

# The 'Healthy Dads, Healthy Kids' community program: Promoting family health through sustainable school and community partnerships



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## Background

- Obesity affects 70% of men and 25-30% of children in the Upper Hunter of NSW.
- Childhood obesity prevention is a public health priority but the contribution of fathers' influence on children's physical activity and eating behaviour is often overlooked.
- The 'Healthy Dads, Healthy Kids' (HDHK) pilot RCT was a feasible and highly efficacious approach for improved health in overweight dads and improved lifestyle behaviours in children.



- The next stage is to implement the **evidence-based** HDHK program in a sustainable community setting in a larger effectiveness trial.

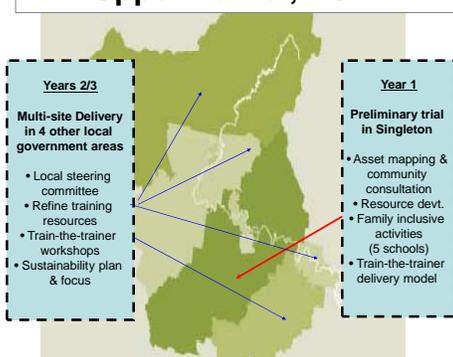
## Scope of the Project

**Objective:** To help overweight fathers reduce their heart disease risk profile while helping families promote physical activity and healthy eating for their children

### Service Delivery and Evaluation:

- **Year 1-Phase 1: Setting up framework**
  - Refine previous pilot program;
  - Develop resources (facilitator manual, participant workbook, data collection procedure and recruitment manual)
- **Year 2-Phase 2: the preliminary trial**
  - Program delivered by researchers in Term 2, 2010 at 1 Singleton primary school to produce training manual and DVD.
  - Conduct cluster RCT with 4 matched schools (program run by trained facilitators) in Term 3, 2010. Use wait-list control group.

## Upper Hunter, NSW



### ➢ Years 2 & 3: Phase 3: Project rolled out

- 'Train the Trainer' workshops will be run by the project team for local facilitators.
- Implement program in larger effectiveness trial across 4 local government areas.

## Method & Intervention

### The program aims to:

- Prevent obesity in children
- Help fathers achieve a healthy weight
- Encourage physical activity and healthy eating for families
- Increase engagement between fathers and their children

### Intervention Components

- 3 Dads Only sessions
- 3 Dads/Kids interactive sessions
- Access to study website; program resources
- Program grounded in Bandura's Social Cognitive Theory



## Evaluation

### Delivery

- The primary measure of delivery is the number of fathers and children completing the program.

### Effectiveness

- The primary measures of effectiveness is the fathers' reduction in weight/waist.
- Secondary measures include quality of life, parental engagement, social cognitive measures and the children's dietary intake, sedentary behaviours, and physical activity.
- The evaluation will be based on the **RE-AIM** (Reach, Effectiveness, Adoption, Implementation, Maintenance) framework.

## Management & Collaboration

- Local steering committee (project team, project manager and other key local community stakeholders e.g. principals, allied health professionals).
- Community-based participatory research - focus on local relevance of health issues, equitable and collaborative partnerships between the researchers/ community, builds on the strengths and resources of a community, promotes capacity building.
- Translate research into 'real-world' action.

## Beneficiaries

<b>200 Men</b>	Improved cardiovascular health; improved quality of life; improved mental health; greater engagement with children.
<b>400 Children</b>	Improved physical and psychological health through increased physical activity levels and healthy eating; increased self esteem.
<b>200 Families</b>	Positive changes to their physical activity and dietary behaviours; improved physical/mental health and quality of life.
<b>15 Schools</b>	Healthier children and improved educational outcomes; greater engagement with families; increased community partnerships.
<b>5 Local areas</b>	Strengthening school-community partnerships; healthier and more productive workforce; increased community capacity; increased access to education and training; improved outcomes for children; reduction in the burden of disease and direct/indirect health costs
<b>15 local leaders C &amp; A</b>	Increased access to education & training; community leadership development
	Partnership with HMRI/University of Newcastle; association with an internationally significant program; benefits to employees

## Project Potential

- Demonstrate sustainability, long-term impact, community benefit and state and national relevance.
- The key to this program's sustainability lies in our ability to train health/education leaders in each community to implement the program over the long term.
- This, along with the training and implementation resources, will provide the basis for gaining support for investment in these strategies by other interested communities, and more importantly governments and policy makers.



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