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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](#).

Upcoming COMPARE-PHC Forum- Save the date 8th October 2015

COMPARE-PHC investigators will present their research at a public forum on 8 October at UNSW. Professor Susan Jebb, University of Oxford will present a keynote address on weight management in primary care

Upcoming event- Primary Health Care Research Conference 29-31st July 2015

COMPARE-PHC researchers presented at the Primary Health Care Research Conference in Adelaide this year. A list of presentations and abstracts is available [here](#).

New COMPARE-PHC publications

COMPARE-PHC postdoctoral fellow, [Dr Rachel Laws](#), contributed to a review of the relationship between socioeconomic position and the early-life predictors of obesity. The study team concluded that: "A strong socioeconomic gradient exists for the majority of the early-life predictors of obesity suggesting that the die is cast very early in life (even pre-conception). Lifestyle interventions targeting disadvantaged women at or before child-bearing age may therefore be particularly important in reducing inequality. Given the likely challenges of reaching this target population, it may be that during pregnancy and their child's early years are more feasible windows for engagement." For more information, click [here](#).

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. 185 participants have been recruited and baseline data collection is complete. The 6 month survey data collection has commenced.

Engaging Disadvantaged Mothers Through mHealth to Encourage Infant Feeding Behaviours that Promote Healthy Weight Gain (Sarah Taki's 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](#).

Breastfeeding and the introduction of first solid foods (Leva Azadi's PhD study)

Aim: To explore the psychological, social and environmental influences affecting how parents feed their infants, and the subsequent impact on children's' health and eating behaviours. For more information, click [here](#).

Growing Healthy in Inala (Annie Houston's 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 is underway in 18 practices in Adelaide and Sydney. Baseline practice data collection and training of practice staff is now complete. Practices have completed recruiting patients.

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. Recruitment has ceased with 425 patients recruited. Baseline descriptive data analysis has commenced.

Health literacy for weight management in obese Arabic-speaking migrants in primary health care (Nouhad El-Haddad's PhD study)

Aim: To explore how ethnicity modifies the effect of the BMWGP intervention in Arabic-speaking migrants. For more information, click [here](#).

Managing obesity and diabetes in patients with low health literacy (Sandali De Alwis's 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 to determine current access to GP referral of obese patients including referral for bariatric surgery 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 Program has been delivered in the three participating general practices in Adelaide. Final data collection and analysis is currently underway.

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 analysed and a report/paper is currently in preparation. This shows that costs were similar in intervention and control groups after including MBS and PBS costs.

Pilot of the Counterweight Program in South Australia – Patient Experiences (Jodi Gray's Master's study)

Aim: To understand the lived experiences of obese participants and the story of their weight, so that we can understand how the Counterweight Program fits with their experiences, existing knowledge and beliefs, and identify modifications required prior to undertaking a larger trial of the program. For more information, click [here](#).

Get to know the COMPARE-PHC team



Professor Nigel Stocks is Head of the Discipline of General Practice at the University of Adelaide, acting Deputy Head of the School of Population Health and Clinical Practice and holder of a Senior Principal Research PHCRED Fellowship (2007-2010). Professor Stocks is leading the [Better Management of Weight in Adelaide](#). To find out more about Professor Stocks, click [here](#).

Latest news and research

- More work needed to help GPs educate patients about healthy choices. [Read more.](#)
- How an app that helps parents with feeding their new-born could be a valuable tool in the fight against obesity. [Read more.](#)
- Effect of weight maintenance on symptoms of knee osteoarthritis in obese patients. [Read more.](#)
- We should refer to them as 'people with obesity' rather than 'obese people'. [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.
- 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.

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