



Issue 8: December 2014

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### **Aim of COMPARE-PHC**

The Centre for Obesity Management and Prevention Research Excellence in Primary Health Care (COMPARE-PHC) aims to inform primary health care policy and practice in the prevention and management of obesity in disadvantaged populations across Australia. For more information, click [here](#).

### **COMPARE-PHC topic summary**

- [Dr. Catherine Spooner](#), Coordinator of COMPARE-PHC, has prepared a topic summary for PHC practitioners to assist overweight and obese patients during the holiday season. This topic summary is available [here](#).

### **COMPARE-PHC research updates**

- **Stream 1 research update: Families with young children**

#### **The 'Growing Healthy' project**

*Description:* Stream 1 is exploring how primary health care providers can engage families with young children to promote healthy weight in both parents and their children (aged 0-5 years). To do this, Stream 1's 'Growing Healthy' program is developing and testing the feasibility of a mobile telephone infant feeding app and website for mothers with babies younger than nine months. Development of the app has entailed [literature reviews](#) and consultations with service providers and parents. The app landing page offers parents expert information on breastfeeding, formula feeding, mixed feeding, solids, sleep and feeding patterns, recipes, and help and support. In addition, parents will receive three push texts a week that will take them directly to age-appropriate information in the app.

*Status:* The app content has been finalised and beta-testing is now complete. Recruitment of parents from two LGAs in Victoria and four general practices in NSW has commenced. For more information about Stream 1, click [here](#).

- **Stream 2 research update: Disadvantaged adults**

#### **Better Management of Weight in General Practice (BMWGP) trial**

*Description:* This study is an evaluation of an intervention that aims to assist general practices to support obese patients with low health literacy to manage their weight. The study will be conducted in 20 general practices in Sydney (with South West Sydney Medicare Local) and Adelaide (with Central Adelaide Hills Medicare Local) over 12 months from August 2014 to August 2015.

*Status:* 12 practices have been recruited in Adelaide, 9 in Sydney. We are currently undertaking Clinical audits in these practices. Training and screening is planned for early next year. For more information about the trial, click [here](#).

- **Stream 3: Implementation of obesity management guidelines**

### **GP referral study**

*Description:* The NHMRC guidelines for the management of overweight and obesity recommend appropriate referral to assist overweight and obese patients to make lifestyle changes and intensive interventions such as bariatric surgery for obese patients not responding to other interventions, especially in the presence of co-morbidities.

*Status:* A qualitative study is being conducted to investigate factors influencing GP decision making about which patients with a BMI >30 to refer and where to refer to. The report has been prepared and will be sent to participating practices and Medicare Locals. For more information about the GP referral study, click [here](#).

### **Counterweight feasibility studies**

*Description:* COMPaRE-PHC is conducting a study to determine the feasibility and acceptability of the Counterweight Program to general practices and patients in Northern Adelaide Medicare Local.

*Status:* Two practices in Adelaide have been recruited and the nurses have undergone training. For more information about the Counterweight study, click [here](#).

### **Is PEP cost effective? A health economic analysis model**

*Description:* The Preventive Evidence into Practice (PEP) study involved the development and trial of an intervention that aimed to assist general practices to implement guidelines on the prevention of chronic disease, particularly physical inactivity and diet assessment and counselling.

*Status:* The protocol for PEP has been published in [Implementation Science](#). Ethics and Medicare approval have been obtained to link Medicare and PBS data with data from the PEP study to identify whether the intervention resulted in any savings. Data matching and analysis is currently underway. Further information is available [here](#).

### **COMPaRE-PHC presentations**

Two oral presentations were given at the 5<sup>th</sup> International Conference on Maternal and Infant Nutrition and Nurture: Relational, Bio-cultural and Spatial Perspectives, 5-7 Nov 2014, Sydney:

- Taki S, Russell G, Elliot R, Laws R, Azadi L, Campbell K, Denney-Wilson E. [Effects of parent and child behaviors on weight in infants and young children from socioeconomically disadvantaged and Indigenous backgrounds.](#)
- Laws R. [Obesity prevention in early life: The role and practice of Maternal and Child Health Nurses in Victoria, Australia.](#)



### **Get to know the COMPaRE-PHC team**

Dr. Kathryn Powell is a researcher at the School of Population, The University of Adelaide. She is working with COMPaRE-PHC on the [BMWGP](#) study at the South Australian study sites. Dr. Kathryn Powell has currently recruited 12 practices in Adelaide. Clinical audits and baseline data collection from both practitioners and patients is underway. Find out more about Dr. Kathryn Powell by clicking [here](#).

### Latest news and research

- Obesity surgery to treat sickness not fatness. [Read more.](#)
- Which diet is more effective for weight loss? [Read more.](#)
- Does motivational interviewing work for weight loss? [Read more.](#)
- Is losing weight slowly better? Apparently not. [Read more.](#)
- How to prevent childhood obesity? [Read more.](#)
- How to assess and record patient's weight and provide education for obesity? [Read more.](#)
- What are the long-term outcomes of weight loss surgery? [Read more.](#)
- Which diet is more effective for weight loss? [Read more.](#)
- Latest data on obesity in the BEACH's study annual report. [Read more.](#)

### COMPARE-PHC e-Newsletter

- Do you find the COMPARE-PHC newsletter useful? Is there any information or sections you would like to see included or removed? Let us know what you think by emailing us at [comparephc@unsw.edu.au](mailto:comparephc@unsw.edu.au).
- Do you have an intervention for obesity management or prevention in primary health care? Or perhaps you have recently developed a policy or resource? If you would like to share what you are working on, please email us at [comparephc@unsw.edu.au](mailto:comparephc@unsw.edu.au).

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*Stream 1 Dr Georgina Russell, Sarah Taki, Associate Professor Elizabeth Denney-Wilson at the Australian New Zealand Obesity Society, Sydney.*



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