



Issue 7: September 2014

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Aim of 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](#).

COMPARE-PHC research updates

- **Stream 1 research update: Families with young children**

The 'Growing Healthy' project

Stream 1 is exploring how primary health care providers can engage families with young children to promote healthy weight in both parents and their children (aged 0-5 years). To do this, Stream 1's 'Growing Healthy' program is developing and testing the feasibility a mobile telephone infant feeding app and website for mothers with babies younger than nine months. Development of the app has entailed literature reviews (one of which is reported below - Laws et al) and consultations with service providers and parents. The app landing page offers parents expert information on breastfeeding, formula feeding, mixed feeding, solids, sleep and feeding patterns, recipes, and help and support. In addition, parents will receive three push texts a week that will take them directly to age-appropriate information in the app. Recruitment of parents to the study will commence in October. For more information about Stream 1, click [here](#).

- **Stream 2 research update: Disadvantaged adults**

Better Management of Weight in General Practice (BMWGP) trial

This study is an evaluation of an intervention that aims to assist general practices to support obese patients with low health literacy to manage their weight. The study will be 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 study is currently recruiting general practices. For more information about the trial and who to contact, click [here](#).

- **Stream 3: Implementation of obesity management guidelines**

GP referral study

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. A qualitative study is being conducted to investigate factors influencing GP decision making about which patients with a BMI >30 to refer and where to refer to. We are currently analysing the interviews and expect to have a report in the next few months. For more information about the GP referral study, click [here](#).

Counterweight feasibility studies

COMPARE-PHC is conducting two studies to determine the feasibility and acceptability of the Counterweight Program to Australian general practices and patients: one in Adelaide (with Northern Adelaide Medicare Local) and one in Sydney (with Eastern Sydney Medicare Local). Both studies have obtained ethics approval and are recruiting general practices. For more information about the Counterweight studies and who to contact, click here for [Sydney](#) or [Adelaide](#).

Health economic analysis of a model for implementation of guidelines

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 this study has been published in [Implementation Science](#). Ethics and Medicare approval have been obtained to link Medicare and PBS data with data from the PEP study. Data matching and analysis is currently underway. Further information is available [here](#).

New COMPARE-PHC publications

- Harris M and Spooner C. 2014. "[Weight loss options in general practice](#)." *The Medical Journal of Australia* 201 (4):184-185.
- Laws R, Campbell KJ, Pligt PVD, Russell G, Ball K, Lynch J, Crawford D, Taylor R, Askew D, Denney-Wilson E, The impact of interventions to prevent obesity or improve obesity related behaviours in children (0-5 years) from socioeconomically disadvantaged and/or indigenous families: A systematic review. *BMC Public Health*, 2014. Click [here](#) for full access of the review.

Get to know the COMPARE-PHC team

[Dr. Rachel Laws](#) is a Stream 1 COMPARE-PHC Investigator and Postdoctoral Research Fellow, based at the Centre for Physical Activity and Nutrition, Faculty of Health, Deakin University. [Rachel](#) and her colleagues systematically reviewed the literature to examine the effectiveness of interventions to prevent obesity or improve obesity related behaviors in children 0-5 years from socioeconomically disadvantaged or Indigenous families. They found the intervention effects were modest but promising. Find out more about [Dr. Rachel Laws](#) by clicking [here](#).

Latest news and research

- The feasibility for practice nurses to include obesity prevention in their consultations. [Read more](#).
- The best diet to prescribe is the one you your patients stick to. [Read more](#).
- Could bariatric surgery be the answer for severely obese adolescents? [Read more](#).
- Is bariatric surgery best for weight loss in adults? If so, which type of surgery? [Read more](#).
- How much protein should you be having at breakfast? [Read more](#).
- Social determinants of health help tackle obesity. [Read more](#).
- What's the best way to lose and maintain weight in adults? [Read more](#).
- BMI of 40-59 kg/m² resulted in a loss of 6.5-13.7 years of life. [Read more](#).

Upcoming event

The 2014 Australian and New Zealand Obesity Society (ANZOS) Annual Scientific Meeting 16-18 October at Sydney offers the opportunity to meet and exchange ideas with researchers and practitioners who are focussed on the prevention, treatment and management of obesity as well as the promotion of healthy lifestyle behaviours more generally. For information about the conference and presentations by COMPARE-PHC researchers, click [here](#).

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.
- 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.

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