Obesity Prevention: Using Evidence to Shape Practice Change

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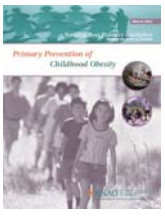
Agenda

- Background
- Purpose
- Methods
- Measures
- Results
- Discussion

Background

Best Practice Spotlight Organization

- TPH was selected by RNAO to implement and evaluate Best Practice Guidelines (BPG's)
- Primary Prevention of Childhood Obesity BPG was one of five guidelines selected



RNAO Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers autorisés de l'Ontario

Background

RNAO BPG Recommendations

9.0 Nurses promote a decrease in sedentary activities with emphasis on reducing the amount of time clients spend watching TV, playing video games, and engaging in recreational computer use.

Background

True or False?

In Canada,14.2% of 2-5 year olds are overweight or obese.

FALSE

21.5% of 2-5 year olds are overweight or obese

27% of Canadian children aged 2-3 and 22% aged 4-5 are watching more than 2 hours of TV per day.

TRUE

Background

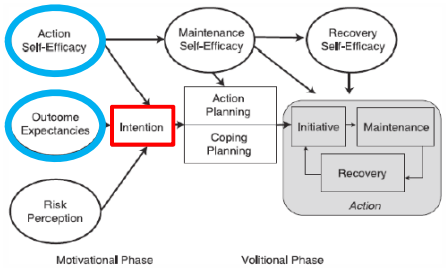
Screen time (ST) is thought to affect body weight by:

1. Competing with time spent being active
2. Leading to consumption of advertised foods and to overeating
3. Decreasing resting metabolic rate

Critical to engage and support families early in children's lifespan

Background

The Health Action Process Approach (HAPA)

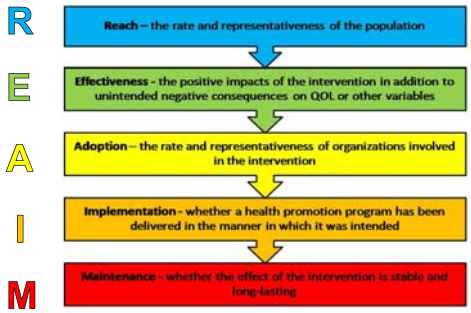


Purpose

The purpose of the evaluation was to:

- Determine the FEASIBILITY of implementing a ST reduction initiative;
- Measure parent attitudes towards decreasing their child's ST behaviours (SELF-EFFICACY & OUTCOME EXPECTATIONS); and
- Measure parent-reported ST BEHAVIORS of their pre-school children.

Methods



Methods

8-week pilot:

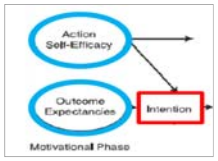
- Nobody's Perfect parenting program
- ST reduction & awareness activities
- Public Health Nurse facilitated
  (e.g.) pros and cons, goal setting

Picture taken from http://www.nobodysperfect.ca/_uploads/PageContent/documents/New%20brochure%20-%20FINAL%20E.pdf

Measures

Measured:

- Self-efficacy
- Outcome expectations
- ST logs
- PHN de-briefing



Effectiveness

Maintenance

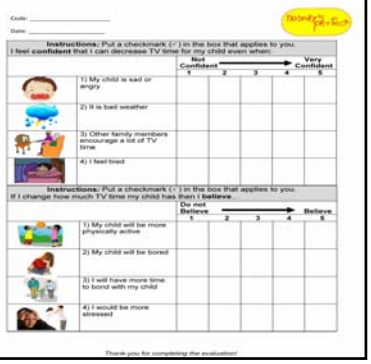
Reach

Adoption

Implementation

Methods

Weeks 1 and 8



Methods

Weeks 1, 4 and 8

Results

Reach

- One Nobody's Perfect program so far
- Participant profile: culturally diverse, mixed-income

Implementation

- 5/8 (63%) of sessions included a ST activity
- Activities were founded in the HAPA model and encouraged group discussion

Results

Effectiveness/Maintenance

Screens are everywhere in society.

I use TV because I don't know how to play with my child.

I feel guilty for using TV as a babysitter, but sometimes I am tired and need to get stuff done.

I notice my child slouching after watching TV.

If you sit with your child and talk about the TV program then it's more meaningful.

Results

Practice Change

Adoption

Pilot #2 (Spring, 2012)

Evaluate

Revise as needed

More Nobody's Perfect programs

Adapt

Other parenting programs

Evaluate

Discussion

- Limited research
  Prior research focused on:
  - Children only
  - Developing skills for daycare service providers
- Challenges
- Best strategy?
  - Multi-level coordinated effort

Thank you!

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