

Growing healthy at Inala:

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Growing healthy

Researchers have developed and are testing a mobile phone based (mHealth) intervention known as the Growing healthy Program, targeting nutrition and healthy infant feeding practises with the aim of preventing childhood obesity



Growing healthy at Inala

Sub study from the larger feasibility trial

Aim:

To determine if the Growing Healthy program is an acceptable method of delivering nutrition advice for Aboriginal and Torres Strait Islander parents

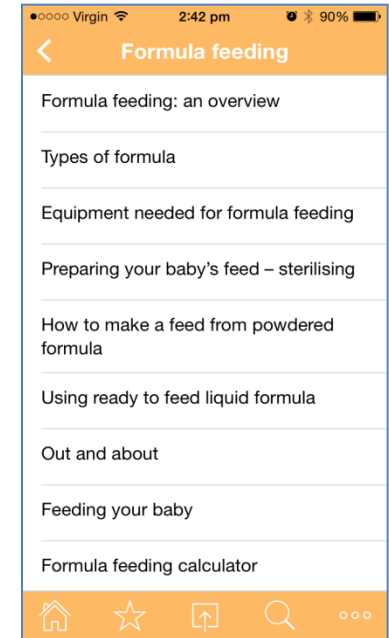


Research Question **one**:

Is the Growing healthy program a culturally acceptable source of information on infant nutrition for Aboriginal and Torres Strait Islander parents in an urban primary health care setting?

Research Question **two**:

What adaptations are required, if any, to improve its appropriateness for this population?



Research method and design



A focus group discussed the acceptability of the key infant feeding messages

Participant's pilot tested the Growing healthy program for 6 weeks

Two rounds of semi-structures interviews plus data software will be used to explore the appropriateness and acceptability of the program



Why is there a need for an infant feeding intervention for Aboriginal and Torres Strait Island parents?

- High prevalence of childhood obesity in Australia, esp. in Aboriginal and Torres Strait Island children.
- Excess weight persists into adulthood, negatively impacts on health and wellbeing throughout childhood (overweight and obesity is the 2nd leading cause of disease for Aboriginal and Torres Strait Island people).
- Early infant feeding practices (breastfeeding, best practice bottle feeding, age of introduction of solids, diet quality) are important in gaining healthy weight in infancy, childhood and adulthood.



Why does the program need to be trialled in this population?

- Aboriginal and Torres Strait Island health promotion programs are best developed in conjunction with Aboriginal and Torres Strait Island people ([Coulehan, 2005](#), [Ware, 2013](#))
- It is important to ensure health promotion resources are acceptable and culturally safe for Aboriginal and Torres Strait Islander people ([Ware, 2013](#)), therefore any resources need to be adequately piloted and adapted prior to the intervention in this population



Summary



- Literature relating to interventions to prevent obesity Aboriginal and Torres Strait Island children is scarce. To date, there have only been two (both low quality) studies that have explored this area ([Laws, 2014](#))

There is a gap in the literature for successful interventions with Aboriginal and Torres Strait Island people to prevent childhood obesity with the use of mHealth modalities





Progress to Date

1. Needs assessment: Literature review

Literature review to examine the papers relevant for this research to support its justification is in draft

2. Ethics approval

All necessary committees have provided ethics approval

3. Collection of data

The focus group has been completed with the data obtained

First round of interviews have been conducted and in the planning phase for the second interview phase

Quantitative data is available- App use



These findings will inform the refinement of the Growing healthy program to be suited to Aboriginal and Torres Strait Island parents



Thank you

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