

## **A28 A pilot study of CoPT Nutri Trail™, a newly developed online obesity intervention module, and its impact on social well-being among obese children**

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Online obesity intervention modules are now being actively designed following the current situation. CoPT Nutri Trail is a newly designed online module aiming to improve the implementation of obesity intervention in primary school children. Thus, pilot testing was carried out with two objectives. 1) To identify the appropriate method for conducting interventions using CoPT Nutri Trail focusing on teachers as users and children as participants, duration of the module, use of technology in activities, and improvement of the study prior to actual research. 2) To use an adapted and validated WHO-5 questionnaire to highlight the impact of the social well-being among obese children. This pilot study was followed four procedures: a) process recruitment participants b) resources assessing time in conducting and completing the activities, mode of conducting the activities, and problems that can occur during the study, c) management of the feasibility of instruments, the use of WHO-5 questionnaire to measure the social well-being among children and d) scientific evaluation of the intervention's impact on social well-being among obese children. The study was conducted at one school, with Nutri Game activities led by one teacher and two researchers as observers. A total of 17 obese children with mean age (9.8±0.33) and boys  $n=10$  (58.8%), girls  $n=7$  (41.2%) completed all nine topics involving nutrition, social interaction, and physical activity within three weeks. Nutri Game was played both online and offline using a blended model. It was due to children's poor internet connection and skills to use the computer device. The average time spent was 33.8 minutes to complete each topic, and it suits with allocation given. A majority (93.3%) of children found that the WHO-5 given was straightforward. The impact evaluation score was 72.9%, indicating a positive impact on social well-being. Therefore, CoPT Nutri Trail has the potential to be implemented in the school setting with appropriate delivery methods in activities for improving the impact on social well-being among obese children.