

# COMPARE-PHC

CENTRE FOR OBESITY MANAGEMENT & PREVENTION RESEARCH EXCELLENCE IN PRIMARY HEALTH CARE

*Issue 6, July 2014*

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<http://compare-phc.unsw.edu.au/node/96>

## 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

- [Associate Professor Rachael Taylor](#) summarises and explains the role of motivational interviewing for parents of young children. The topic summary can be accessed [here](#). Associate Professor Rachael Taylor is the Karitane Fellow in Early Childhood Obesity at the Edgar National Centre for Diabetes and Obesity Research, University of Otago, New Zealand. Find out more about Associate Professor Rachel Taylor by clicking [here](#).



## COMPARE-PHC research update- Stream 1: Families with young children

- **The 'Growing Healthy' team gathered for a focus group testing in Melbourne.**

As part of Stream 1 of COMPARE-PHC, researchers from University of Technology, Sydney (UTS), and Deakin University conducted focus groups among first time mothers and maternal and child health nurses to obtain feedback on the Growing Healthy app. The aim of the research was to explore whether the features, delivery and content of the app and the text messages were engaging and appropriate to mothers of a disadvantaged background. The feedback from the focus groups has

informed further refinement of the app which will be pilot tested in a feasibility study commencing in October.



*Picture 1. Associate Professor Karen Campbell, Dr Rosalind Elliott, Ms Sarah Taki, Dr Rachel Laws, Dr Elizabeth Denney-Wilson and Ms Leva Azadi (from left to right).*

#### **COMPARE-PHC research update- Stream 2: Disadvantaged adults**

- **Recruitment of practices for Better Management of Weight in General Practice trial currently underway in South West Sydney Medical Local and Central Adelaide Hills Medicare Local.**

More people within our communities are overweight. In Australia the incidence of obesity is high, and is found in more than 60% of adults. The South West Sydney and Central Adelaide Hills Medicare Locals are working with The Centre for Obesity Management and Prevention Excellence in Primary Health Care and two universities (University of New South Wales and The University of Adelaide) in a new approach to better managing obesity through general practice. The multi-level approach developed by [Professor Mark Harris](#) and his team is being run through general practices in Sydney and Adelaide. [Professor Nigel Stocks](#) Head of The Discipline of General Practice, School of Population Health, The University of Adelaide is leading the project in Adelaide.

The approach involves helping obese and overweight adults between 40 – 70 years, when weight can be hard to shift, to act on health information, and seek to change poor lifestyle habits especially by using local programs and services. It also trains doctors and nurses working in local practices to more effectively assist obese patients who may have poor self-management skills and be less able to use health information effectively.

The study is currently recruiting practices. Applications have been made for 80 Category 1 CPD points for clinical audit and active learning module for GPs and also for practice nurses. For more information about the trial, click [here](#).

**Upcoming event- PHCRIS 23-25<sup>th</sup> July 2014**

COMPARE-PHC researchers will be attending and presented at PHCRIS 2014 at Canberra at the end of July. A list of presentations and abstracts is available below:

- Workshop by Professor Mark Harris, Dr Catherine Spooner, Professor Nigel Stocks, Dr Elizabeth Denney-Wilson, and Dr Nighat Faruqi: [Obesity prevention and management: Identifying needs and tailoring strategies in Medicare Locals and practices.](#)
- Poster presentation by Ms Nouhad El-Haddad: [The role of ethnicity in health literacy for weight management in migrants in primary health care.](#)
- Poster presentation by Dr Nighat Faruqi: [Weight loss interventions targeting knowledge and/or skills of overweight or obese patients in primary healthcare settings: a systematic review.](#)
- Paper presentation by Dr Lyle Turner: [Examining the implementation of Australian obesity guidelines through the analysis of general practice data.](#)
- Paper presentation by Ms Lin-Lee Yeong: [Case study of GP attitudes and approaches to referral for obesity intervention in two NSW Medicare Locals.](#)
- Poster presentation by Ms Sarah Taki: [Parent and child effects on overweight and obesity in infants and young children from low socioeconomic and indigenous families: systematic review with narrative synthesis.](#)

For more information, click [here](#).

### **Medicare Locals**

The Commonwealth Department of Health has announced that funding for existing Medicare Locals will cease on June 30 2015. They will be replaced by new organisations called Primary Health Networks (PHN) which will be operational from April 2015. We will continue to work with and support Medicare Locals on existing projects and activities until June 2015. We also will establish relationships with the PHNs as soon as these are formed. Funding for the Australian Medicare Local (AML) Alliance ceased on June 30 2014. Thus they are unable to continue representation on our Advisory Committee. As a result COMPARE-PHC is seeking to engage with other national primary care organisations.

### **Latest news and research**

- A study found that daily dose of moderate exercise just as good as a high dose. [Read more](#).
- Which 5A's do patients want to receive from their physicians for weight loss? [Read more](#).
- Most people in OECD countries are overweight or obese. [Read more](#).
- Obesity rates soar. More than 2 billion people overweight or obese. [Read more](#).
- Separating myths from facts around attitudes and beliefs about obesity. [Read more](#).
- The National Institute for Health Care and Excellence released guidelines for managing overweight and obesity in adults. [Read more](#).
- What makes behavioural weight management programs effective? [Read more](#).
- High versus low carbohydrate diets for weight loss. Which one works? [Read more](#).
- Children of low socioeconomic position have poor diets. [Read more](#).
- Study found high rates of obesity among people with disability. [Read more](#).
- World Health Organization releases a series of policy briefs for addressing health inequities. [Read more](#).
- Sign up for more news via our RSS feed [COMPARE-PHC News](#).

### **COMPARE-PHC e-Newsletter - Have your say**

- 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).

### Your news

- 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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