# COMPARE-PHC

CENTRE FOR OBESITY MANAGEMENT & PREVENTION RESEARCH EXCELLENCE IN PRIMARY HEALTH CARE



Developing an innovative model to improve infant feeding practices of socioeconomically disadvantaged families: the Growing healthy program

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### Background

- Early intervention is crucialespecially in disadvantaged families
- Role of parents in providing food environment and shaping behaviours
- Higher rates of obesity in disadvantaged families poorly understood
- Role of PHC: almost universal access but substantial barriers reported



## Development Process

Stage 1-Needs assessment

Audit of existing apps/website on infant feeding



- Literature reviews
- Parent interviews
- survey and interviews



- app look and feel
- content
- key messages



- usefulness
- acceptability
- engagement
- impact







