



MEND Abstracts

Published abstracts

MEND 7-13

1. Sacher, P.M., et al. Evaluating the effectiveness of the scale-up and spread of the MEND 7-13 childhood obesity program: UK national data (2007-2010). *Obesity*. 2011;19(S1):S52. [link](#)
2. Byrd-William, C. et al. Behavioral outcomes following a pilot study to test the USA version of the Mind, Exercise, Nutrition, Do it! (MEND) program to low income 7-14 year old obese children. *Obesity*. 2011;19(S1):S107. [link](#)
3. Wilson, T.A., et al. Predictors of BMI improvement in Hispanic children participating in Mind, Exercise, Nutrition, Do it! (MEND) weight management program. *Obesity*. 2011;19(S1):S108. [link](#)
4. Sacher PM, et al. From clinical trial to large-scale community implementation: evaluation of the MEND multicomponent, family-based, child weight management programme in overweight and obese 7-13 year old children in the United Kingdom. *Obesity Reviews*. 2010;11(S1):88. [link](#)
5. Chadwick P, et al. Improvements in psychological health of overweight children during community-based weight management in the UK: The MEND 7-13 Programme. *Obesity Reviews*. 2010;11(S1):290. [link](#)
6. Woolcock S, et al. Long-term weight maintenance strategies following initial treatment of childhood obesity. *International Journal of Pediatric Obesity*. 2010;5(S1):4.
7. Sacher PM, et al. Preventing and controlling childhood obesity using a family and community-based approach. *Applied Physiology, Nutrition, and Metabolism*. 2009;34(2). [link](#)
8. Kolotourou M, et al. The MEND Programme: National effectiveness data. *Obesity Facts*. 2009;2(S2). [link](#)
9. Sacher PM, et al. The MEND Trial: Sustained Improvements on Health Outcomes in Obese Children at One Year. *Obesity*. 2007;15:A92.
10. Sacher PM, et al. The MEND Programme: effects on waist circumference and BMI in moderately obese children. *Obesity Reviews*. 2007;8:12. [link](#)
11. Sacher PM, et al. The MEND RCT: Effectiveness on Health Outcomes in Obese Children. *International Journal of Obesity*. 2007;31:S1. [link](#)
12. Sacher PM, et al. The MEND Programme: effectiveness on health outcomes in obese children. *Obesity Reviews*. 2006;7(S2):89. [link](#)
13. Sacher PM, et al. Is the MEND Programme effective in improving health outcomes in obese children? *International Journal of Obesity*. 2006;30(2):S41. [link](#)
14. Sacher PM, et al. The MEND Programme is effective in reducing glycaemic load, total energy intake and waist circumference in a small group of obese 7-11 year old children. *Obesity Reviews*. 2005;S6(1):410:121. [link](#)
15. Sacher PM, et al. An integrated programme of nutrition, exercise and behavioural modification in a small group of obese 7-11 year old children. *Proceedings of the Nutrition Society*. 2003;62(OCA/B):3A. [link](#)



MEND 2-4

1. Chadwick P, et al. Improvements in BMI z-score, diet and sedentary behaviour during a UK preschool community-based healthy lifestyle programme: MEND 2-4. *Obesity Reviews*. 2010;11(S1):89. [link](#)



Unpublished abstracts

MEND 7-13

1. Van Oeveren M, et al. Effectiveness of the Mind, Exercise, Nutrition, Do it! (MEND) 7-13 Programme in New Zealand. *Australasian Long-Term Health Conditions Conference*. 2011.
2. Sacher PM, et al. Effectiveness of the MEND 7-13 Program in Australia. *Australia and New Zealand Obesity Society conference*. 2010.
3. Sacher PM, et al. National effectiveness of the MEND Program in overweight and obese children in the UK. *NAASO late breaking clinical trials abstract*. 2009.