

## Fast Facts

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Theory-based interventions can enhance people's safe water consumption, but the sustainability of these interventions and the mechanisms of maintenance remain unclear. This study used an extended theory of planned behavior. Perceived behavioral control, intentions, commitment strength and coping planning were associated with maintenance.

**Inauen J, Mosler HJ. Mechanisms of behavioural maintenance: Long-term effects of theory-based interventions to promote safe water consumption. *Psychol Health*. 2016;31(2):166-83.**

A non-randomised non-blinded school-based intervention study indicated that it was possible to achieve multiple health-promoting changes in an academically competitive Indian school. These changes resulted in improved physical fitness, but had no impact on the children's BMI or on prevalence of overweight/obesity.

**Bhave S, Pandit A, Yeravdekar R, Madkaikar V, Chinchwade T, Shaikh N, Shaikh T, Naik S, Marley-Zagar E, Fall CH. Effectiveness of a 5-year school-based intervention programme to reduce adiposity and improve fitness and lifestyle in Indian children; the SYM-KEM study. *Arch Dis Child*. 2016 Jan;101(1):33-41. doi: 10.1136/archdischild-2015-308673. Epub 2015 Sep 29.**

This longitudinal experimental study compared effects of self-efficacy, planning and education-based conditions to encourage adolescents' fruit and vegetable intake (FVI). Significant increases of FVI were found for planning and self-efficacy interventions. The planning intervention did not influence energy-dense food intake, but the self-efficacy intervention tended to result in stabilizing intake. There were no effects on body weight.

**Luszczynska A, Horodyska K, Zarychta K, Liszewska N, Knoll N, Scholz U. Planning and self-efficacy interventions encouraging replacing energy-dense foods intake with fruit and vegetable: A longitudinal experimental study. *Psychol Health*. 2016;31(1):40-64.**

There is no high quality evidence on which to judge the generalizability of isolated reports of improvement in vision following spinal manipulation. The results of this study indicate that it is quite feasible to conduct a prospective, community based clinical study of the acute effects of spinal manipulation on visual acuity.

**Athaide M, Rego C, Budgell B. A single cohort prospective trial of the immediate effects of spinal manipulation on visual acuity. J Can Chiropr Assoc. 2016 Mar;60(1):88-92.**

Chiropractic care is used frequently by children internationally. The purpose of this project was to update the 2009 recommendations on best practices for chiropractic care of children. All of the seed statements in this best practices document achieved a high level of consensus and thus represent a general framework for what constitutes an evidence-based and reasonable approach to the chiropractic management of infants, children, and adolescents.

**Hawk C, Schneider MJ, Vallone S, Hewitt EG. Best Practices for Chiropractic Care of Children: A Consensus Update. J Manipulative Physiol Ther. 2016 Mar-Apr;39(3):158-68. doi: 10.1016/j.jmpt.2016.02.015. Epub 2016 Mar 31.**

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