



Issue 12: December 2015

If you are unable to view the pictures and web links, please go to the online version of the e-newsletter: <http://compare-phc.unsw.edu.au/node/96>

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

[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 in the media- Associate Professor Elizabeth Denney-Wilson

Stream 1 leader, [Associate Professor Elizabeth Denney-Wilson](#) was recently featured in the Daily Telegraph: "[Mums overfeeding babies due to lack of baby formula information risk life of obesity for children](#)". In this article, [Associate Professor Denney-Wilson](#) said that "an increasing number of babies are putting on too much weight in their first year, increasing their chances of being overweight or obese into adulthood, with associated problems. Parents really worry about growth and that their baby is not growing enough. There is a tendency for parents who might have made up 100ml of formula in a bottle to really get the baby to try to finish that 100ml, even though the baby might have stopped at 50 ml". To access the full article, click [here](#).

New COMPARE-PHC Publication

COMPARE-PHC Stream 1 Leader, [Associate Professor Elizabeth Denney-Wilson](#) and her team recently published the Growing healthy feasibility trial protocol in *BMJ Open*. The main aim of the Growing healthy study is to explore the feasibility of delivering support for healthy parenting through electronic media such as the Internet or smart phones via primary health care services. The full text of the protocol is available [here](#).

Upcoming event- The Health Services and Policy Research Conference 7-9 December 2015

COMPARE-PHC researchers will be presenting at the Health Services and Policy Research Conference in Melbourne this year. A list of titles is available [here](#). Abstracts will be available shortly. For more information about this conference, click [here](#).

COMPARE-PHC Forum- 8th October 2015

COMPARE-PHC researchers presented at the forum. A list of presentations slides are available [here](#). For the audio and slides for Professor Susan Jebb's keynote presentation on weight management in primary care, 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 has developed and is testing the feasibility an m-health intervention (a mobile telephone app and website) for mothers with young babies. This intervention, called 'Growing healthy', promotes healthy feeding practices. Its development has entailed literature reviews and consultations with service providers and parents. The app and website give 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 within the app. For more information about Stream 1, click [here](#).

Status: The Growing healthy Program has recruited over 400 families in practices in Victoria and NSW. Retention is high, with most participants completing the second 9-month survey.

Engaging disadvantaged mothers through m-health to encourage infant feeding behaviours that promote healthy weight gain (Sarah Taki's PhD study)

Aim: To assess how participants engaged with the Growing healthy m-health intervention by assessing the impact on their knowledge around infant feeding and behaviours. Also to explore participants' perception on the usefulness of the Growing healthy 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 (Annalie 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 is continuing in 18 practices in Sydney and Adelaide. We have commenced 6-month follow up interviews and surveys with patients, 12-month follow up interviews and surveys with providers and follow up practice audits.

Health literacy and patient-provider communication at Inala Indigenous Health Service

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 complete with 425 patients and a report has been prepared. Data analysis has been completed and the results have been sent to co-investigators for feedback.

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 Independent Learning Project for her medical degree)

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](#).

Status: Sandali submitted her Independent Learning project in October to the Faculty of Medicine UNSW.

- **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 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 journal article and a summary of the journal article can be accessed from [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. The protocol for PEP was published in [Implementation Science](#). Medicare and PBS data have been 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 in preparation.

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

Status: The Counterweight Program has been delivered in the three participating general practices in Adelaide. Data collection is complete and the data is being analysed.

Counterweight Program and 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



[Annalie Houston](#) is a Masters student at the University of Technology Sydney. Annalie's research aims to determine if the Growing Healthy program is an acceptable method of delivering nutrition advice for Aboriginal and Torres Strait Islander mothers. Find out more about Annalie and her research by clicking [here](#).

Latest news and research

- COMPaRE-PHC research finds that mums are overfeeding babies due to a lack of baby formula information, which may place children at risk of developing obesity. [Read more](#).
- RCT shows the value of in-person visits to sustain weight loss maintenance. [Read more](#).
- New report from the BEACH study show changes in obesity among Australian adult and child patients over the last decade. [Read more](#).
- Institute of Medicine workshop report on the role of epigenetics in childhood obesity and opportunities for intervention and prevention. [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.

Follow COMPaRE-PHC on Twitter



To opt out of this mailing list email comparephc@unsw.edu.au with 'unsubscribe' in the subject line