



Issue 15: April 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 PhD student Nouhad El-Haddad and others from the Stream 2 team have recently published a research study in the *BMC Obesity* Journal. The aim of the study was to assess the readability and analyse the content of weight management resources in a sample of Australian general practices. They found the average reading grade level was higher than recommended and content that was inconsistent with research evidence and NHMRC guidelines for weight management. The study highlighted a need for evidence-based educational resources for weight management that place low demand on literacy, without comprising content accuracy. The full text of this paper is available [here](#).

COMPARE-PHC student talent

COMPARE-PHC honours student, [Dylan Appelqvist](#), 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. Congratulations Dylan!

COMPARE-PHC student, [Jessica Appleton](#) has been appointed as the student representative for the Faculty Research Committee at the University of Technology, Sydney. Congratulations Jessica!

COMPARE-PHC webinar on managing obesity in general practice- Thursday 26th May 2016

COMPARE-PHC Stream 3 researchers will present a webinar on managing obesity in general practice. Information on the webinar, including a link to registration, will be available on the COMPARE-PHC website [here](#).

COMPARE-PHC symposium on health Literacy for Preventive Care in Primary Health Care settings: what do we need to do differently? Thursday 2nd June 2016

The symposium will showcase the latest evidence on health literacy in primary health care settings. Featuring presentations from Professor Mark Harris, University of New South Wales, Professor Don Nutbeam, University of Sydney and Professor Richard Osborne, Deakin University. Registration and full program details to follow shortly. Information on the

symposium, including a link to registration, will be available on the COMPaRE-PHC website [here](#).

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

COMPaRE-PHC researchers will present at the PHC Research Conference in Canberra this year. For the list of COMPaRE-PHC presentations and abstracts, click [here](#). For more information about the PHC Research 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 has developed and is testing the feasibility of 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 take them directly to age-appropriate information. 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: 1. To assess how participants engaged with the Growing healthy m-health intervention by assessing the impact on their knowledge around infant feeding and behaviours. 2. To explore participants' perceptions of 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 with low health literacy 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 Local Health District) and Adelaide (with Central Adelaide Hills Local Health District) 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 16 practices in Sydney and Adelaide. Follow up clinical audits are completed and general practitioners sent their audit reports; 12-month follow up interviews and surveys with providers are almost completed; and 6-month follow up patient interviews are currently underway.

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 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 in relation to physical inactivity and diet assessment and counselling. The protocol for PEP was published in [Implementation Science](#). Medicare and PBS data were 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 paper is in preparation.

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 have been analysed and a paper is 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](#).

Latest news and research

- Obesity: it is time to tax sugar sweetened beverages? [Read more](#).
- The majority of Australians are not getting enough exercise. [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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