



*Issue 12: September 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](#).

### **Upcoming COMPARE-PHC Forum- 8<sup>th</sup> October 2015- Only a few spots left**

COMPARE-PHC investigators will present their research (described below) at a public forum on 8 October at UNSW. Professor Susan Jebb, University of Oxford will present a keynote address on weight management in primary care. Information on the forum, including a link to registration, is available [here](#).

### **Free webinar: Professor Susan Jebb - 8<sup>th</sup> October 2015**

For those who cannot attend the COMPARE-PHC forum, the keynote presentation on weight management in primary care by Professor Susan Jebb can be accessed via webinar. Registration is free and can be done by clicking [here](#). The webinar will be broadcast Thu, Oct 8, 2015 11:15 AM - 12:15 PM EST.

Professor Jebb is a leading UK obesity researcher from the University of Oxford. She was the science advisor for the UK governments Foresight obesity report and subsequently chaired the cross-government Expert Advisory Group on obesity from 2007-11. She is now a member of the Public Health England Obesity Programme Board. Professor Jebb also Chairs the UK Department of Health's Public Health Responsibility Deal Food Network, developing voluntary agreements with industry to improve the food environment. She is one of the Chairs of the NICE Public Health Advisory Committees. She is actively involved in a number of events and media projects to engage the public in issues relating to diet and health (e.g. Diet - A Horizon Guide and "What's the Right Diet For You? A Horizon Special). She is a Trustee and former Chair of the Association for the Study of Obesity. In 2008 Professor Jebb was awarded an OBE for services to public health.

Further information about Professor Jebb and other presentations in Australia are available [here](#).

### **Upcoming event- Australian New Zealand Obesity Society 15-17<sup>th</sup> October 2015**

COMPARE-PHC researchers will present at the Australian and New Zealand Obesity Society (ANZOS) in Melbourne this year. For the list of COMPARE-PHC presentations and abstracts, click [here](#). For more information about ANZOS, 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 gives 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:* The Growing Healthy Program has recruited over 300 families in practices in Victoria and NSW. Retention is high, with many participants completing the second survey. The protocol paper has been accepted for publication.

### **Engaging Disadvantaged Mothers Through mHealth to Encourage Infant Feeding Behaviours that Promote Healthy Weight Gain (Sarah Taki's PhD study)**

*Aim:* To assess how participants engaged with the mHealth intervention (the Growing healthy" app) by assessing the impact on their knowledge around infant feeding and behaviours. Also to explore participants' perception on the usefulness of the 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 trial is continuing in 18 practices in Adelaide and Sydney. Baseline recruitment and data collection is now complete and nurse health checks have been completed in intervention practices. The GP Active Learning Programs (ALM) are now complete. We will be commencing 6-month follow up interviews with patients in November and follow up practice audits will commence in December.

### **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:* 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](#).

- **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 published. The paper can be viewed [here](#).

#### **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.

#### **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.

#### **Pilot of the Counterweight Program in South Australia – 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



[Dr Nighat Faruqi](#) is a COMPaRE-PHC post-doctorate fellow at UNSW Australia. Dr Faruqi is coordinating the [Better Management of Weight](#) in Sydney. To find out more about Dr Faruqi, click [here](#).

### Latest news and research

- A strong inverse relationship exists between socioeconomic position and obesity. [Read more](#).
- COMPaRE-PHC research finds GPs are failing to help patients beat the bulge. [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).

### Follow COMPaRE-PHC on Twitter



To opt out of this mailing list email [comparephc@unsw.edu.au](mailto:comparephc@unsw.edu.au) with 'unsubscribe' in the subject line