

# Supplemental Information

**SUPPLEMENTAL TABLE 4** Treatment Arms

Control	Intervention
Healthy Lifestyles Only	Healthy Lifestyles + Bull City Fit
Healthy Lifestyles	Healthy Lifestyles: same as control
Children aged 0–22 y with a BMI $\geq$ 95th percentile are referred by their primary care provider	Bull City Fit
All members of multidisciplinary treatment team are trained in motivational interviewing	Free, unlimited access
Study visits conducted at baseline, 3-mo visit (10–16 wk), and 6-mo visit (23–29 wk)	All family and/or household members of the Healthy Lifestyles patient are invited to attend. At least 1 parent or guardian must be on-site per session
Baseline visit (2 h)	Open Monday–Thursday from 6–8 PM and Saturday–Sunday from 1–3 PM
Introduction to the program	Up to 312 h of programming over 6 mo is possible (2 h per session, 6 sessions offered per wk)
Baseline laboratories, measurements	Participants must first attend a 1-h orientation session, offered several times per mo, before attending regular sessions
Medical evaluation: detailed history, examination, treatment goals	Different activities each session, led by trained staff and volunteers. Most staff are undergraduate students (paid through undergraduate work-study program in partnership with Healthy Lifestyles)
Physical therapy evaluation: history, fitness and physical functioning, fitness goals	Types of activities offered (on average)
Second visit (~1 h at 2 wk–1 mo)	Sports (soccer, basketball, etc): 6 d/wk
Medical evaluation: review laboratories, review goals, decide treatment approach	Swimming (pool on-site, lessons offered): 2 d/wk
Registered dietitian evaluation: detailed history, nutrition goals	Active games (tag, relay races, handball, sharks and minnows, etc): 6 d/wk
Monthly visits for 1 y (~1 h) with multidisciplinary team, individualized for each patient	Yoga: 1 d/wk
Medical provider $\pm$ registered dietitian, physical therapist, mental health counselor	Nutrition and/or cooking classes (for both children and parents, along with parent-specific cooking classes): 1 d/wk
All participants had at least 2 h of clinical treatment from the baseline enrollment visit, and up to 6 additional hours if all 6 recommended monthly visits were attended	Peer support groups: 1 d/wk
Clinical sessions could be more frequently than monthly on an individual basis if recommended by the medical team or desired by the family	Gardening: 1 d/wk during the summer months
Additional visits at least every 1 y, with shorter intervals as needed	Parents and guardians can participate in activities with children or exercise on own

**TABLE 4** Continued

Control	Intervention
Healthy Lifestyles Only	Healthy Lifestyles + Bull City Fit
Children who participate in Healthy Lifestyles for at least 4 visits in a 12-mo period demonstrate stable or reduced BMI, and 24% of patients who enroll achieve this treatment intensity <sup>18</sup>	<p>Fitness room with cardio, weights, and exercise equipment</p> <p>Running trail around the building</p> <p>Incentives: parents and children can earn “Bull City Fit Bucks,” 1 per Bull City Fit session attended, which can be used for prizes such as sports equipment (balls, water bottles, Nike gift cards, etc) and Bull City Fit gear (t-shirts, magnets, etc)</p> <p>Parents can also use their Bull City Fit Bucks to receive free vegetables each month</p> <p>Weekly e-mail to all families, staff, and clinic providers with schedule of activities</p> <p>A key stakeholder advisory group of clinical providers, recreation center staff, patients, and parents meets quarterly to review progress, plan activities, and address challenges related to the program</p> <p>Added for research participants only</p> <p>Daily texts during the week to all intervention parents with the activities for each day Example: “Happy Monday from Bull City Fit! Tonight we will have SOCCER and BASKETBALL! Hope to see you there 😊”</p> <p>Personalized texting protocol added in May 2016 (~ halfway through recruitment) to encourage attendance Example for participants who hadn’t attended an orientation yet: “Hi ___! Can I sign you and ___ up for the next orientation on xx/xx? We would love to see you at Bull City Fit!” Example for participants who hadn’t been to Bull City Fit in ≥2 wk: “Hey ___! We miss you! Will we see you at Bull City Fit this weekend for swimming?”</p>

Details of treatment delivered to control and intervention subjects. Control subjects were invited to attend Bull City Fit at the conclusion of the study.

**SUPPLEMENTAL TABLE 5** Total Treatment Hours

	Total, <i>n</i> (%)	Control, <i>n</i> (%)	Intervention, <i>n</i> (%)
	<i>N</i> = 97	<i>n</i> = 47	<i>n</i> = 50
Total hours	8.2 (SD: 11.6)	4.4 (SD: 1.6, range: 2–9)	11.7 (SD: 15.3, range: 2–67.8)
2 h <sup>a</sup>	14 (14.4)	8 (17.0)	6 (12.0)
3–5 h	53 (54.6)	28 (59.6)	25 (50.0)
6 ≤ <i>x</i> < 10 h	16 (16.5)	11 (23.4)	5 (10.0)
10 ≤ <i>x</i> < 26 h	8 (8.3)	0 (0.0)	8 (16.0)
≥ 26 h	6 (6.2)	0 (0.0)	6 (12.0)

Control group treatment consisted of clinic visits only. Intervention group treatment consisted of clinic visits plus Bull City Fit session hours.

<sup>a</sup> The initial Healthy Lifestyles visit for all subjects is 2 h (additional visits were ~1 h); these subjects did not attend additional clinic or Bull City Fit sessions after enrollment.

**SUPPLEMENTAL TABLE 6** Poststudy Satisfaction Survey for Bull City Fit Intervention Group (*n* = 31)

- Parents and children exercise together at Bull City Fit \_\_\_\_\_. (*n*, %)
- Too much: I wish it was less (1, 3)
  - Pretty much the right amount (24, 83)
  - Not enough: I wish it was more (4, 14)
- The fact that parents and children exercise together at Bull City Fit \_\_\_\_\_. (*n*, %)
- Is the main reason why we go (19, 66)
  - Is not the main reason we go, but it is important (8, 28)
  - Doesn't really matter to us (2, 7)
- There are plenty of activities at Bull City Fit for my child and me to do together. (*n*, %)
- Strongly agree (15, 48)
  - Agree (10, 32)
  - Neutral (6, 19)
  - Disagree (0, 0)
  - Strongly disagree (0, 0)
- There are plenty of adult-focused activities at Bull City Fit to help me get healthier. (*n*, %)
- Strongly agree (10, 32)
  - Agree (13, 42)
  - Neutral (6, 19)
  - Disagree (2, 7)
  - Strongly disagree (0, 0)
- We are getting what we hoped to get out of Bull City Fit. (*n*, %)
- All the time (13, 45)
  - Most of the time (9, 31)
  - Some of the time (5, 17)
  - Never (2, 7)
- How much does each of the following make it hard to go to Bull City Fit? (*n*, %)
- Adult work schedules: 1 = none (1, 3), 2 = a little (4, 14), 3 = some (5, 17), 4 = a lot (19, 66)
  - My child or children's other activities: 1 = none (9, 33), 2 = a little (7, 26), 3 = some (6, 22), 4 = a lot (5, 19)
  - The times do not work for us for other reasons: 1 = none (7, 26), 2 = a little (6, 22), 3 = some (9, 33), 4 = a lot (5, 19)
  - We live too far away: 1 = none (15, 54), 2 = a little (9, 32), 3 = some (2, 7), 4 = a lot (2, 7)
  - We don't have a car: 1 = none (22, 79), 2 = a little (4, 14), 3 = some (0, 0), 4 = a lot (2, 7)
  - It takes too long to get there: 1 = none (21, 75), 2 = a little (3, 11), 3 = some (2, 7), 4 = a lot (2, 7)
  - We don't have gas money: 1 = none (22, 82), 2 = a little (2, 7), 3 = some (2, 7), 4 = a lot (1, 4)
  - The bus is not convenient for us at home: 1 = none (26, 93), 2 = a little (1, 4), 3 = some (0, 0), 4 = a lot (1, 4)
  - The bus is not convenient at Bull City Fit: 1 = none (26, 96), 2 = a little (0, 0), 3 = some (0, 0), 4 = a lot (1, 4)
  - Other: 1 = none (10, 91), 2 = a little (0, 0), 3 = some (0, 0), 4 = a lot (1, 9)
- How much would each of the following help you go to Bull City Fit at least once a week? (*n*, %)
- Gas money: 1 = none (15, 54), 2 = a little (6, 21), 3 = some (4, 14), 4 = a lot (3, 11)
  - Free bus passes: 1 = none (23, 85.2), 2 = a little (3, 11.1), 3 = some (0, 0.0), 4 = a lot (1, 3.7)
  - Gift-like incentives for your child (eg, Nike gift cards, t-shirts): 1 = none (11, 41), 2 = a little (8, 30), 3 = some (4, 15), 4 = a lot (4, 15)
  - Cash: 1 = none (10, 39), 2 = a little (7, 27), 3 = some (4, 15), 4 = a lot (5, 19)
  - Activities celebrating your families culture (eg, dancing): 1 = none (13, 46), 2 = a little (3, 11), 3 = some (5, 18), 4 = a lot (7, 25)
  - Cooking classes celebrating your family's culture: 1 = none (12, 44), 2 = a little (5, 19), 3 = some (4, 15), 4 = a lot (6, 22)
  - Having more friends who also attend the program: 1 = none (8, 29), 2 = a little (4, 14), 3 = some (6, 21), 4 = a lot (10, 36)
  - Activities that help you and your child bond: 1 = none (7, 25), 2 = a little (4, 14), 3 = some (6, 21), 4 = a lot (11, 39)
  - Activities that improve how your child feels about himself or herself: 1 = none (6, 21), 2 = a little (3, 10), 3 = some (6, 21), 4 = a lot (14, 48)
  - Activities that improve the food your child eats: 1 = none (7, 25), 2 = a little (2, 7), 3 = some (6, 21), 4 = a lot (13, 46)
  - Activities that improve how much your child exercises: 1 = none (5, 19), 2 = a little (2, 7), 3 = some (5, 19), 4 = a lot (15, 56)
  - Activities that reduce your child's wt: 1 = none (4, 17), 2 = a little (2, 8), 3 = some (6, 25), 4 = a lot (12, 50)
  - Free vegetables: 1 = none (5, 21), 2 = a little (3, 13), 3 = some (7, 29), 4 = a lot (9, 38)

**TABLE 6** Continued

Bull City Fit staff and volunteers that speak Spanish: 1 = none (9, 41), 2 = a little (4, 18), 3 = some (1, 5), 4 = a lot (8, 36)

Other: 1 = none (7, 64), 2 = a little (1, 9), 3 = some (1, 9), 4 = a lot (2, 18)

Imagine for a moment that Bull City Fit was not offered for free. How much would you be willing to pay for you and your family to go to Bull City Fit? (*n*, %)

\$0, I would not be willing to pay (5, 17)

\$1–\$10 per session (23, 83)

>\$10 per session (0, 0)

Healthy lifestyles and Bull City Fit work together well for my child's health. (*n*, %)

All the time (16, 57)

Most of the time (7, 25)

Some of the time (2, 7)

None of the time (1, 4)

I didn't know that Healthy Lifestyles and Bull City Fit work together (2, 7)

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