

COMmunicating Healthy Beginnings IN Existing Services (COMBINE) Study

Translational research through action research

Sarah Taki

Health Promotion Unit, Sydney Local Health District, New South Wales, Australia
NHMRC Centre of Research Excellence in the Early Prevention of Obesity in Childhood

BACKGROUND

- Designing effective programs to promote healthy weight gain in early childhood is a global public health priority.
- There is increased literature on obesity prevention in early life, although effective, sustainable and cost-effective interventions are yet to be developed and scaled-up.

Healthy Beginnings Trial (2007)

- A staged, home-based (8 home visits) early obesity intervention delivered by Community based Child and Family Health Nurses to first-time mothers from 3rd trimester to children aged 24 months.

Key intervention messages:

- Breast is best
- No solids for me until 6 months
- Only water in my cup
- I am part of an active family
- TV away – let's go play
- I eat a variety of fruit and vegetables every day

- Although expensive and not sustainable in the longer term, the intervention effectively improved infant feeding practices and child body mass index (BMI) at 2 years.

TRANSLATIONAL RESEARCH AIMS:

Study 1

- To integrate the Healthy Beginnings program with existing home visiting services and into the real-world setting.
- To explore the barriers and enablers of implementing the Healthy Beginnings program as part of the sustained health home-visiting (SHHV) program in Sydney Local Health District.

Study 2

- To explore the potential to integrate Healthy Beginnings into other existing SHHV programs in Child and Family Health Nursing across NSW using the recommendations and lessons learned from Sydney Local Health District.

HOW WILL WE DO THIS?

STUDY 1: Integrating Healthy Beginnings in Sydney Local Health District SHHV



healthy
families children

- Yana Muru
- Young Parents
- Maternal Early Childhood Sustained Home-Visiting (MECSH)
- Sustaining NSW Families (SNF)

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Contact: Sarah.Taki@health.nsw.gov.au

Planning

- Engaged investigators managing the SHHV program in Sydney Local Health District.
- Investigators' mutual goal to achieve the Premier's Priority 'reducing childhood obesity'.
- The investigators supported the integration of an evidence based obesity prevention program in their services.

Acting

- Integrated Healthy Beginnings in the Healthy Families Healthy Children SHHV Program 2016.
- Developed an addendum which defines Healthy Beginnings as a program module in SHHV and includes:
 - 8 Healthy Beginnings sessions integrated in the 2 year program schedule
 - Healthy Beginnings resources to support with infant feeding behaviours, active play and mother's wellbeing
 - Key performance indicators to measure the effectiveness of Healthy Beginnings in the program

Observing

- Attend home visits to observe how the nurses facilitate the Healthy Beginnings sessions.
- Observe how the nurses document the Healthy Beginnings visits and report on the sessions conducted.

Reflecting

- Conduct qualitative interviews with the Child and Family Health Nursing Unit Managers to explore the barriers and enablers to integrating Healthy Beginnings in their service.
- Conduct focus groups with the Child and Family Health Nurses delivering SHHV to discuss the barriers and enablers to implementing Healthy Beginnings.
- Conduct interviews with clients who received the Healthy Beginnings program to discuss their experiences.
- Develop recommendations for longer-term adoption of an obesity prevention program in existing services.

STUDY 2: Rapid service mapping of existing SHVS across NSW

- Map SHHV across various Local Health Districts in NSW.
- Interview investigators managing the SHHV to explore their interest in integrating an obesity prevention program in their service.



POTENTIAL BENEFITS OF INTEGRATING SERVICES

- ✓ Contributes to the NSW Premier's Priority of tackling childhood obesity
- ✓ Supports collaboration of organisations across NSW
- ✓ Contributes towards the achievement of district Key Performance Indicators
- ✓ Encourages ongoing improvements and development in home-visiting services
- ✓ Bridges a gap between research and services