Guelph Family Health Study: Improving family health by increasing knowledge translation between Ontario agriculture, policy makers researchers, health professionals and parents

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Executive Summary

Rising rates of obesity are directly contributing to increased incidence of chronic disease. Once present, obesity is difficult to treat. To halt the obesity epidemic, we need to intervene early in life. Intervening among young children requires changing the behaviours of their parents. However, with the exception of a few intensive treatment interventions, obesity interventions have been unsuccessful in engaging parents. A novel approach is needed. To address this need, our proposed research includes a thorough integrated and end-of-grant KTT plan as part of a study to design, test and disseminate results from a family-based intervention designed to promote healthy eating and regular physical activity among preschool children. Engaging the target audience in the development of the intervention, through integrated KTT, will ensure our resulting intervention is contextually relevant, and thus more engaging, to parents. Results from our research will inform what methods can effectively educate families on healthy eating (Food for Health, Subpriority 4.a.i) and how healthy eating can reduce risk of obesity among young children (Food for Health Subpriority 5.a.ii.). Our thorough end-of-grant KTT will ensure that the knowledge gained is effectively disseminated to knowledge users, including Ontario agri-food manufacturers, parents, child care providers, clinicians, and public health.