



IAmHealthy

NCT # NCT03304249

<https://clinicaltrials.gov/ct2/show/NCT03304249>

Study Status Closed to recruitment

Study Purpose

The goal of the iAmHealthy Feasibility Trial is to conduct a rigorous 6-month feasibility trial for a future randomized control trial comparing the iAmHealthy behavioral intervention versus newsletter intervention in four clinics affiliated with ECHO ISPCTN site awardees to assess key variables: participant recruitment, participant retention, intervention dose, and blinding. The iAmHealthy behavioral intervention will include group and individual sessions for caregivers and children delivered via video conference on study-supplied tablets. These sessions will focus on nutrition, physical activity, and behavior change. The iAmHealthy behavioral intervention will also include a monthly newsletter that focuses on general child health. The newsletter intervention will receive the same monthly newsletter.