

# Promoting recommended infant feeding practices in a low income sample - randomised controlled trial of a peer support intervention

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
09/07/2007	No longer recruiting	<input checked="" type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
19/07/2007	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
21/01/2009	Nutritional, Metabolic, Endocrine	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N09016

## Study information

### Scientific Title

## **Study objectives**

Nutrition in early life is a key determinant of growth, development and health status, both in childhood and later adult life. Current UK recommendations advise all mothers to exclusively breastfeed for six months, and to delay introducing solids until at least six months. Data from national surveys show that infant feeding practices in the UK are, however, highly variable. This study aimed to evaluate the effectiveness of peer support on infant feeding outcomes and in particular weaning practices.

The research hypothesis was that compared with standard professional infant feeding support alone, the provision of peer support plus standard professional care will increase the consumption of vitamin C from fruit, and have a positive impact on other infant feeding practices with infants aged 3 months to 12 months living in lower income homes.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Approval given by the North London Community Research Consortium: Camden and Islington Community Health Service on the 1st February 2002 (ref: LREC 02113).

## **Study design**

Randomised single-blind controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Nutrition, infant feeding practices

## **Interventions**

A group of local volunteers were recruited and trained to provide non-judgemental support and practical assistance on infant feeding, and in particular weaning practices. Home-based support was offered over a nine-month period until the infants were 12 months old. In total, 758 home visits were made and the mean length of each visit was 60 minutes. On average each mother in the intervention group received five volunteer visits. Mothers in the control group received standard professional care only.

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome(s)**

The primary outcome was vitamin C in fruit.

All outcomes were measured at baseline when infants were 10 weeks old, post intervention when subjects were 12 months old and follow up when they were 18 months old.

## **Key secondary outcome(s)**

Secondary outcomes were:

1. Macro- and selected micro-nutrient intakes
2. Fruit and vegetable consumption
3. Feeding practices
4. Child growth and health
5. Use of health services

In addition, information was also gathered on the mother's health, well-being, fruit and vegetable consumption and nutritional knowledge and confidence.

All outcomes were measured at baseline when infants were 10 weeks old, post intervention when subjects were 12 months old and follow up when they were 18 months old.

## **Completion date**

01/04/2006

## **Eligibility**

### **Key inclusion criteria**

1. Women from social classes II - V
2. Babies born greater than 37 weeks
3. Babies birth weight above 2500 g
4. Women able to understand written and oral English
5. Women resident in the Camden and Islington areas

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

Female

### **Key exclusion criteria**

1. Women who were under 17 years
2. Infants who were diagnosed with a serious medical condition or who were on special diets due to medical problems
3. Infants aged over 12 weeks
4. Professional households from social class I
5. Women unable to communicate effectively in English

### **Date of first enrolment**

01/02/2002

### **Date of final enrolment**

01/04/2006

## Locations

### Countries of recruitment

United Kingdom

England

### Study participating centre

Department of Epidemiology and Public Health

London

United Kingdom

WC1E 6BT

## Sponsor information

### Organisation

Food Standards Agency (UK)

### ROR

<https://ror.org/05p20a626>

## Funder(s)

### Funder type

Government

### Funder Name

Food Standards Agency (UK) (ref: N09016)

### Alternative Name(s)

The Food Standards Agency, FSA

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Other non-profit organizations

### Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/02/2009		Yes	No
<a href="#">Protocol article</a>	Protocol	01/09/2006		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes