



# Mealtime Chatter Matters: Co-designing and evaluating a preventive intervention in Community Child Health Services.

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## Abstract

**Objective:** How parents talk about food with their infants is important for developing positive child eating behaviors. In Australia, Child Health Nurses provide community-based education to new parents. However, limited information is presented to parents on “how” they can communicate with their infants to promote healthful eating behaviors. Research highlights the conversations parents have during mealtimes influences children’s eating habits into the future. This presentation will describe how co-design workshops with Child Health Nurses to were used to translate research on parent food communication into an education session for parents. It will also outline the results of the feasibility evaluation, from both child health nurses and parent perspectives.

**Method:** First, employing the Knowledge to Action Framework, Child Health Nurses (n=15) attended co-design workshops to develop: “Mealtime Chatter Matters” (MCM). The MCM session focused on developing knowledge of evidenced-based, practical strategies for parents to talk with their children during mealtimes. To test the acceptability of this novel program, an uncontrolled repeated measures pilot trial was conducted (n=46 parents, n=6 Nurses). Acceptability was assessed via questionnaires and semi-structured interviews with a subset of parents (n=9).

**Results:** The MCM package was developed from the co-design workshop data and implemented in 19 parent groups. Findings indicated high acceptability of the MCM program by Nurses and parents.

**Discussion:** Our study led to important lessons for the future measurement of parental food communication and the conduct of feasibility studies within the eating disorder prevention space.

**Topics:** Prevention

**For workshops only**

No Answer Given

**Submission Format:** Scientific Paper

**Is It a Student Paper?** No