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

Submission date	Recruitment status	[_] Prospectively registered
09/07/2007	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
19/07/2007	Completed	[X] Results
Last Edited	**Condition category**	[_] 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

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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).

Primary study design
Interventional

Study design
Randomised single-blind controlled trial

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?
Results article	results	01/02/2009		Yes	No
Protocol article	Protocol	01/09/2006		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