



Issue 13: February 2016

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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](#).

### **New COMPARE-PHC Publication**

COMPARE-PHC Post-Doc, [Dr Georgina Russell](#) and the [Stream 1](#) team have recently published a systematic review and narrative synthesis in the *BMC Public Health* Journal. The main aim of this paper was to explain potential pathways through which disadvantaged infants and children aged up to 5 years and from OECD countries could experience weight gain. They found a significant gap in our understanding of the importance of different aspects of parent and child behaviours in disadvantaged population groups. The full text of the review is available [here](#).

### **COMPARE-PHC student talent**

COMPARE-PHC PhD student, [Sarah Taki](#) has received a commendation at the [Research Student Forum](#) at the University of Technology, Sydney for her excellent presentation. Congratulations Sarah!



*From left to right: Dr Georgina Russell, Ms Sarah Taki and Associate Professor Elizabeth Denney-Wilson from the [Growing Healthy](#) project*

COMPARE-PHC Honours student [Dylan Appelqvist](#) supervised by COMPARE-PHC staff/Director, who did a secondary data analysis to identify sociodemographic factors in changes in diet, physical activity and weight among obese general practice patients received First Class Honours.

### Upcoming event- PHC Research Conference 8-9 June 2016

COMPARE-PHC researchers will be presenting at the [PHC Research Conference](#) in Canberra this year. A list of titles and abstracts will be available shortly. For more information about this conference, 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 700 families through practitioner and online recruitment. Retention is high, with around 75% of participants completing the 6-month follow up survey. Data collection for this study will be complete mid-2016, with results available towards the end of the year.

#### **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](#).

#### **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 are currently analysing baseline data and completing 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. A publication is being prepared.

#### **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 2015 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 aimed 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. This shows a small (not statistically significant) saving in prescribing costs and no increase in relevant service use.

#### **Counterweight feasibility study**

*Description:* This study aims 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 was delivered by practice nurses in the three participating general practices. Qualitative and quantitative data is currently be analysed and report being prepared.

### **Counterweight Program and patient experiences (Jodi Gray's Master's study)**

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



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

[Dr Georgina Russel](#) is a COMPaRE-PHC Post-Doc at the University of Technology, Sydney. She is primarily interested in psychological, social and environmental influences on children's health behaviours, especially how parents influence the development of children's eating and weight. Find out more about Georgina and her research by clicking [here](#).

### **Latest news and research**

- The Department of Health released the Healthy Weight Guide website to assist patients in achieving and maintaining a healthy weight. [Read more.](#)
- Very-low-energy diets with behavioural program achieve greater long-term weight loss than behavioural program alone. [Read more.](#)
- Data from the ABS National Health Survey 2014-15 show that 63% of Australian adults and 27% of children are overweight or obese. [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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