

# A mixed methods approach to understanding parental responses to enhanced versus routine National Child Measurement Programme parental feedback across schools in three English counties

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| <b>Submission date</b><br>23/12/2014   | <b>Recruitment status</b><br>No longer recruiting              | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>09/02/2015 | <b>Overall study status</b><br>Completed                       | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>15/05/2020       | <b>Condition category</b><br>Nutritional, Metabolic, Endocrine | <input type="checkbox"/> Statistical analysis plan   |
|  |  | <input checked="" type="checkbox"/> Results          |
|  |  | <input type="checkbox"/> Individual participant data |

## Plain English Summary

### Background and study aims

The National Child Measurement Programme (NCMP) measures the height and weight of children in England in reception and year 6. Most NCMP teams give results to parents via a letter. Local Authorities are keen to demonstrate a positive impact of the letter. In Leicester, Leicestershire and Rutland the existing feedback letter invites children who are overweight or very overweight to attend a local weight management service called FLiC (Family Lifestyle Club). Uptake is low. The aim of this study is to test the impact of an enhanced results letter on uptake of lifestyle weight management services. We will also send a postal survey to parents to understand what other actions they have taken as a result of receiving the routine or enhanced feedback letter. This will be linked to the NCMP records.

### Who can participate?

286 schools in Leicester, Leicestershire and Rutland - parent of child being measured

### What does the study involve?

The 286 schools in Leicester, Leicestershire and Rutland are randomly allocated to one of two groups: parents of year 6 children receive a control letter (usual results letter) or an intervention letter (enhanced results letter). The control letter is the same as the 2013/14 letter, updated for changes to the national guidelines. The intervention letter includes body images of children classified as underweight, healthy weight, overweight and very overweight to provide a visual marker for assessing children's weight. Overweight and very overweight letters also include a social norms statement about the number of overweight children in the area and more salient recommendations for uptake of weight management services.

### What are the possible benefits and risks of participating?

Parents have been known to be upset by routine feedback letters. Part of this upset is due to

the difficulty in understanding their child's measurement results. This study tests an enhanced feedback letter which includes a new visual way of feeding back children's measurement results which is intended to improve understanding. The visual measure has been tested with parents for acceptability in another study. Both the enhanced and routine feedback letters include a range of offers of support to parents. These include face to face support through local weight management services, phone numbers of dieticians for concerned parents, phone number and email address of the NCMP team to discuss the child's results, plus a range of web support for parents who are less inclined to take up more interactive support.

Where is the study run from?

Leicester, Leicestershire and Rutland regions in the UK

When is the study starting and how long is it expected to run for?

January 2015 to September 2015

Who is funding the study?

Public Health England (UK)

Who is the main contact?

Miss Anna Sallis

## Contact information

**Type(s)**

Scientific

**Contact name**

Miss Anna Sallis

**Contact details**

2nd Floor, Skipton House

80 London Rd

London

United Kingdom

SE1 6LH

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

168376

**ClinicalTrials.gov number**

**Secondary identifying numbers**

IRAS project ID: 168376

## Study information

**Scientific Title**

Effect of enhanced versus routine National Child Measurement Programme results letters on enrolling children into weight management services and parental attitudes, perceived social norms, intentions and self-reported behaviour in relation to childhood weight

**Study hypothesis**

Parents receiving the enhanced National Child Measurement Programme (NCMP) feedback letter will be more likely to enrol their children into weight management services and report better recognition of childhood obesity, and self-reported behavioural intention and behaviour in relation to their child's healthy eating and physical activity levels.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

1. NRES Committee North East - Tyne & Wear South, 19/12/2014, REC ref: 14/NE/1251
2. Local R&D permission from Leicestershire Partnership Trust, 29/12/2014

**Study design**

Cluster randomised controlled trial and follow-up survey

**Primary study design**

Interventional

**Secondary study design**

Cluster randomised trial

**Study setting(s)**

School

**Study type(s)**

Prevention

**Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

**Condition**

Childhood obesity

**Interventions**

Enhanced parental NCMP results feedback letter including body image scans of children in different weight categories and a social norms statement about the majority of children being healthy weight. Control group get the NCMP national template letter.

**Intervention Type**

Behavioural

**Primary outcome measure**

Enrolment onto a FLiC (Family Lifestyle Club) group or making an appointment for a one to one session with a dietician

### **Secondary outcome measures**

1. Proportions attending first FLiC session or one to one appointment with a dietician
2. Proportions signing up for a waiting list for a FLiC group or one to one appointment with a dietician
3. Proportions of enquiries and complaints to both FLiC and the NCMP Team
4. Survey responses

### **Overall study start date**

19/01/2015

### **Overall study end date**

01/09/2015

## **Eligibility**

### **Participant inclusion criteria**

Parent of child being measured as part of the NCMP in Leicester, Leicestershire and Rutland

### **Participant type(s)**

Mixed

### **Age group**

Adult

### **Sex**

Both

### **Target number of participants**

286 schools/clusters with a total of 9800 parent/child pairs

### **Total final enrolment**

2642

### **Participant exclusion criteria**

Parents opted child out of NCMP

### **Recruitment start date**

19/01/2015

### **Recruitment end date**

01/06/2015

## **Locations**

### **Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Leicestershire Partnership NHS Trust**

Leicester

United Kingdom

LE19 1SX

## Sponsor information

**Organisation**

Public Health England

**Sponsor details**

Porton

Salisbury

United Kingdom

SP5 0JG

**Sponsor type**

Government

## Funder(s)

**Funder type**

Government

**Funder Name**

Public Health England

**Alternative Name(s)**

PHE

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

# Results and Publications

## Publication and dissemination plan

The trialists intend to publish the results of this study in peer-reviewed journals. This process will begin in December 2015. They will also provide a brief summary of the results to their collaborators who may wish to share these with participating schools.

## Intention to publish date

31/12/2015

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not expected to be made available

## Study outputs

| Output type                          | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|--------------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a>      | results | 01/04/2019   | 15/05/2020 | Yes            | No              |
| <a href="#">HRA research summary</a> |         |              | 26/07/2023 | No             | No              |