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

Submission date
15/02/2016

Recruitment status
No longer recruiting

Registration date
29/02/2016

Overall study status
Completed

Last Edited
22/08/2022

Condition category
Nutritional, Metabolic, Endocrine

[X] Prospectively registered

[X] Protocol

[_] Statistical analysis plan

[X] Results

[_] 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?
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Scientific

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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

Primary study design
Interventional

Study design
Single-centre interventional randomised controlled trial

Study type(s)
Prevention

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(s)
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 (Horodynski & 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

Key secondary outcome(s)
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

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

Healthy volunteers allowed
No

Age group
Mixed

Sex
All

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
PO Box 422
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Sponsor information

Organisation
University of Agder (Norway)

ROR
https://ror.org/03x297z98

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

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	03/01/2019		Yes	No
Results article	results	23/08/2019	27/08/2019	Yes	No
Protocol article		20/09/2017	22/08/2022	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes