Knowledge translation in developing and implementing the CHErIsH intervention to prevent childhood obesity

Dr Karen Matvienko-Sikar School of Public Health University College Cork

















Interdisciplinary Capacity Enhancement (ICE)



















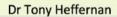
OÉ Gaillimh NUI Galway

<u>Co-applicants:</u> Prof Molly Byrne, Dr Caroline Heary, Dr Edel Doherty <u>Collaborators:</u> Dr Colette Kelly, Dr

Jenny McSharry

Postdoctoral researchers/ICE fellows:
Dr Michelle Queally, Dr Elaine Toomey
PhD SPHERE Scholar: Marita Hennessy



















Principal Investigator: Prof



Patricia Kearney
Co-applicants: Dr Janas
Harrington, Dr Sheena McHugh
Postdoctoral researcher/ICE
fellow: Dr Kate O'Neill
Dr Caragh Flannery
Knowledge broker: Dr Susan

Calnan





<u>Co-Applicant:</u> Prof Catherine Hayes







Dr Phil Jennings



Choosing Healthy Eating for Infant Health (CHErlsH) Study



- Childhood obesity
- Role of Infant Feeding



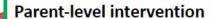
Healthcare professionals





CHErlsH study overview





- Brief intervention to support parent/caregivers to improve infant feeding behaviours
- Routine 2, 4, 6, 12, 13 mo. vaccination visits
- Consistent, brief, verbal infant feeding messages
- Supporting materials and trustworthy online resources

CHErIsH study overview



Recruitment poster for practice waiting room





Fridge Magnet

Bib

Website: www.mychild.ie

Information leaflet







Information poster for consultation room

Delivered in primary care



- Urban/rural population mix
- Approximately 450 infants delivered by women attending the practice per year
- State of the art electronic patient management systems
- Supportive research environment







Knowledge translation in CHErIsH



- Integrated knowledge translation approach to intervention development
- Ongoing knowledge translation activities throughout study
- 3. Knowledge translation beyond study context





Integrated knowledge translation



- Collaborative/co-production model of research
- Researchers and knowledge users, who can implement the research, working together



Meaningful partnership & involvement across research stages

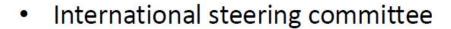




Integrated knowledge translation in CHErIsH



- Important role of primary care partner
 - Dr Tony Heffernan, MPHC
 - Co-developed study idea and funding application











Integrated knowledge translation in CHErlsH



- Patient and Public Involvement
- Informal consultations during building evidence base
 - Public health policy stakeholders and practitioners









Integrated knowledge translation in CHErIsH



- A formal policy submission to the Oireachtas Joint Committee on Children and Youth Affairs: 'Tackling Childhood Obesity'
- Invited presentation to the Oireachtas Joint Committee







Knowledge translation activities during study



- Talking to both researchers and healthcare practitioners about their knowledge, needs and practices
- Developing a strategy for the project based on this feedback







Implementation strategy for HCPs



- · Local opinion leaders
- Incentivised in-person training sessions
- Training and information handbook
- Trustworthy online resources
- Electronic delivery prompts
- Organisational awareness/support
- Knowledge exchange meetings between researchers & HCPs





Knowledge translation beyond study context



- Awareness raising
 - Media coverage
 - RTÉ Brainstorm
 - Website









Knowledge translation activities during study



- Capacity building
 - Training for a researcher on knowledge translation
 - Knowledge translation workshop for researchers and healthcare practitioners in the study





Knowledge translation beyond study context



- Social media to publicise CHErlsH activities
 - · E.g., Twitter
- Academic/research dissemination
 - E.g., journal publications, conference presentations or awards





British Journal of Health Psychology (2026), 25, 275–384 © 2020 The British Psychological Society

Koren Matvienko-Sikar, ⁶ Blaine Toomey, ³ Michelle Cueally, ³ Caragh Flannery, ¹ Kafe O Neill, ¹ Ted G Dinan, ^{4,5} Edel Doherty, ³ Jaress M Harrington, ¹ Catherine Hayes, ^{6,6} Contine Heary, ⁸ Martia Hennessy, ¹ Coaltet Kelly, ⁸ Sheena M Mc Hugh, ¹ Jarny McSharry, ¹ Catherine Stanton, ^{3,8} Tony Hetternan, McIly Byrne, ¹ Patricia M Kearney

BMJ Open Choosing Healthy Eating for Infant

feasibility study

Health (CHErIsH) study: protocol for a

A collaborative approach to developing sustainable behaviour change interventions for childhood obesity prevention: Development of the Choosing Healthy Eating for Infant Health (CHErIsH) intervention and implementation strategy





Knowledge translation beyond study context



Information briefs

 User-friendly updates and overviews of the study to stakeholders



CHErisH update

CHErIsH

Welcome to our final update and overview of the Choosing Health Eating for Infant Health (CHEIsH) study. The Health Research Board (HRRI) funded CHEIsHs study has been underway since 2016 and will links at the end of 2020. A key impleus for the study is to help reduce the risk of childhood obesity and overweight by improving infant feeding practices among parents and primary caregivers.



Research objectives

- The CHErisH study has achieved all of its research objectives, as set out in the three work packages (WPs) planned for this study:
- WP1 Establishing the evidence base for the burden of childhood obesity in Ireland and the role of early dietary interventions
- WP2 Developing a pilot intervention to improve and support early infant feeding practices
- WP3 implementing and evaluating the pilot intervention

Details of the research outputs and resulting intervention from this study are included here.





The year 2019 has been a busy one for CHErIsH. Key events included the launch of its feasibility study in March and further successful

nublished studies by the CHErlsH research



Knowledge translation in CHErlsH



- From project conception to dissemination
- Ongoing collaboration with multiple knowledge users
- Intervention development, implementation, and sharing of findings







Thank you



Karen.msikar@ucc.ie





