

**Appendix A: Summary of Key Findings (Literature Review, Focus Groups and Expert Intuition)**

	<b>Healthy Eating</b>	<b>Physical Activity</b>	<b>Both/Other Factors</b>
<b>Literature Review</b>	<ul style="list-style-type: none"> <li>• Availability of “junk” for snacks</li> <li>• Kids want parent guidance (list of items, buy healthy foods, parents as role model)</li> <li>• Access to foods, water, milk</li> <li>• Modeling</li> <li>• Level of control of parents</li> <li>• Cost of healthy foods (energy density)</li> <li>• Negative attributes of healthy foods</li> <li>• Beverage choices</li> <li>• Amount consumed when eating out (healthy choices for kids when eating out)</li> <li>• Time for meal prep</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits: sleep, stress, strength</li> <li>• Parental support (not necessarily participation, time)</li> <li>• Screen time</li> <li>• Peers not physically active</li> <li>• Need a safe environment (perception vs real)</li> <li>• Psychological outlook of child</li> </ul>	
<b>Expert Intuition</b>	<ul style="list-style-type: none"> <li>• Fun</li> <li>• Pricing patterns of foods – fresh pricing, transportation</li> <li>• Cultural differences</li> <li>• Child/Parent Preferences</li> </ul>	<ul style="list-style-type: none"> <li>• Fun</li> <li>• Transportation</li> <li>• Fees/Cost</li> <li>• Sweating/getting too hot</li> <li>• Negative affects on appearance</li> <li>• PA in African American tween females starts to decline</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of available programs</li> <li>• Existence of available programs</li> <li>• Motivation will be a challenge and the right incentives will play a role</li> <li>• Parents get home after kids and kids must stay inside – harder to get PA</li> <li>• Coping with mental stressors</li> <li>• Self-efficacy of parents influence on kids self-efficacy</li> <li>• Confusion about “healthy” eating and weight</li> <li>• Strong desire for acceptance (motivator)</li> <li>• Parental guilt (giving what kids want vs giving healthy choices)</li> </ul>