



Issue 9: February 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 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: Recruitment of parents and baseline data collection in Victoria and NSW has commenced.

- **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: The trial is underway. Baseline data collection, including clinical audits and interviews with GPs and Practice Nurses are nearly complete. Meetings are being conducted with the general practices in the study to discuss the audit reports in intervention practices. Training and educational sessions in providing weight management to obese patients with low health literacy for GPs and PNs will be conducted in March - April prior to patient screening and recruitment.

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: A project involving screening patients attending Inala Health Service for low health literacy has been planned and the protocol is about to be submitted for ethics approval.

- **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 submitted for publication and is currently under review.

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. Patient recruitment has commenced, with 34 patients recruited to date (out of a target of between 45 to 75).

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.

New COMPaRE-PHC publications

- Faruqi, N., C. Spooner, C. Joshi, J. Lloyd, S. Dennis, N. Stocks, J. Taggart and M. Harris (2015). "Primary healthcare-level interventions improving health literacy for weight loss: A systematic review of the literature." BMC Obesity 2(6). DOI 10.1186/s40608-015-0035-7. <http://www.biomedcentral.com/2052-9538/2/6/abstract>.
- Faruqi, N., N. Stocks, C. Spooner, N. El-Haddad and M. Harris (2015). "Research Protocol: Management of obesity in patients with low health literacy in primary health care." BMC Obesity 2(5) DOI 10.1186/s40608-015-0036-6. <http://www.biomedcentral.com/2052-9538/2/5/abstract>.

Get to know the COMPaRE-PHC team

Jodi Gray is a Health Economics Fellow within the Discipline of Public Health at the University of Adelaide. She is currently working in Stream 3 on the [Counterweight trial](#) in Adelaide and as described above. Jodi is also undertaking a Masters of Public Health at the University of Adelaide using COMPaRE-PHC research. Find out more about Jodi Gray by clicking [here](#).

Latest news and research

- Young adults are more vulnerable to obesity-related health consequences in later years. [Read more](#).
- New guidelines from Canada to help prevent and manage obesity in adult patients. [Read more](#).
- Poor electronic recording of GPs advice given about weight management. [Read more](#).
- World Health Organization talks about the importance of primary health care in tackling obesity for the prevention and control of non-communicable diseases. [Read more](#).

- Healthy obesity progresses to unhealthy obesity in most adults over 20 years. [Read more.](#)
- How many behavioural treatment sessions are enough for weight loss? [Read more.](#)
- What are some behavioural screen time interventions to prevent childhood obesity? [Read more.](#)
- Behaviour change interventions for low-income groups had small positive effects on lifestyle, but that more research is needed to improve the effectiveness of behaviour change interventions for deprived populations [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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