

# Early Food for Future Health: an E-health intervention aiming to promote healthy food habits from early childhood

<b>Submission date</b> 15/02/2016	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 29/02/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 22/08/2022	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The rate of childhood obesity represent a public health challenge. The early feeding environment is critical for establishing eating habits that may influence weight development and healthy growth in the long term. Interventions targeting parents have been called for, with the aim of encouraging and facilitating the development of healthy eating habits in children. The aim of this study is to promote healthy feeding practices in parents and healthy dietary habits in children from early childhood.

### Who can participate?

Parents with children aged between 3 and 5 months.

### What does the study involve?

Participants are randomly allocated into either the intervention group or the control group. When the child is six months old, the participants in the intervention group receive access to a website which provides information about good parental feeding practices, diet quality and how to make healthy and age-appropriate homemade baby food. They receive a new e-mail every month with a link to the website until the child is one year old. Participants in the control group do not have access to the website. They receive their usual treatment at the community child health centres.

### What are the possible benefits and risks of participating?

The parents in the intervention group will have easy access to information about good feeding practices and children's nutrition in the weaning period. There are no risks or side effects of participating in the study.

### Where is the study run from?

University of Agder (Norway)

### When is the study starting and how long is it expected to run for?

February 2015 to February 2021

Who is funding the study?  
University of Agder (Norway)

Who is the main contact?  
Nina Cecilie Øverby  
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**Study website**  
<https://www.spedbarnsmat.no>

## Contact information

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

N/A

## **Study information**

### **Scientific Title**

Early Food for Future Health: a randomised controlled trial evaluating the effect of an e-health intervention ("barnE-mat") in parents, aiming to promote healthy and sustainable food habits from early childhood

### **Study objectives**

An E-health intervention addressing early parental feeding practices will improve the children's diet quality , increase beneficial parental feeding practices and prevent future obesity.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Norwegian Social Science Data Services, Data Protection Official for Research, 18/12/2015, Ref: 43975

### **Study design**

Single-centre interventional randomised controlled trial

### **Primary study design**

Interventional

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Internet/virtual

### **Study type(s)**

Prevention

### **Participant information sheet**

<http://www.spedbarnsmat.no> (in Norwegian)

### **Health condition(s) or problem(s) studied**

Dietary habits in early childhood, parental feeding styles and practices and child obesity

### **Interventions**

Upon completion of baseline measures, participants will be randomly assigned into either intervention or control group.

When the child is six months old, the participants in the intervention group will receive access to a website, which provide information relating to beneficial parental feeding practices, diet quality and how to make healthy and age-appropriate homemade baby food in the weaning period. The participants in the intervention group will receive a new e-mail every month with an age-dependent link to the website until the child is one year old. The intervention lasts for six months.

Participants in the control group will receive their usual treatment at the community child health centres, and do not have access to the web intervention.

## **Intervention Type**

Behavioural

## **Primary outcome measure**

Infant primary outcome measures:

1. Food intake and food variance: measured at 5, 13, 24 and 48 months by a Food Frequency Questionnaire developed for this study
2. Food preferences: measured at 13 months by a Food Preferences Questionnaire developed for this study, based on Wardle, Guthrie et al. 2001
3. Food neophobia: measured at 13, 24 and 48 months by The Child Food Neophobia Scale (Pliner & Hobden, 1992)
4. Eating behaviour: measured at 5 months by BEBQ; The Baby Eating Behaviour Questionnaire (Llewellyn, van Jaarsveld, Johnson, Carnell and Wardle 2011); measured at 13 months by CEBQ, The Child Eating behaviour Questionnaire (Wardle et.al. 2001)

Parent primary outcome measures:

1. Feeding style and feeding practices: measured at 5 and 13 months by The Infant Feeding Questionnaire (Baughcum et al. 2001)
2. Feeding self efficacy: measured at 6 and 12 months by The Feeding Self-efficacy scale (Horodyski & Stommel 2005)
3. Parenting style: measured at 5 and 13 months by The Infancy Parenting Styles Questionnaire (Arnott & Brown 2013)
4. Parenting style/control-oriented parenting: measured at 12 months by five items from The Parental Locus of Control Scale (Campis et al. 1986)
5. Making more homemade baby food in the weaning period: measured by a Frequency Questionnaire developed for this study

## **Secondary outcome measures**

Infant secondary outcome measures:

1. Weight and height: measured at 5, 13, 24 and 48 months. Self-reported/measured at the scheduled visits to the child health centre
2. Child behaviour: internalizing and externalizing behaviour ( Jacka et al. 2013), measured by questions from The Child Behaviour Checklist Questionnaire at 24 and 48 months

## **Overall study start date**

01/02/2015

## **Completion date**

01/02/2021

## **Eligibility**

**Key inclusion criteria**

Mothers and fathers of children between the age of 3 and 5 months

**Participant type(s)**

Healthy volunteer

**Age group**

Mixed

**Sex**

Both

**Target number of participants**

We aim to include 500 children/parents in the control group and 500 children/parents in the intervention group

**Total final enrolment**

715

**Key exclusion criteria**

1. Child born before gestation week 38 and with birth-weight less than 2500 g
2. Parents do not understand the Norwegian language

**Date of first enrolment**

01/03/2016

**Date of final enrolment**

01/09/2016

**Locations****Countries of recruitment**

Norway

**Study participating centre**

University of Agder, Faculty of Sport and Health Sciences

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**Sponsor information****Organisation**

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**Sponsor type**

University/education

**Website**

www.uia.no

**ROR**

<https://ror.org/03x297z98>

**Funder(s)****Funder type**

Other

**Funder Name**

Investigator initiated and funded

**Results and Publications****Publication and dissemination plan**

1. Autumn 2016: Study protocol
2. Spring 2017: Effect of an E-health intervention on parental feeding practices
3. Autumn 2017: Effect of an E-health intervention on children's food neophobia, dietary habits and weight status
4. Spring 2018: Associations between parent perceived child characteristics and child feeding behaviour; investigating the mediating role of an e-health intervention addressing food parenting

**Intention to publish date**

01/03/2018

**Individual participant data (IPD) sharing plan**

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**IPD sharing plan summary**

Not expected to be made available

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	03/01/2019		Yes	No
<a href="#">Results article</a>	results	23/08/2019	27/08/2019	Yes	No
<a href="#">Protocol article</a>		20/09/2017	22/08/2022	Yes	No