Welcome to the March edition of the APFNC Behavioural Nutrition Newsletter.

If you have any articles or research you would like to contribute to the web page or newsletter, please forward them to s.ridley@deakin.edu.au

Other items

Academic Papers
To view more academic papers, please visit the APFNC website and view the External publications page.

In the media

Taste buds could prove to be the first line of defence against obesity
By RJ Whitehead
Foodnavigator-asia.com/Nutrition
January 20 January, 2016

This is what obesity is costing Australia
By Julia Naughton
Huffington post
25 February, 2016

Forget quinoa and kale, these basic foods for your kids' lunch box will give them the nutrition they need
By Evelyn Volders and Zoe Davidson
The Conversation – 31 January , 2016

Parents can pass junk food-related disorders on to kids, study finds
By RJ Whitehead
Foodnavigator-asia.com/Nutrition
11 January, 2016

Sugary drinks could be 'as damaging to the brain as extreme stress or abuse
By Natasha Hinde
Huffington post
18 February, 2016

Deakin University: Centre for Physical Activity and Nutrition Research (C-PAN)

txt4two research program
The txt4two research program body of work has centred on building knowledge of the best ways to help women gain healthy amounts of weight during pregnancy. Earlier studies investigated women’s sources of pregnancy nutrition and weight gain information and knowledge of pregnancy weight gain parameters. The most recent study has been to develop and pilot an mHealth intervention promoting healthy nutrition, physical activity and weight in pregnant women overweight or obese prior to pregnancy.


Jane Willcox Biography

Following many years working as a dietitian and public health consultant, Jane is currently completing her PhD. After working as a hospital dietitian, Jane moved to the International Diabetes Institute (now Baker IDI) where she developed expertise in project management and public/private partnerships. Setting up a public health consultancy, with Marie Gill, led Jane to work with health departments, health regions and NGOs. After spending two years in the Philippines, Jane returned to Melbourne, Australia to undertake her long held dream of undertaking research in prevention of disease in early life. Her PhD focuses on developing an intervention delivered by mobile devices to promoted healthy weight gain, nutrition and physical activity in pregnancy.

Jane Willcox
Centre for Activity and Nutrition Research
Deakin University
221 Burwood Highway
Burwood
VIC 3125
Australia
jwillcox@deakin.edu.au

Understanding how we can prevent childhood obesity in scalable and sustainable ways is imperative. Early RCT interventions focused on the first two years of life have shown promise however, differences in Body Mass Index between intervention and control groups diminish once the interventions cease. Innovative and cost-effective strategies seeking to continue to support parents to engender appropriate energy balance behaviours in young children need to be explored.


Poor dietary choices, in particular low consumption of fruits and vegetables are associated with the prevalence of diet related diseases. Ways to increase consumption are urgently required. This paper examines the associations of demographic, psychographic and food knowledge variables with reported vegetable consumption.


The author discusses the study of infant formulation in Bangladesh, Brazil, Indonesia, Nigeria, the Philippines, and Great Britain and states the importance of breastfeeding, the aggressive and active promotion of breast milk substitutes (BMS), and international leadership to stimulate strategic action such as role of the governments for the implementation of international breastfeeding and increase the use of BMS.


Despite the crucial need to develop targeted and effective approaches for obesity prevention in children most at risk, the pathways explaining socioeconomic disparity in children’s obesity prevalence remain poorly understood.


Family meal frequency has been shown to be strongly associated with better dietary intake; however, associations with weight status have been mixed. Family meals-focused randomized controlled trials with weight outcomes have not been previously conducted. Therefore, this study purpose was to describe weight-related outcomes of the HOME Plus study, the first family meals-focused randomized controlled trial to prevent excess weight gain among youth.

To assess the associations between children's exposure to television (TV) networks that aired child-directed advertisements for children's fast food meals with the collection of fast food meal toy premiums and frequency of family visits to those restaurants 100 parents of children 3-7 years old were recruited from a rural pediatrics clinic during 2011. Parents reported the child's TV viewing habits and family visit frequency to the fast food restaurants participating in child-directed TV marketing at the time, and their child's requests for visits to and the collecting of toy premiums from those restaurants.

Food purchasing, behaviour and marketing


This exploratory research examines the purchasing and consumption behaviour of snack food consumers. A structured questionnaire and intercept interviews were used to collect quantitative data from respondents inside supermarket stores. For marketers, a key contribution of this study is the importance of the price attribute and certain product claims. Sugar and total fat were found to be the most important nutritional factors that consumers consider when making a purchase decision, but it was also found that only around one half of all consumers actually read product labels when purchasing snack foods.


Despite knowing that fruit and vegetable (FV) intake promotes health and well-being, few U.S. adults meet current guidelines. Thus, understanding people's motivation for FV intake is important for predicting dietary behaviour. Applying self-determination theory, the goal of this study was to examine the role of social support as a potential moderator of the link between autonomous and controlled motivations and FV intake.

Food literacy, education and communication


HealthCorps provides school wellness programming using curricula to promote changes in nutrition, mental health, and physical activity behaviours. The research objective was to evaluate effects of implementing its curricula on nutrition, mental health, and physical activity knowledge and behaviour.


Ethnic minority populations in the United States are disproportionately affected by obesity. To address this disparity, research has begun to investigate the role of culture, ethnicity, and experiences with racism on food choices and health interventions. The aim of the current study was to develop and evaluate a new scale measuring the extent to which individuals' culture, as they perceive it, influences perceptions of food-related health messages.

The health-promoting schools framework has emerged as a promising model for promoting school connectedness in the school setting. This paper explores the potential for food practices to promote school connectedness within a health-promoting schools framework. This study explores food practices within a New Zealand secondary school by using an ethnographic methodology, with interviews and observations, to explore in-depth the range of food practices that occurred within the school across a whole school year.


Lunches that parents pack for their young children to eat at school or the Early Care and Education (ECE) centre fall short of recommended standards. Lunch is in the Bag is a multi-level behavioural nutrition intervention to increase parents' packing of fruit, vegetables, and whole grains in their children's lunches. Designed for implementation in ECE centres, the five-week long intervention is followed three months later with a one-week booster.

For further recent academic papers please visit the APFNC website and view the External publications page

Useful links

**Useful websites**

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eatforhealth</td>
<td>Australian Dietary Guidelines: Advice about the amount and kinds of foods that we need to eat for health and wellbeing</td>
</tr>
<tr>
<td>Gapminder</td>
<td>Gapminder is a non-profit venture promoting sustainable global development and achievement of the United Nations Millennium Development Goals by increased use and understanding of statistics and other information about social, economic and environmental development at local, national and global levels.</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.gapminder.org/world/">http://www.gapminder.org/world/</a></td>
</tr>
</tbody>
</table>

**Contact us**

Stacey Ridley  
APFNC Coordinator  
School of Exercise and Nutrition Sciences, Faculty of Health, Deakin University, Melbourne, Australia  
s.ridley@deakin.edu.au

**Disclaimer**

Links to other websites, institutions, and publications made available in this newsletter are for information purposes only. APFNC does not endorse the reliability of information provided.