

Decision: Oral Presentation

Session: Concurrent session - Managing childhood obesity: Learnings from the implementation of two statewide programmes

Key learnings from the PEACH program in Queensland (38835)

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PEACH™ (Parenting, Eating and Activity for Child Health) is a healthy lifestyle community program targeting Queensland families with overweight primary school children. PEACH™ aims to assist parents to build knowledge, skills and confidence around health eating and physical activity. The program implements an evidenced-based intervention consistent with clinical practice guidelines.

Methods were designed with the RE-AIM (Reach, Effectiveness, Adoption, Implementation, and Maintenance) framework in mind and the following data are collected:

Reach: Family demographics

Effectiveness: Changes in parental knowledge, skills and confidence; child anthropometry, diet and activity behaviours; attendance rates and satisfaction with program resources

Adoption: Facilitator demographics and services involved

Implementation: No. facilitators delivering groups; Adherence to program protocol

Maintenance: Workforce capacity change; funding committed; long -term family impact

Preliminary results: 104 groups across 47 sites including rural and remote areas.

Mean (\pm SD) age of enrolees was 9 (\pm 1.8) years, 45% were male and 78% were

obese. Single-parent households comprised 21% of cohort. Number of children meeting fruit and veg guidelines increased (fruit; 49 to 61%, NS ; veg; 3 to 9%, p PEACH™ is successful for those families who engage. Recruitment and retention are issues that need to be addressed. Clarity is needed regarding service delivery and funding responsibilities of various parts of the health system before services to families can be universally offered.