

UNSW research centre for **primary health care and equity**

Primary Health Care

Nutrition interventions for childhood obesity Prevention : Best Bets

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Best Bets – Behavioural Strategies

- encouraging breastfeeding,
- avoiding early introduction of solids,
- water in preference to sweetened drinks,
- increased intake of fruit and vegetables
- regular meals
- family meal habits
- appropriate portion sizes
- frequency of consumption of take away foods

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Best Bets – Intervention Approaches

Anticipatory Guidance by PHC providers - Universal:

- Universal approach as part of existing contacts (eg 4 year old health check, well baby check)
- 5As (assess, advice, agree, assist, arrange) & MI

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Best Bets – Intervention Approaches

Intensive Home Visiting - High risk families:

- Commence antenatally or at birth
- Promote breastfeeding, healthy feeding practices, physical activity and parenting skills

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Best Bets – Intervention Approaches

Mothers as Agents of Change – High risk mothers:

- Healthy lifestyle group for overweight/obese mothers
- Mothers behaviours, child nutrition & parenting skills