





Prevention interventions for 0-5 year olds

Name + Logo	Contact	Sample characteristics	Intervention components	Publications	Additional information
<p>INFANT</p> 	<p>Dr Karen Campbell or Dr Kylie Hesketh</p>	<p><u>Sample size:</u> 554 <u>Mean age at baseline:</u> 3 months</p>	<p><u>Design:</u> Cluster RCT <u>Setting:</u> Community <u>Length:</u> 15 months <u>Primary outcome/s:</u> Child dietary intake, PA, SB, TV viewing, BMI and waist circumference</p>	<ul style="list-style-type: none"> • The Infant Feeding Activity and Nutrition Trial (INFANT) an early intervention to prevent childhood obesity: cluster-randomised controlled trial • Opportunities for intervention research during transitions in the lifecycle: The Melbourne InFANT Program • Influence of peers on breastfeeding discontinuation among new parents: The Melbourne InFANT Program • First-time mothers' diets and their beliefs and intentions regarding their infant's diet: associations with socioeconomic position • Parents' dietary patterns are significantly correlated: Findings from The Melbourne Infant Feeding, Activity and Nutrition Trial (InFANT) Program • Breastfeeding mothers consume more vegetables and a greater variety of fruits and vegetables than non-breastfeeding peers: the influence of socio-economic position • Physical activity levels and patterns of 19 month old children 	<p><u>Full Name:</u> The Melbourne Infant Feeding Activity and Nutrition Trial (InFANT) Program</p> <p><u>Study Weblink:</u> N/A</p>

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INFANT Extend	Dr Karen Campbell or Dr Kylie Hesketh	<u>Sample size:</u> currently recruiting, estimated to be 550-600 <u>Mean age at baseline:</u> 3 months	<u>Design:</u> Cluster RCT <u>Setting:</u> Community <u>Length:</u> 39 months (sessions for 15 months then newsletters for 24 months) <u>Primary outcome/s:</u> Child dietary intake, PA, SB, TV viewing, BMI and waist circumference	As above	<u>Full Name:</u> The Melbourne Infant Feeding Activity and Nutrition Trial (InFANT) Extend Program <u>Study Weblink:</u> N/A
POI 	Prof Barry Taylor or Dr Rachael Taylor	<u>Sample size:</u> 805 <u>Mean age at baseline:</u> birth	<u>Design:</u> 4-arm RCT <u>Setting:</u> Predominantly home-delivered intervention by research nurses <u>Length:</u> 2 years <u>Primary outcome/s:</u> BMI at 2 years	Prevention of Overweight in Infancy (POL.nz) study: a randomised controlled trial of sleep, food and activity interventions for preventing overweight from birth	<u>Full Name:</u> Prevention of overweight in infancy study <u>Study Weblink:</u> for research participants only
BLISS 	Dr Rachael Taylor or Dr Anne-Louise Heath	<u>Sample size:</u> 300 <u>Mean age at baseline:</u> Recruitment starting October 2012	<u>Design:</u> 2-arm RCT <u>Setting:</u> Predominantly home-delivered intervention by research nurses/staff <u>Length:</u> 1 year <u>Primary outcome/s:</u> BMI at 1 year of age (with 1yr follow-up)	No Pubmed abstracts or publications to date	<u>Full Name:</u> Baby-led weaning: an alternative approach for obesity prevention? <u>Study Weblink:</u> N/A

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NOURISH 	Prof Lynne Daniels, Dr Kimberley Mallan, Dr Smita Nambiar	<u>Sample size:</u> 698 <u>Mean age at baseline:</u> 4 months	<u>Design:</u> Cluster RCT <u>Setting:</u> Community <u>Length:</u> 12 months <u>Primary outcome/s:</u> child anthropometry (weight and growth)	<ul style="list-style-type: none"> • Evaluation of an intervention to promote protective infant feeding practices to prevent childhood obesity: outcomes of the NOURISH RCT at 14 months of age and 6 months post the first of two intervention modules • Determinants of rapid weight gain during infancy: Baseline results from the NOURISH randomised controlled trial • The NOURISH randomised control trial: positive feeding practices and food preferences in early childhood - a primary prevention program for childhood obesity 	<u>Full Name:</u> NOURISH <u>Study Weblink:</u> N/A

** Abbreviations: RCT = randomized controlled trial, PA = physical activity, SB = sedentary behaviour, TV = television, BMI = body mass index