HENRY: Health, Exercise, Nutrition for the Really Young

Mary Dawson
Regional Manager (North)
Practitioners

- Lack of confidence: 74% not comfortable discussing obesity
- 86.5% did not consider themselves effective
- Inability to identify obesity

Parents reported

- Concerns were dismissed
- Feeling judged or criticised

Edmunds L Arch Dis Child 2007
Perrin E Obesity Research 2005
Redsell SA Mat Child Nut 2012
Effective practice

Qualities:
- Non-judgemental
- Partnership
- Modelling

Skills:
- Relationship
- Empathy
- Raising the issue
- Strengths
- Solution-focused

Knowledge:
- Risk factors
- Whole family healthy lifestyle
- Healthy start

Building confidence and motivation for change

2 day training
Changes to practice up to 4 years later

<table>
<thead>
<tr>
<th>Aspects of Course</th>
<th>Regularly, Often, All the Time</th>
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<tbody>
<tr>
<td>Value of empathy</td>
<td>76% (276)</td>
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<td>Key parenting skills</td>
<td>72% (261)</td>
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<td>Healthy nutrition</td>
<td>71% (256)</td>
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<td>Working in partnership</td>
<td>70% (250)</td>
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<td>Solution-focused support</td>
<td>70% (251)</td>
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<td>How emotions effect behaviour</td>
<td>70% (251)</td>
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<td>Eating patterns and habits</td>
<td>67% (240)</td>
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<tr>
<td>Physical activity</td>
<td>65% (238)</td>
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Brown et al, Community Practitioner 2013
Confidence in working with families

e-survey up to 4 years later; n=354

85% < 12 months
91% > 12 months
Practice and policy in children’s centres

- Positive changes in practitioners’ lifestyles
- Enhanced confidence to approach and discuss lifestyle issues with families
- Healthier meals, snacks and portion sizes
- Persistent change and impact on the culture and practice of the wider team

*I think they’re more confident in tackling & bringing up things … I’ve noticed that people are talking about lifestyle more, and are concerned about it*

*Willis et al, J Hum Nutr Diet 2012*
Research into practice: the HENRY approach

- 8 week programme
- Delivered in children’s centres
- Group or 1-to-1
- Over 8,000 parents
- 37 local authorities
- Experiential and interactive
- Average retention rate of 81%
- RCT based on implementation optimisation underway

I’ve realised I need to eat with him and eat healthier foods – who else is he going to copy?
Research into practice: activity

- Parent Champions setting up activities for parents including
  - Zumba classes
  - Buggy walks
  - Parachute balls
  - Music & movement
  - Picnics in the park
  - Indoor Olympics
  - Flying a kite

‘Being a new mum and having all the flabby bits and meeting new people at this group you feel a bit like everyone is going to be looking at you, but the instructor and everyone were very nice, I got on really well with them.’
A statistically significant and sustained impact on:

- parenting efficacy and confidence to make changes
- family activity levels
- family mealtimes and feeding behaviour
- what the whole family eats:
  - increased consumption of fruit and vegetables
  - decreased consumption of energy dense foods

- Willis et al, Pediatric Obesity, 2014
- Willis et al, Public Health, 2016
• 44% children in families completing HENRY programme eat 5 a day
Parental self-agency

Dumka 1996

Mean score

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<tr>
<th></th>
<th>Pre-course</th>
<th>Post-course</th>
<th>Follow-up</th>
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<tbody>
<tr>
<td>Parental self-agency</td>
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<tr>
<td>Sure of self</td>
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<td>Doing a good job</td>
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<td>Perseverance</td>
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<td>Problem solving</td>
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<td>Setting limits</td>
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<td>Mealtimes</td>
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<tr>
<td>TV/computer</td>
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<td>Active play</td>
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<td>Bedtime</td>
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<td>General</td>
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*P<0.001
Eating behaviour
Golan 1998

Lower scores indicate desired behaviours

- Eating together
- TV off for meals
- Home cooked food
- Take away food
Effective local partnership: Redcar and Cleveland

- Commissioned group of HENRY Training for delivery across area including:
  - Core training x 6
  - Group Facilitation Training x 1
  - Advanced Training x 1

- Group programme delivery starting in Autumn term
Effective local partnership: a local case study

- 7-year partnership with Public Health Department (originally PCT)
- City Council working in partnership with CCGs
- All health visitors and children’s staff HENRY trained – over 1,200 staff
- Local staff trained to deliver practitioner training, family group programme and 1-to-1 intervention
- Now training childcare workforce
- Volunteer Parent Champions supporting healthy local communities
Embedding prevention in local obesity strategy

HENRY implemented as part of city-wide obesity strategy
Reducing health inequalities

Leeds City Council NCMP data
• **The Impact of HENRY on Parenting and Family Lifestyle: a national service evaluation of a pre-school obesity prevention programme.** Willis TA, Roberts KPJ, Berry TM, Bryant M, and Rudolf MCJ Published Public Health 2016

• **Combating child obesity: impact of HENRY on parenting and family lifestyle.** Willis TA, George J, Hunt C, Roberts KPJ, Evans CEL, Brown RE and Rudolf MCJ Published Pediatric Obesity 2014

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