



Issue 10: May 2015

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### About 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

Professor Mark Harris, Director of COMPARE-PHC, and Dr Catherine Spooner, Coordinator of COMPARE-PHC, have prepared a topic summary on how GP's can assist obese patients to lose weight. This topic summary is available [here](#).

### New COMPARE-PHC publications

- Kim, Yeong, Caterson, & Harris. (2015). [Analysis of factors influencing general practitioners' decision to refer obese patients in Australia: a qualitative study](#). *BMC Family Practice*, 16(1), 45). This study aimed to describe the factors influencing general practitioners' (GPs) referral intentions for their patients who have obesity via qualitative interviews with 24 GPs in NSW. GPs' attitudes to referral were often formed by their limited case experience rather than by a review of more systematic evidence, especially for surgical interventions. These patterns might be improved by educating and better communicating with GPs about the outcomes for their patients when they are referred.

### COMPARE-PHC research updates

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

#### The 'Growing Healthy' project

Description: How can primary health care providers engage families with young children to promote healthy weight? Stream 1's 'Growing Healthy' program is developing and testing the feasibility a mobile telephone 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 provides parents expert information on breastfeeding, formula feeding, mixed feeding, solids, sleep, recipes, and help and support. In addition, parents receive three push texts a week that will take them directly to age-appropriate information in the app. A small pilot study is also underway with mums from an Aboriginal and Torres Strait Islander community in Queensland. For more information about Stream 1, click [here](#).

Status: The Growing Healthy Program is currently underway in practices in Victoria and NSW. Baseline recruitment and data collection will cease by the end of May and data collection of the 6 month survey of participants has commenced.

### **Engaging Disadvantaged Mothers Through mHealth to Encourage Infant Feeding Behaviours that Promote Healthy Weight Gain (PhD study)**

Aim: to assess how participants engaged with the mHealth intervention (the Growing healthy" app) by [assessing the impact](#) on their knowledge around infant feeding and behaviours. Also to explore participants' perception on the usefulness of the app. For more information, click [here](#).

### **Growing Healthy in Inala (Master's study)**

Aim: to determine if the Growing Healthy program is an acceptable method of delivering nutrition advice for Aboriginal and Torres Strait Islander mothers. For more information, click [here](#).

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

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

Description: This is a trial of an intervention that aims to assist general practices to support obese patients with low health literacy to manage their weight. The study is being 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. The research protocol for the trial is published [here](#). For further information about the trial, click [here](#).

Status: BMWGP trial underway in 20 practices in Adelaide and Sydney. Baseline practice data collection and training of practice staff is now complete. Practices are now screening and recruiting patients to the study.

### **Inala Health Service for Low Health Literacy study**

Description: This study aims to assess the health literacy of patients attending the Inala Indigenous Health Service and to identify the existence of any relationship between the patient's level of health literacy and effectiveness of the communication with health professionals. For more information on the study, click [here](#).

Status: The health literacy study is currently underway. Patient recruitment has commenced and baseline patient data collection from surveys is in progress.

### **Health literacy for weight management in obese Arabic- speaking migrants in primary health care (PhD study)**

Aim: to explore how ethnicity modifies the effect of interventions for improving health literacy for weight management in Arabic-speaking migrants. For more information, click [here](#).

### **Managing obesity and diabetes in patients with low health literacy (ILP study)**

Aim: to explore how health care providers and patients with diabetes and obesity describe their management of obesity, to compare these experiences with the NHMRC guidelines for obesity management, and to explore reasons for the gap between evidence and practice. For more information, 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. This qualitative GP referral study aims is being conducted to determine current access to GP referral of obese patients including referral for bariatric survey in general practices in NSW. For more information about the GP referral study, click [here](#).

Status: The study is complete and a paper on GP referral of obese patients has been published. The paper can be viewed [here](#).

#### **Counterweight feasibility study**

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. For more information about the Counterweight study, click [here](#).

Status: The Counterweight pilot study is currently underway in three general practices in Adelaide. Two nurses from each practice have completed training to deliver Counterweight to their patients. 61 patient have been recruited from three practices.

#### **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. The protocol for PEP was published in [Implementation Science](#). Medicare and PBS data will be linked with data from the PEP study to identify whether the intervention resulted in any savings. Further information is available [here](#).

Status: The Medicare and PBS data have been obtained and data matching and analysis is currently underway.

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



Sandali De Alwis is medical student at UNSW Australia. She has recently joined the [BMWGP](#) team as an ILP student (Independent learning project) as part of her medicine program. Sandali's research is looking to explore how health care providers and patients with diabetes and obesity describe their management of obesity. She will collect data from qualitative interviews with GPs, PNs and patients. Find out more about [Sandali](#) and her [research](#).

#### **Latest news and research**

- Does obesity management in general practice match guideline recommendations? [Read more](#).
- How can GPs help obese patients to lose weight? [Read more](#).
- Low levels of parental motivation to change overweight in young children raises concern. [Read more](#).

- Contrary to previous belief, self-weighting is not linked with negative psychological outcomes. [Read more.](#)
- How many hours should children sleep to prevent obesity as adults? [Read more.](#)
- Do weight loss interventions work better for men or women? [Read more.](#)
- Maternal feeding knowledge & use of foods as rewards impact child diet quality. [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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