

# 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



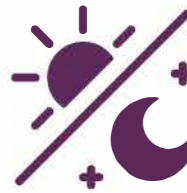
Family-centered



Family education and  
at-home practice



Self-management  
practice



Cognitive behavioral  
strategies



### Find the Evidence

Visit <https://research.aota.org/ajot> to review

*Occupation- and Activity-Based Interventions to Improve Performance of Instrumental Activities  
of Daily Living and Rest and Sleep for Children and Youth Ages 5-21: A Systematic Review*