

# Growing healthy

OCTOBER 2015, ISSUE 2

## NEWS FROM THE TEAM

We recently got together at the COMPaRE forum and had a day to work together following this. It was great to catch up face-to-face and to do some planning and in-depth discussions about the various studies.

**Annalie** passed her stage 1 assessment – congratulations Annalie! **Jess** is planning her stage 1 assessment for December, and **Sarah** will have her stage 2 assessment soon after.

**Leva** has intermitted her PhD for three months to pursue another opportunity.

## GROWING HEALTHY

Recruitment has now finished!

Baseline data has been collected, and are in the process of cleaning up this data for analysis. Eloise is working with the team at Deakin to clean up the data and look at some descriptives.

T2 (6 month) surveys are still underway. 59% of eligible participants have completed their T2 survey.

T3 (9 month) surveys are also underway, with 65 of the 315 participants due to complete this survey. 57% of eligible mums have completed this survey.

## BABY'S FIRST FOODS

75% of eligible participants have completed T2 surveys and 53% have completed T3.

**Jess** will explore beliefs and behaviours of formula feeding mothers in the Baby's First Foods cohort, specifically looking into advice, information and support they receive, and how this affects the ways in which they feed their babies. Participants will be recruited after they have completed the T3 surveys.

## UPCOMING PUBLICATIONS, PRESENTATIONS & CONFERENCES

### Published:

Taki S, Campbell KJ, Russell CG, Elliot R, Laws R, Denney-Wilson E. Infant feeding websites and apps: A systematic assessment of quality and content. *Interactive Journal of Medical Research* 2015; 4(3): e18  
<http://www.i-jmr.org/2015/3/e18/>

### In press:

Preventing obesity in infants: the Growing healthy feasibility trial protocol – BMJ Open

### Under review/revising:

- Effects of parent and child behaviours on overweight and obesity in infants and young children from disadvantaged backgrounds: systematic review with narrative synthesis – BMC Public Health
- Infant feeding and excess weight gain in infants: a qualitative study of the beliefs and behaviours of mothers with low educational attainment – BMC Pediatrics

### Conferences:

Elizabeth, Karen and Rachel recently attended the ANZOS Annual conference in Melbourne. Copies of the presentations and posters are available upon request.



Some of the Growing healthy team at research get-together, following the COMPaRE forum.

## GROWING HEALTHY @ INALA

Annalie is currently conducting qualitative interviews to find more in-depth information about how Indigenous mothers use the app.

## COMPARE FORUM

The annual COMPaRE forum was held on October 8<sup>th</sup> with Professor Susan Jebb as the keynote. Rachel and Georgie presented results from *Growing healthy* studies, whilst Elizabeth gave an overview of the program and Karen chaired a session.

<http://compare-phc.unsw.edu.au/content/compare-phc-forum-obesity-prevention-management-primary-health-care>



Centre for  
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