

# Evaluating the online delivery of the Better Health Program— A study protocol

<sup>1</sup>Diana Zhu, <sup>2</sup>Simone Gibson, <sup>3</sup>Amy Webster, <sup>3</sup>Teagan Knight, <sup>3</sup>Madeline Freeman, <sup>1</sup>Zoe Davidson

<sup>1</sup>Nutrition, Dietetics and Food, Monash University

<sup>2</sup>School of Clinical Sciences, Monash University

<sup>3</sup>Better Health Company, Melbourne, Australia

## INTRODUCTION

- **Obesity** remains highly prevalent, including an increase among children in their **early childhood** years.<sup>1-2</sup>
- Children living with overweight and obesity are likely to become adults living with overweight and obesity and other high-cost diseases.<sup>1-5</sup>

**1 in 4 children** in Victoria are living with overweight or obesity.<sup>7</sup>

- **Family-based lifestyle programs** have shown to improve weight-related/metabolic outcomes and/or health-related behaviours in children.<sup>2,6</sup>
- However, many of these (conventional and in-person) programs are **inaccessible** to many children and their families.<sup>2</sup>
- **Online** programs may improve **accessibility** and **impact**.

Paediatric weight management clinics identified waiting lists up to **12 months**.<sup>3</sup>



## AIMS

- To evaluate the **effectiveness** of the online Better Health Program (BHPO).
- To explore the **experience** of participants (children, parents/caregiver) partaking in the program.

## METHODS

### Design

- Pragmatic RCT with a waitlisted control group

## Participants

### Inclusion

- Aged **7-13 years** (inclusive)
- Living in **Victoria**
- With **overweight** or **obesity** (**BMI ≥85th %ile**)
- A **parent/caregiver** will be involved
- **Generally healthy**



### Exclusion

- Engaging in **another treatment program**
- **Language barrier**
- **Lacks e-device** to access program

## Intervention

### BHPO

- **Free & family-based**
- Promotes **healthy behaviours**
- Weekly **online** modules/activity sessions
- **Individual support** from a **health coach**



Scan to  
find out  
more!



Scan to  
refer!

## Outcome measures

- Change in **BMI z-score & WC**
- **Dietary intake**
- **Physical activity**
- **Quality-of-life**
- Participants' **experiences**

## SIGNIFICANCE

- Insights on **scalable e-health approaches**
- Inform future **family-based programs**
- Features influencing **ST & LT effectiveness**

### REFERENCES

1. The Obesity Collective. Weighing in: Australia's growing obesity epidemic [Internet]. 2022 [cited 2022 Jun 19]. 11 p. Available from: [https://static1.squarespace.com/static/57e9ebb16a4963ef7adafab0b15c9a89614e1fc9decbb1ae411553631602322/Obesity+Collective\\_Australias+Growing+Obesity+Epidemic+report+27-03-19.pdf](https://static1.squarespace.com/static/57e9ebb16a4963ef7adafab0b15c9a89614e1fc9decbb1ae411553631602322/Obesity+Collective_Australias+Growing+Obesity+Epidemic+report+27-03-19.pdf)
2. McMaster CM, Calleja E, Cohen J, Alexander S, Denney-Wilson E, Baur LA. Current status of multi-disciplinary paediatric weight management services in Australia. *J Paediatr Child Health*. 2021; 57(8):1259-1266.
3. Azvedo LB, Stephenson J, Ellis L, Adu-Ntiamoah S, DeSmet A, Giles EL, et al. The effectiveness of e-health interventions for the treatment of overweight or obesity in children and adolescents: A systematic review and meta-analysis. *Obes Rev*. 2022 Feb; 23(2):e13373.
4. Australian Government Department of Health. National obesity strategy 2022-2032 [Internet]. 2022 Mar 18 [cited 2022 Jun 19]. 87 p. Available from: [https://www.health.gov.au/sites/default/files/documents/2022/03/national-obesity-strategy-2022-2032\\_0.pdf](https://www.health.gov.au/sites/default/files/documents/2022/03/national-obesity-strategy-2022-2032_0.pdf)
5. Sarwer DB, Polonsky HM. The Psychosocial Burden of Obesity. *Endocrinol Metab Clin North Am*. 2016 Sep;45(3):677-88.
6. Enright G, Allman-Farinelli M, Redfern J. Effectiveness of Family-Based Behavior Change Interventions on Obesity-Related Behavior Change in Children: A Realist Synthesis. *Int J Environ Res Public Health*. 2020 Jun 8;17(11):4099. doi: 10.3390/ijerph17114099
7. Australian Institute of Health and Welfare. Australia's children [Internet]. 2020. Canberra: AIHW. 389 p. Cat. No.: CWS 69. Available from: <https://www.aihw.gov.au/getmedia/6af928d6-692e-4449-b915-cf2c-a946982f/aihw-cws-69-print-report.pdf.aspx?inline=true>