

# Reducing obesity in pre-school children: Implementation and Effectiveness of the HENRY Programme, Luton, UK

<b>Submission date</b> 23/02/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 05/03/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/06/2018	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

There is increasing concern about rates of childhood obesity in the UK. The HENRY Programme helps parents to adopt healthier family lifestyles and habits such as family mealtimes and building activities into weekly routines. It is designed for parents or carers of pre-school children who are obese or at risk of obesity. The aim of this study is to find out whether the HENRY Programme is effective for families.

### Who can participate?

Parents/carers with children aged under 5 years, HENRY-trained practitioners/Family Support Workers, HENRY operational and project leads, and Local Authority commissioners

### What does the study involve?

Parents/carers attend the HENRY Programme which consists of eight sessions of 2.5 hours duration. Parents are asked to evaluate their own progress in the following areas: parenting skills, emotional well-being, healthy lifestyle, healthy eating and increased activity. Interviews are also conducted with parents after the Programme has finished to find out whether they have been able to maintain the changes they have made. HENRY group facilitators, HENRY managers and local authority commissioners are interviewed regarding the implementation of the Programme.

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

Previous research suggests that HENRY helps people to make positive changes for themselves and their families. The interviews allow participants to give their views on the HENRY Programme. There are no anticipated risks.

### Where is the study run from?

1. University of Bedfordshire (UK)
2. Flying Start Luton (UK)

When is the study starting and how long is it expected to run for?  
February 2016 to November 2018

Who is funding the study?  
1. University of Bedfordshire (UK)  
2. Flying Start Luton (UK)

Who is the main contact?  
Dr Rosemary Davidson  
rosemary.davidson@beds.ac.uk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Rosemary Davidson

**ORCID ID**  
<https://orcid.org/0000-0002-0010-4809>

**Contact details**  
Institute for Health Research  
University of Bedfordshire  
University Square  
Luton  
United Kingdom  
LU1 3JU  
+44 (0)7966676974  
rosemary.davidson@beds.ac.uk

**Type(s)**  
Scientific

**Contact name**  
Prof Gurch Randhawa

**ORCID ID**  
<https://orcid.org/0000-0002-2289-5859>

**Contact details**  
Institute for Health Research  
University of Bedfordshire  
Putteridge Bury Campus  
Hitchin Road  
Luton  
United Kingdom

LU2 8LE

-

gurch.randhawa@beds.ac.uk

## **Additional identifiers**

### **Protocol serial number**

FS\_HENRY

## **Study information**

### **Scientific Title**

Reducing levels of obesity in pre-school children: A Process and Outcome Evaluation of the HENRY Programme, Luton, UK

### **Acronym**

HENRY

### **Study objectives**

The HENRY Programme uses behaviour change and self management approaches to support parents to adopt healthier family lifestyles thus reducing levels of childhood obesity.

### **Ethics approval required**

Old ethics approval format

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

University Research Ethics Committee, University of Bedfordshire, 10/04/2017, ref: UREC103

### **Study design**

Process and outcome evaluation of a single-centre targeted intervention versus national database of matched behavioural outcomes

### **Primary study design**

Intentional

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

Prevention

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

Childhood obesity

### **Interventions**

The HENRY Programme trains Early Years Practitioners (suitable for Health Visitors, Midwives, Children's Centre workers, Nutritionists, Dieticians and Childminders) usually based in Children's Centres to facilitate groups with families and carers of 0 to 5 year olds. The eight week programme (2.5 hours per week) builds upon mutual support and praise, with families and facilitators working together to focus on factors known to be associated with later obesity. The approach is based on behaviour change and self management techniques.

The study design is a process and outcome evaluation using a mixed method approach. The process evaluation aims to understand how and why the intervention was adopted, drivers and barriers to implementation and the role of context. With respect to HENRY this will involve semi-structured interviews with families, staff and stakeholders at agreed time points throughout the delivery of the HENRY Programme, and observations of staff training and HENRY sessions and settings.

The outcome evaluation will measure the progress of families who attend the HENRY Programme. The study will monitor specific HENRY outcomes: parenting skills, emotional well-being, healthy lifestyle, healthy eating, and increased physical activity.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Self-reported measures pre and post HENRY (8 weeks) and 12 weeks post Programme:

1. Parenting skills (self rated confidence; cooperation and setting limits)
2. Emotional well-being (stress levels)
3. Healthy lifestyle (types of activity, screen time)
4. Healthy eating (eating patterns, cooking)
5. Increased activity (duration)
6. Parent attendance, documented over the 8 week duration of the course and reasons for absence (family issues, illness, change of job, uncomfortable with course or facilitator etc.) coded where possible

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

1. What went well, less well, what they would do differently, group dynamics, any parents appearing uncomfortable, reviewed by Group Facilitators each session
2. Overall impressions of HENRY including changes observed in parents and any challenges identified, reviewed by facilitators at the end of the Programme
3. Parents' level of enjoyment rated on a likert scale and further comments, collected using an anonymous appraisal at the end of the Programme

### **Completion date**

01/11/2018

## **Eligibility**

### **Key inclusion criteria**

1. Parents/carers with children under 5 years
2. HENRY trained practitioners/Family Support Workers
3. HENRY operational and project leads
4. Local Authority commissioners

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

Mixed

### **Healthy volunteers allowed**

No

### **Age group**

Mixed

**Sex**

All

**Key exclusion criteria**

1. Persons with no experience of HENRY
2. Persons with no experience of working in the early years sector

**Date of first enrolment**

01/05/2017

**Date of final enrolment**

01/06/2018

**Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Institute for Health Research**

University of Bedfordshire

University Square

Luton

United Kingdom

LU1 3JU

**Study participating centre**

**Flying Start Luton**

The TOKKO Building

7 Gordon Street

Luton

United Kingdom

LU1 2PQ

**Sponsor information**

**Organisation**

Institute for Health Research

**Organisation**

Flying Start Luton

**Organisation**

National Institute for Health Research

**ROR**

<https://ror.org/0187kwz08>

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

University/education

**Funder Name**

University of Bedfordshire

**Alternative Name(s)****Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

United Kingdom

**Funder Name**

Flying Start Luton

**Results and Publications****Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Rosemary Davidson ([rosemary.davidson@beds.ac.uk](mailto:rosemary.davidson@beds.ac.uk)). Process and outcome data will be available from November 2018 for three years post evaluation. Any data requests will be subject to HENRY approval for post hoc analyses. All data is anonymised. Consent has been obtained from participants for their anonymised data to be used.

**IPD sharing plan summary**

Available on request