research

partnership

knowledge

Monash Centre for Health Research and Implementation

MCHRI

Diabetes
refugee
cross sector

engagement

Lifestyle

PCOS

impact

Indigenous

Health

Obesity

University

implication

analytical
Prevention of obesity has to start somewhere: evidence to practice

Monash Centre for Health Research and Implementation, School of Public Health and Preventive Medicine Monash University

A collaborative partnership to drive health care and public health improvement

Helena Teede, Catherine Lombard
(on behalf of the HeLP-her team)
From research to population roll out
The HeLP-her program

• Prevent weight gain in women
• Non prescriptive
• Self-management
• Low intensity / low cost
• Focus on behaviour and support
• Effectiveness-Implementation hybrid research in real life settings
• Qualitative and quantitative methodology
Women and weight across lifespan

RCT in 200 pregnant women in clinical setting

Cluster RCT in 250 community based, women

Cluster RCT in 650 women living in 42 rural communities

Researcher: ‘Does my research make life easier or more difficult for the end user?’

Decision maker: ‘Do we have processes and systems in place that make it easy or more difficult to access and apply research outcomes?’
Luck ? Timing ? Good Management?
HeLP-her obesity prevention program
HeLP-her is successful

Change in weight from baseline (kg)

Control group (+0.83kg)

Intervention group (-0.21kg)

p=0.024

A low intensity, community based lifestyle programme to prevent weight gain in women with young children: cluster randomised controlled trial

Catherine Lombard, senior research fellow; Amanda Deeks, senior research fellow; Damien Jobley, associate professor in biostatistics; Kylie Bell, associate professor in behavioural epidemiology; Helena Teede, professor in women’s health

Ref Lombard Teede et al BMJ 2010
HeLP-her successful in preventing excess weight gain in pregnancy

Ref: Harrison Lombard Teede et al. IJBNPA 2014
HeLP-her in rural population

- 42 small rural communities
- 650 women
- 1 year intervention + 1 year observation
- Low intensity
- Community and economic evaluation
- Multiple sectors
HeLP-her successful in rural communities

Difference in weight change at 1 year
0.92kg p<0.05

58% intervention n did not gain weight

Ref: Lombard BMC Public Health 2014
HeLP-her progress

Evidence
- Real life trials

Implementation
- Adapt, refine, modify, evaluate over 8 years

Translation
- Community roll out

C Lombard
Decision maker needs

Access
Meaningful research
Organisation needs
Budget
Leverage points
Partners
Staff
Clear messages
Key Messages

1. Push your research further across the GAP. Decision makers need to meet researchers halfway.
2. Identify the policy context – the big picture
3. Generate high quality evidence
4. Pragmatic trials as close to real life as possible
5. Mix of quantitative and qualitative evaluation for efficacy and effectiveness
6. Have a long term vision and partner with those who will deliver the program
Acknowledgments

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• Victorian Department of Health, Population and Prevention Unit
• Jean Hailes for Women’s Health
• HeLP-her team
Evidence to Practice in Obesity

The Barwon Experience
Importance of evidence at a local level

- Greater support from executive leadership
- Greater interest from service providers and partners
- Community trust that you are providing a quality service
Choosing programs, settings, target groups

Current regional health promotion priorities

Defining the issue & needs assessment

Target group: Population health data

Programs: Existing evidence based programs

Geographical location: Population health data

Settings: Target group
Delivering evidence based programs

1. Leadership
2. Partnerships
3. Defining outcomes
4. Workforce
5. Marketing & recruitment
6. Program delivery
7. Evaluation
Delivering evidence based programs

**Challenges**

- Aligning partner priorities
- Working within a defined budget
- Community acceptance
- Marketing & recruitment

**Enablers**

- Evidence based program
- Executive support
- Defining the scope
- Partnerships
- Community feedback
- Skilled workforce
Delivering evidence based programs

Part of a Multi Strategy Health Promotion Approach

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