



C-PAN

Nutrition interventions: an ecological snapshot

Dr Karen Campbell

Victorian Health Promotion Foundation

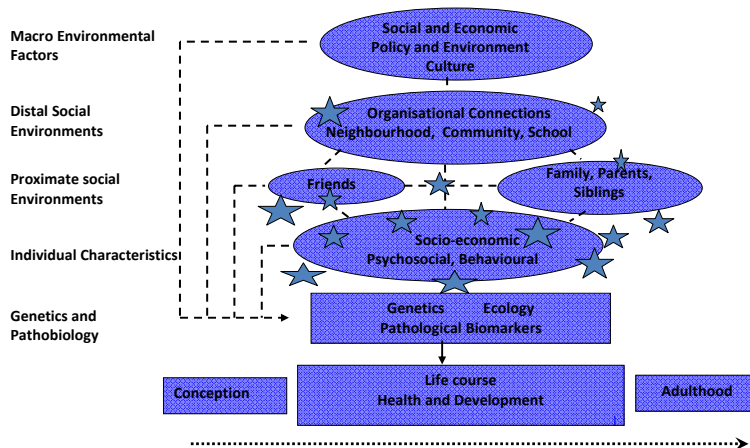
Public Health Research Fellow

Centre for Physical Activity and Nutrition Research

Deakin University

Centre for Physical Activity and Nutrition Research

Social-ecological-life course model



Lynch, J. 2000. *Australasian Epidemiologist*; 7: 7-15



Food related interventions and the home environment: when, where, how and with whom?

C-PAN

Centre for Physical Activity and Nutrition Research



Nutrition Interventions

WHEN?

C-PAN

Centre for Physical Activity and Nutrition Research

When should we “do” food related interventions to promote healthy eating?



Maternal
nutrition
knowledge



C-PAN

Nutrition Interventions

WHERE? AND HOW?

Centre for Physical Activity and Nutrition Research

Where and how should we “do” food related interventions to promote children’s healthy eating

- Strategies which aim to positively impact on weight, physical activity, diet and sedentary behaviours in children aged zero to five years.

Campbell KJ, Hesketh KD. Obesity Reviews 2007; 8(4): 327-338.

Hesketh K, Campbell K. In Press , Obesity 2009

Review Conclusions

- Parents are receptive to and capable of behavioural changes
- Most interventions were high intensity -
? feasible at a population health level
- Many, reported small but meaningful impacts on behaviour
- Most successful studies targeted skills & competencies, not just knowledge
- Many interventions with no parental component demonstrated no impact



C-PAN

Nutrition Interventions

WITH WHOM?

Centre for Physical Activity and Nutrition Research



The Melbourne InFANT Program

Funded by NHMRC, VicHealth, Heart Foundation Victoria

C-PAN



Infant Feeding Activity and Nutrition Trial

- ❖ Seeks to translate what we think is likely to impact on young children's eating, and what we've learnt about best practice in interventions into a program for action – all tempered by the need for this to have real world usefulness
- ❖ Focused on parenting skills that support the development of positive diet and physical activity behaviours, and reduced sedentary behaviours in infants from 3 to 18 months of age
- ❖ Aims to test the effectiveness of an early childhood obesity prevention intervention (healthy eating and play intervention) delivered to first-time parents in their existing social environments (1st time parent groups)

Attendance, retention, and perceived usefulness* of InFANT sessions 1 to 4 (12 months) by Socio Economic Position (SEP)

	(%)		
	Low SEP	Medium SEP	High SEP
Attendance – average across 4 by 2 hour sessions	64	74	69
Retention in the InFANT Program	89	94	90
How useful was...			
...the session overall?	96	88	87
...the information your group leader talked about?	96	89	90
...information other parents in your group talked about?	87	82	74
...the InFANT DVD?	89	79	73
...the written information you received in your last session?	92	82	78
...relevance of this session to you and your family?	93	89	88

*Percentage of parents who found sessions 'quite' or 'very' useful

Attendance, retention, and perceived usefulness* of InFANT sessions 1 to 4 (12 months) by Socio Economic Position (SEP)

	(%)		
	Low SEP	Medium SEP	High SEP
Attendance – average across 4 by 2 hour sessions	64	74	69
Retention in the InFANT Program	89	94	90
How useful was...			
...the session overall?	96	88	87
...the information your group leader talked about?	96	89	90
...information other parents in your group talked about?	87	82	74
...the InFANT DVD?	89	79	73
...the written information you received in your last session?	92	82	78
...relevance of this session to you and your family?	93	89	88

*Percentage of parents who found sessions 'quite' or 'very' useful

Reinforcement of program messages through social networks by SEP

	(%)		
	Low SEP	Medium SEP	High SEP
Meet with other parents from their parents group weekly or fortnightly	69	90	79
Talk about things that were raised at the InFANT sessions with other parents in their group	94	95	100
Have shown the DVD to others e.g. grandparents, carers, partners	12	21	31

Reinforcement of program messages through social networks by SEP

	(%)		
	Low SEP	Medium SEP	High SEP
Meet with other parents from their parents group weekly or fortnightly	69	90	79
Talk about things that were raised at the InFANT sessions with other parents in their group	94	95	100
Have shown the DVD to others e.g. grandparents, carers, partners	12	21	31

What we've learnt about where and with whom

- ◆ Mother's groups provide a practical vehicle for program delivery
- ◆ First-time mothers, regardless of SEP, are very keen to participate in programs
- ◆ SEP impacts on resources of preference
- ◆ Social groups seem likely to magnify the effects of a low-dose intervention
- ◆ Early data suggests positive program effects even after just two sessions

Summary

Rapidly growing evidence base tells us:

- ◆ Multiple times across early life when we might most easily influence food preferences and in turn dietary intake
- ◆ Interventions often work

No one intervention is likely to be effective

Promotion of healthy eating needs to be embraced across the life-course and by all facets of government

Campbell K, Hesketh K, McNaughton S, Crawford D, Salmon J, Ball K, McCallum Z. The Infant Feeding, Activity and Nutrition Trial (InFANT) an early intervention to prevent childhood obesity: cluster-randomised controlled trial BMC Public Health 2008, 8:103
<http://www.biomedcentral.com/1471-2458/8/103>