Topic Paper from a *Systematic Review of Health and Maintenance for Children & Youth, 5–21*