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A mixed methods approach to understanding parental responses to enhanced versus routine National Child Measurement Programme parental feedback across schools in three English counties

Submission date
23/12/2014

Recruitment status
No longer recruiting

Registration date
09/02/2015

Overall study status
Completed

Last Edited
15/05/2020

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Background and study aims
The National Child Measurement Programme (NCMP) measures the height and weight of children in England in reception and year 6. Most NCMP teams give results to parents via a letter. Local Authorities are keen to demonstrate a positive impact of the letter. In Leicester, Leicestershire and Rutland the existing feedback letter invites children who are overweight or very overweight to attend a local weight management service called FLiC (Family Lifestyle Club). Uptake is low. The aim of this study is to test the impact of an enhanced results letter on uptake of lifestyle weight management services. We will also send a postal survey to parents to understand what other actions they have taken as a result of receiving the routine or enhanced feedback letter. This will be linked to the NCMP records.

Who can participate?
286 schools in Leicester, Leicestershire and Rutland - parent of child being measured

What does the study involve?
The 286 schools in Leicester, Leicestershire and Rutland are randomly allocated to one of two groups: parents of year 6 children receive a control letter (usual results letter) or an intervention letter (enhanced results letter). The control letter is the same as the 2013/14 letter, updated for changes to the national guidelines. The intervention letter includes body images of children classified as underweight, healthy weight, overweight and very overweight to provide a visual marker for assessing children's weight. Overweight and very overweight letters also include a social norms statement about the number of overweight children in the area and more salient recommendations for uptake of weight management services.

What are the possible benefits and risks of participating?
Parents have been known to be upset by routine feedback letters. Part of this upset is due to

the difficulty in understanding their child's measurement results. This study tests an enhanced feedback letter which includes a new visual way of feeding back children's measurement results which is intended to improve understanding. The visual measure has been tested with parents for acceptability in another study. Both the enhanced and routine feedback letters include a range of offers of support to parents. These include face to face support through local weight management services, phone numbers of dieticians for concerned parents, phone number and email address of the NCMP team to discuss the child's results, plus a range of web support for parents who are less inclined to take up more interactive support.

Where is the study run from?
Leicester, Leicestershire and Rutland regions in the UK

When is the study starting and how long is it expected to run for?
January 2015 to September 2015

Who is funding the study?
Public Health England (UK)

Who is the main contact?
Miss Anna Sallis

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Integrated Research Application System (IRAS)
168376

Protocol serial number
IRAS project ID: 168376

Study information

Scientific Title
Effect of enhanced versus routine National Child Measurement Programme results letters on enrolling children into weight management services and parental attitudes, perceived social norms, intentions and self-reported behaviour in relation to childhood weight

Study objectives
Parents receiving the enhanced National Child Measurement Programme (NCMP) feedback letter will be more likely to enrol their children into weight management services and report better recognition of childhood obesity, and self-reported behavioural intention and behaviour in relation to their child's healthy eating and physical activity levels.

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. NRES Committee North East - Tyne & Wear South, 19/12/2014, REC ref: 14/NE/1251
2. Local R&D permission from Leicestershire Partnership Trust, 29/12/2014

Primary study design
Interventional

Study design
Cluster randomised controlled trial and follow-up survey

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Childhood obesity

Interventions
Enhanced parental NCMP results feedback letter including body image scans of children in different weight categories and a social norms statement about the majority of children being healthy weight. Control group get the NCMP national template letter.

Intervention Type
Behavioural

Primary outcome(s)
Enrolment onto a FLiC (Family Lifestyle Club) group or making an appointment for a one to one session with a dietician

Key secondary outcome(s)
1. Proportions attending first FliC session or one to one appointment with a dietician
2. Proportions signing up for a waiting list for a FLiC group or one to one appointment with a dietician
3. Proportions of enquiries and complaints to both FLiC and the NCMP Team
4. Survey responses

Completion date
01/09/2015

Eligibility

Key inclusion criteria
Parent of child being measured as part of the NCMP in Leicester, Leicestershire and Rutland

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
2642

Key exclusion criteria
Parents opted child out of NCMP

Date of first enrolment
19/01/2015

Date of final enrolment
01/06/2015

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Leicestershire Partnership NHS Trust
Leicester
United Kingdom
LE19 1SX

Sponsor information

Organisation
Public Health England

Funder(s)

Funder type
Government

Funder Name
Public Health England

Alternative Name(s)
PHE

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2019	15/05/2020	Yes	No
HRA research summary			26/07/2023	No	No