

# Feeding Healthy Futures

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## PARTICIPANT INFORMATION

Thank you for your interest in the Feeding Healthy Futures first 1,000 days program. As part of this program, we will be collecting information about you and your child's eating habits and food intake. This will help inform the future direction of research and activities that support children to establish healthy eating habits and develop a healthy relationship with food.

### PROJECT OVERVIEW:

The program involves participating up to a total of 9 x 1-hour sessions, with some sessions before and after your child is born. These are divided in to 3 x weekly 1-hour sessions across pregnancy, infancy, and early toddlerhood. The 3-week programs will be delivered at Nutrition Australia ACT, or at premises provided by our partnering organisations.

### YOUR INVOLVEMENT:

#### *Pregnancy (phase 1):*

- You will be invited to participate in 3 x 1-hour face-to-face group sessions across three involving information in nutritional needs to support healthy pregnancy and breastfeeding readiness delivered by an Accredited Practising Dietitian.
- You will be provided with an information booklet including recipes and receive free membership to the Australian Breastfeeding Association for your participation.
- Prior to commencing the first session, you will undertake a pre-program survey that will collect information about your current food intake, eating behaviours, nutritional awareness, and intention to breastfeed. After the final session, you will be asked to complete a similar post-survey and be given an opportunity to provide feedback about the program. The surveys are estimated to take 5 minutes to complete.

#### *Infancy (phase 2):*

- You will be invited to participate in 3 x 1-hour sessions across three weeks, involving information about introducing solids to your baby and support for continuation of breastfeeding, delivered by an Accredited Practising Dietitian.
- You will be provided with an information booklet including recipes and suggested first-foods, as well as an infant feeding kit for your participation.
- Prior to commencing the first session, you will undertake a pre-program survey that will provide information about your baby's current intake of milk and/or solids, and your confidence around providing appropriate foods. After the final session, you will be asked to complete a similar post-survey and be given an opportunity to provide feedback about the program. The surveys are estimated to take 5 minutes to complete.

#### *Toddlers (Phase 3):*

- You will be invited to participate in 3 x 1-hour sessions across three weeks, involving information about transitioning to family foods, responsive mealtime practices, and positive mealtime behaviours, delivered by an Accredited Practising Dietitian.

- You will be provided with an information booklet including family-friendly recipes and nutrition tips for toddlers, as well as a child food engagement kit.
- Prior to commencing the first session, you will undertake a pre-program survey that will provide information about your child's current diet and mealtime behaviours. After the final session, you will be asked to complete a similar post-survey and be given an opportunity to provide feedback about the program. The surveys are estimated to take 5 minutes to complete.

*Follow up:*

- Three months after completion of the program, you will be invited to undertake an online post-program questionnaire that will provide follow-up information about your child's food intake, eating behaviour and food exposure. You will also be given an opportunity to provide feedback about the program. The questionnaire is estimated to take 5 minutes to complete. This will help us to identify any sustainable dietary changes and eating behaviours that may have occurred as a result of taking part in the Feeding Healthy Futures Program.

**Is participation voluntary?**

- Participation in this research is entirely voluntary.
- If you decide to consent and then later change your mind, you are able to withdraw your participation at any time without prejudice.
- Data obtained up until the time you withdraw may still be used in the research, unless you request otherwise.

**What are the benefits of taking part?**

- This project will help provide an opportunity to improve eating habits and nutritional intake for yourself and your children.
- This project can inform future research in effective ways at exposing children to new and healthy foods in their first 1,000 days of life.

**How will my privacy be protected?**

- Any data provided by you may be published in journal articles, reports and/or proceedings but you and/or your child will not be identified as the source. While it is not possible in this study to collect anonymous data, the data collected will be de-identified by using a numerical code to ensure that confidentiality is preserved.

**How will I get to know what were the findings generated from this study?**

- The 3-month follow up questionnaire will indicate an option (Yes, I would like to receive a summary of the findings generated from this study). If you select this option, you will be emailed a copy of 'summary of findings' at the end of the study period.

**Who do I contact if I want more information?**

- If you would like to discuss any aspect of this study, please contact Leanne Elliston on 02 6154 9820 or at [lelliston@act.nutritionaustralia.org](mailto:lelliston@act.nutritionaustralia.org)

This study is pending approval by Human Research Ethics Committee of the University of Canberra.