Abstract: In the last 20 years the average change in BMI among Japanese youth is minimal, but significant changes appear when the categories of overweight/obesity and underweight are investigated within gender. Now intervention programs for Japanese youth on weight management need to be developed. To address the issue, there are a series of steps that could be undertaken utilizing theory of behavior change. Using the Transtheoretical Model-Stages of Change as the health promotion theory an intervention could be developed that would tailor messages to the level of the stage of readiness to weight change that exists among youth. Different aspects of the intervention could be developed and targeted to groups of youth by their needs. To assist with planning and development of the intervention principles of Intervention Mapping could be used to guide development using data from a needs assessment survey to: a) determine youths' knowledge, attitudes and beliefs about body size, b) determine youth's barriers to change in body size, c) determine parental knowledge, attitudes and beliefs about body size, d) determine parental barriers to change in youth body size, e) determine the prevalence of health problems from low and high BMI of young females and males, f) determine which youth are at risk-rural/urban areas, socioeconomic status.

Keywords: body weight, intervention, Japanese youth, Intervention Mapping, Transtheoretical Model
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Diagram:

- PHYSIOLOGICAL ASPECTS
- PSYCHOSOCIAL ASPECTS
- BEHAVIORAL ASPECTS
- HEALTH

Diagram text: Diagram showing the relationship between physiological, psychosocial, behavioral, and health aspects.

Text:

The diagram illustrates the interplay between physiological, psychosocial, and behavioral aspects in relation to health. Each section highlights specific factors that contribute to overall health, emphasizing the importance of a holistic approach to understanding health and well-being. The diagram serves as a visual representation of the complex interconnections between these domains, highlighting the need for comprehensive strategies in medical investigations and public health initiatives.
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Child
Food Intake
Child
Nutritional Status

Adult
Food Intake
Adult
Nutritional Status
**Phase 4** Determinants  
**Phase 3** Behavior & Environment  
**Phase 2** Health  
**Phase 1** Quality of Life Indicators

**Determinants** ↔ **Behavior** ↔ **Health** ↔ **Quality of Life**

**Environment**

**Example:**
- Promote exercise as a way to feel good
- Promote healthy weight as attractive to both genders
- Value eating healthy balanced meals
- Promote images of different body shapes as attractive and appealing

**Note:** Begin at **Phase 1**

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Example

**Goal:** To eat 3-4 servings/day of daily foods  
**Objective:** Select more calcium-rich foods during grocery shopping

Example: Increase walking

**Strategy:** Form community level walking groups

**Methods:** Use role models in the community to organize and encourage the residents to participate in walking groups.

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