

Implementation of an online healthy weight toolkit to support practitioners working with pre-school children

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Introduction	Implementation Process												
<p>Blackburn with Darwen is one of the 20% most deprived districts/unitary authorities in England. Leading to many implications:</p> <ul style="list-style-type: none"> Higher than average prevalence of both over- and under-weight in children starting school. Three in ten children living in low income families (27%) 3rd highest proportion of underweight children in the country An increase in demand for emergency food for children One in three children are overweight or obese by the end of primary education <p>Obese and Overweight in Reception and Year 6 by Ethnicity as a percentage of children measured</p> <table border="1"> <caption>Obese and Overweight in Reception and Year 6 by Ethnicity</caption> <thead> <tr> <th>Year</th> <th>White</th> <th>Asian</th> <th>Other</th> </tr> </thead> <tbody> <tr> <td>Reception</td> <td>~25%</td> <td>~15%</td> <td>~28%</td> </tr> <tr> <td>Yr6</td> <td>~32%</td> <td>~28%</td> <td>~45%</td> </tr> </tbody> </table>	Year	White	Asian	Other	Reception	~25%	~15%	~28%	Yr6	~32%	~28%	~45%	<p>Characteristics of the intervention</p> <ul style="list-style-type: none"> Positive co-production The evidence Feasibility vs Fidelity <p>Inner setting</p> <ul style="list-style-type: none"> A shared vision Challenges Collaboration <p>Outer setting</p> <ul style="list-style-type: none"> Health inequalities for Blackburn with Darwen How we might align the training with other national policies <p>Individual factors</p> <ul style="list-style-type: none"> Individual motivations Culture behaviours
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<p>Healthy weight toolkit</p> <p>Following local concern for the lack of pre-school child weight management provision an 8-module online healthy weight toolkit was co-produced in partnership between local stakeholders and academic partners.</p> <p>Module:</p> <ol style="list-style-type: none"> 1. Communicating with parents 2. Behaviour change techniques 3. Unhealthy weight at pre school age 4. Identifying unhealthy weight 5. Physical activity and sedentary behaviour 6. Nutrition 7. Culture 8. Roles and responsibilities <p>Modules are evidenced based, draw on behaviour change theory and include guidance from the Royal College of Paediatrics and Child Health (RCPCH), National Institute for Health and Care Excellence (NICE), World Health Organisation (WHO), and NHS.</p>	<p>For successful Implementation</p> <p>The process for implementation remains challenging when considering the inner and outer context in creating a strong partnership for implementation.</p> <p>To overcome these challenges we are working to:</p> <ul style="list-style-type: none"> Ensure shared a vision by enabling HCPs recognise personal value in engaging Address team dynamics Align with local pathways Explore individual role restrictions (allocate time) Align with national policy/guidance <p>Next Steps</p> <ul style="list-style-type: none"> Identify a small working group of “social leaders” (i.e. leaders by virtue of their ability to bring people together and drive efforts forward. Leader group quarterly meeting to plan and review the implementation as it happens. Holding a Stakeholder event to bringing everybody together for discussion and creating action plans. Monthly meetings are in place with public advisors 												
<p>Implementation strategy</p> <p>An implementation strategy was developed as part of North West Coast (CLAHRC-NWC) Partner Priority Programme (PPP), focusing on engaging Healthcare Professionals (HCPs) with the online healthy weight intervention tool.</p> <p>The implementation strategy draws on:</p> <ul style="list-style-type: none"> Consolidated Framework for Implementation Research Behaviour change theory (capabilities, motivation and opportunities) 	<p>Find out more:</p> <p>Webpage: https://www.clahrc-nwc.nihr.ac.uk/PPP.php; https://www.ljmu.ac.uk/microsites/promoting-healthy-weight-in-pre-school-children/modules Email: info-clahrc-nwc@nihr.ac.uk; Maria.Nugent@blackburn.gov.uk</p> <p>Acknowledgement</p> <p>We would like to acknowledge the tremendous work of Dr Ruth Young (deceased Dec 2018) in supporting the implementation of this project. We would also like to thank everyone involved, particularly, Shirley Goodhew, Dr Nabil Isaac, Dr Lorna Porcellato, Dr Anna Chisholm, Stephanie Owen, Dr Hannah Timpson and Prof Lindsey Dugdill (deceased Dec 2014).</p>												