

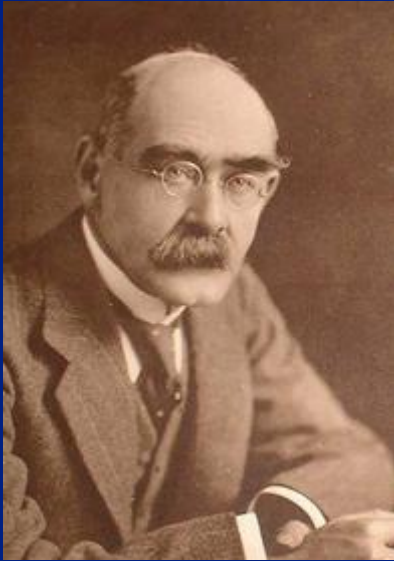
OBESITY PREVENTION PROGRAMMES: Putting the evidence into practice



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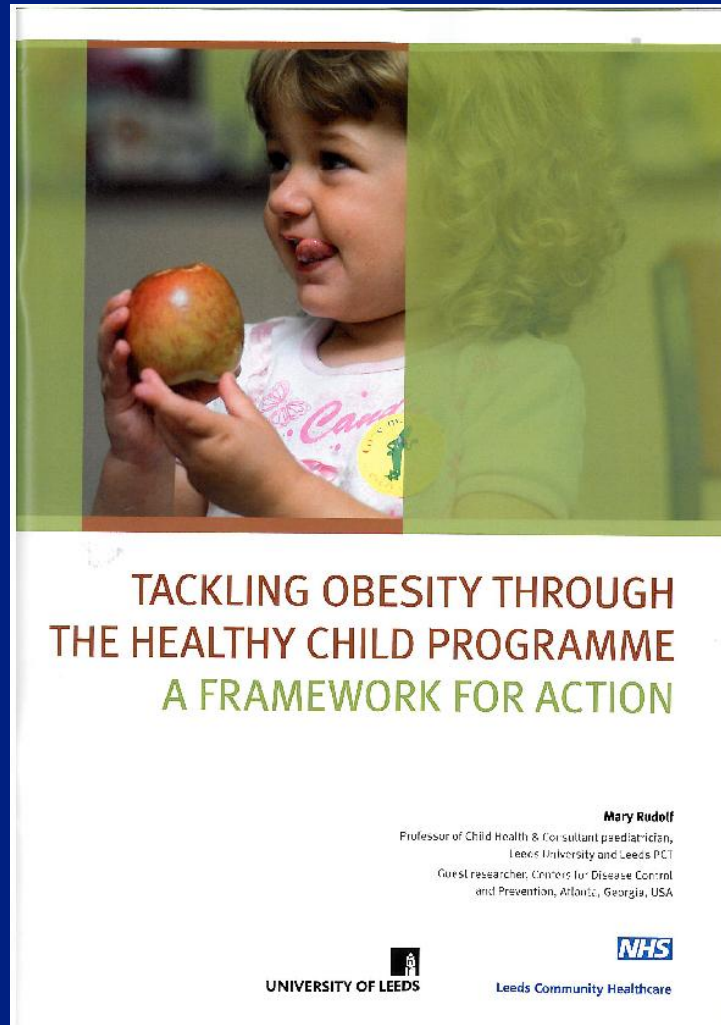
Rudyard Kipling
1865 – 1936

*I keep six honest working men
They taught me all I knew
Their names are what and how
and when
And why and where and who
Just so stories*

- WHAT?
- HOW?
- WHEN?
- WHY?
- WHERE?
- WHO?

WHAT and How and When ?

And Why and Where and Who



Rudolf MCJ. Published on
www.noo.org.uk/Mary_Rudolf

WHAT and How and When ?

And Why and Where and Who

Parenting

- Confidence to change family lifestyle
- Develop authoritative parenting
- Model a healthy lifestyle

Eating patterns

- Regular family mealtimes &
- Reduce grazing behaviour

Healthy nutrition

- Providing child-sized portions
- Reducing energy dense foods and sweet drinks

Physical activity

- Increasing active play
- Reducing sedentary behaviour, especially TV

Emotional wellbeing

- Increasing the emotional wellbeing of all family members

What and **HOW** and When ? And Why and Where and Who

PARENTS' VIEWS

- Felt dismissed
- Made to feel guilty

ENCOURAGING APPROACHES

- Motivational enhancing
- Strengths based
- Group vs individual



THE MEDICAL MODEL

HOW ? How do we evaluate and measure success?



- BMI
- Lifestyle
- Mental health
- Attendance

What and How and **WHEN?** And Why and Where and Who

- 1 in 4 overweight at age 5
- Large infants
- Rapid infant weight gain
- Early lifestyle habits



School age children

What and How and When ?

And **WHY** and Where and Who

- Why is it all so difficult?



What and How and When

And Why and **WHERE** and Who ?

- Mother and child clinics
- Day care
- Community centres
- Schools
- Medical services
- Social media

And How and Where and **WHO ?**



What and Why and When

And How and Where and **WHO ?**



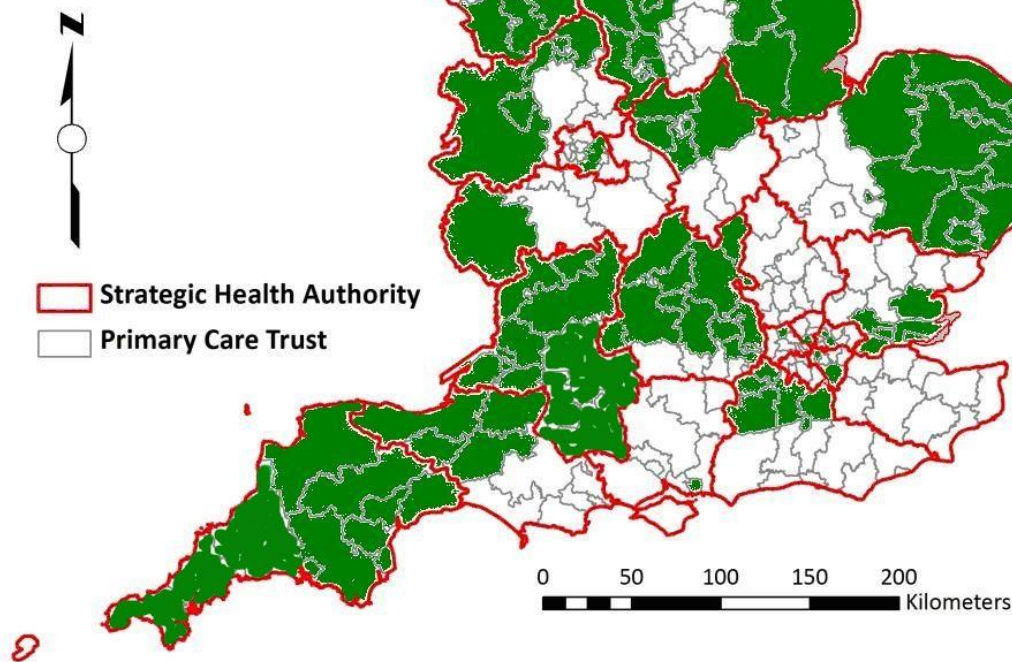
PROVIDERS

- Lack of confidence
- Low self efficacy
- Inability to identify obesity
- Paediatricians' BMI



Areas of the UK	54
National trainers	14
Local trainers	26
Training courses	80/year
Core Training attendees	~4500

Strategic Health Authorities (SHA)
and Primary Care Trusts (PCT)
for England (2001)



Funded by the DH and
DCSF, UK
Awarded ASO best
practice award 2008



HEALTH EXERCISE NUTRITION FOR THE REALLY YOUNG

THE EVIDENCE

- Parenting skills
- Eating behaviour
- Nutrition
- Physical activity
- Emotional wellbeing



THE MESSENGER

- Empathy
- Warmth
- Genuineness



THE APPROACH

- Family Partnership Model
- Reflective practice
- Solution focused strength based



HENRY IN PRACTICE

HEALTH EXERCISE NUTRITION FOR THE REALLY YOUNG

HENRY TRAINING

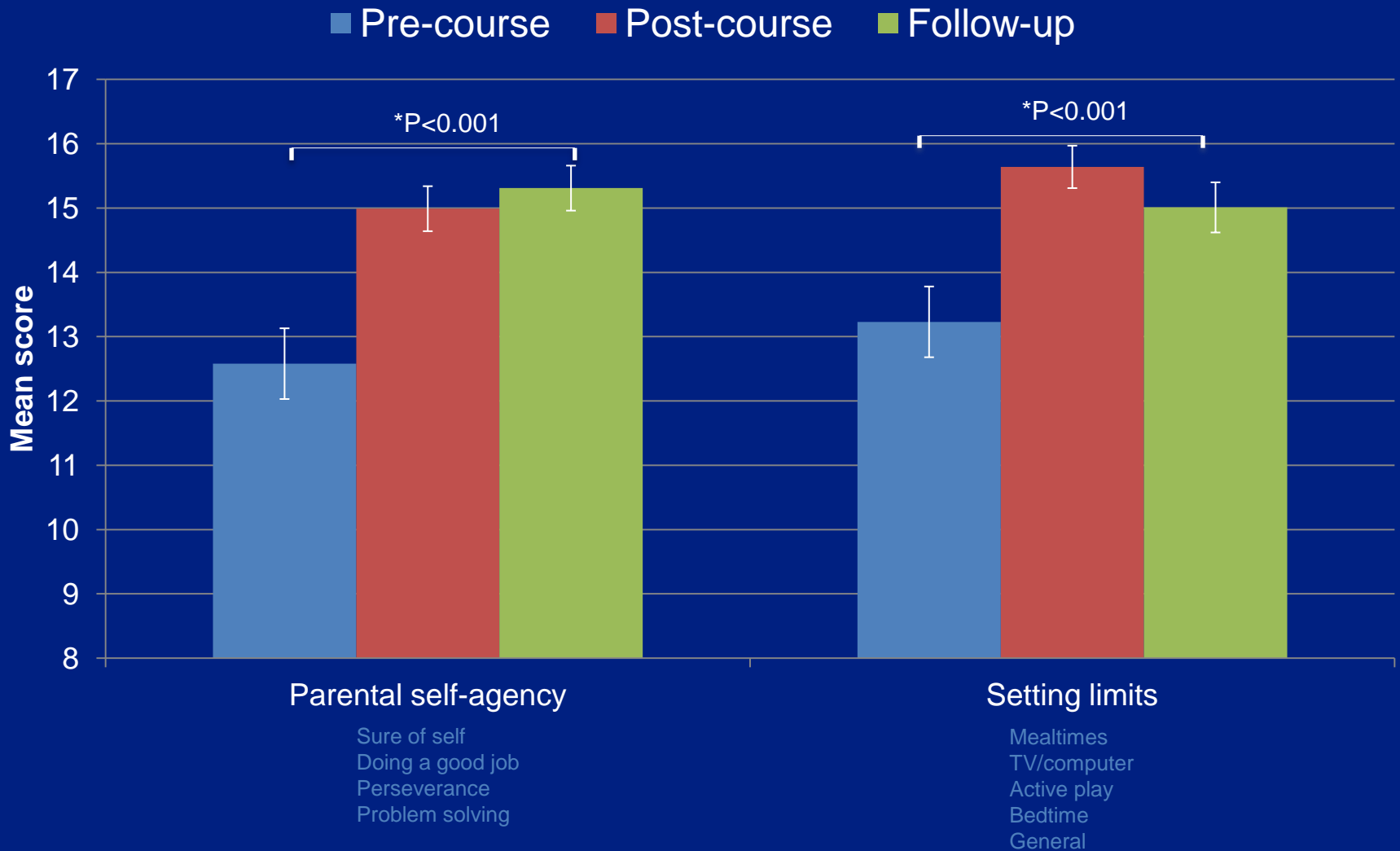
- Core training
- Let's Get Healthy with HENRY parent groups
- Advanced practitioner course
- E-learning courses
- HENRY toolkit & DVD on responsive feeding

EVALUATION

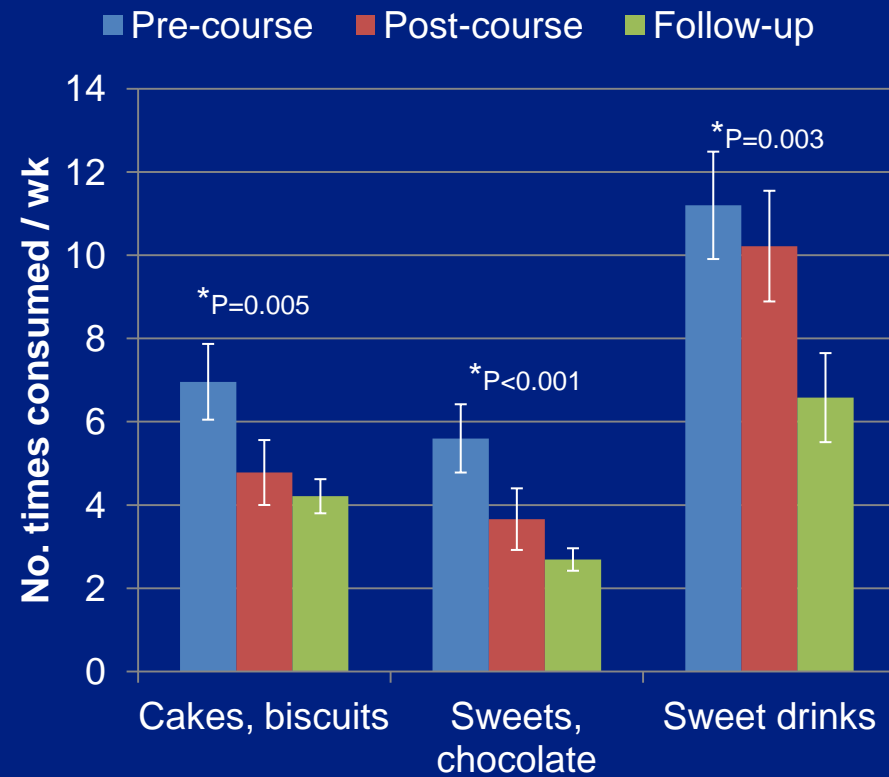
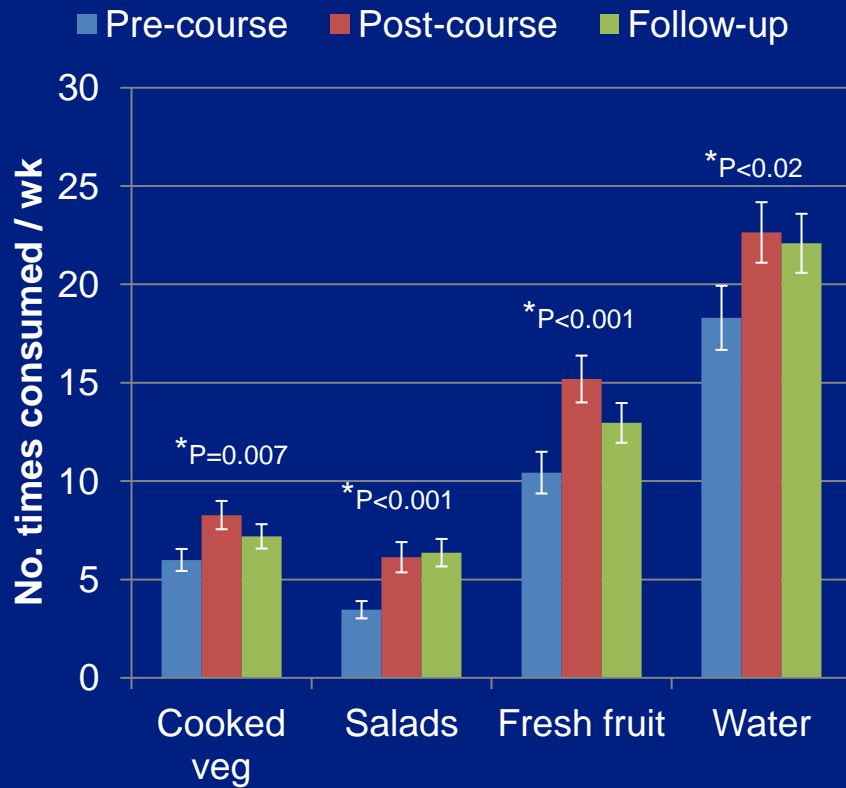
- Policy & practice -Children's Centres
- Professional practice and confidence
- Practitioners' personal lives
- Parents



EVALUATION - Parental self-agency & encouraging good behaviour



EVALUATION - Food Frequency Questionnaire - Adults



Putting the evidence into practice

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Acknowledgements

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- Leeds, England
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Framework for Action - www.noo.org.uk/Mary_Rudolf

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