

Recent publications:

Toomey, E. et al (2020) A collaborative approach to developing sustainable behaviour change interventions for childhood obesity prevention: Development of the Choosing Healthy Eating for Infant Health (CHERISH) intervention and implementation strategy, *British Journal of Health Psychology*.

Matvienko-Sikar, K., et al (2019) Choosing Healthy Eating for Infant Health (CHERISH) study: Protocol for a feasibility study, *BMJ Open*, 9.

Calnan, S. et al (2019) Role of integrated knowledge translation in developing and implementing a multi-component infant feeding intervention: Insights from the CHERISH study, *European Health Psychologist Bulletin*, Vol.21(1).

Matvienko-Sikar, K. et al (2020) A core outcome set for trials of infant-feeding interventions to prevent childhood obesity, *International Journal of Obesity*.

Matvienko-Sikar, K., et al (2019) Behaviour change techniques and theory use in healthcare professional-delivered infant feeding interventions to prevent childhood obesity: A systematic review, *Health Psychology Review*, Vol. 13(3).

A full list of published papers and conference presentations related to CHERISH is available at:

www.cherishstudy.com/publicationspresentations/

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CHERISH: the Choosing Healthy Eating for Infant Health study

Overview and update



CHERISH
Choosing Healthy Eating for Infant Health



THE NURTURE PROGRAMME
Infant Health and Wellbeing

About CHERIsH

CHERIsH, the Choosing Healthy Eating for Infant Health study, is a **HRB-funded** study that seeks to improve and support healthy infant feeding practices among parents and primary caregivers in Ireland. A key impetus for the study is to help reduce the risk of childhood obesity and overweight.

The study has been underway since 2016 and has involved the development of two key elements:

Parent-level intervention



A multi-component intervention delivered by primary healthcare practitioners to parents/caregivers during their infant's routine vaccination visits, comprising:

- Brief verbal infant feeding messages to parents
- Supporting materials (leaflet, magnet, bib) and signposting to online resources

Implementation strategy



An implementation strategy for primary healthcare practitioners to facilitate delivery of the patient-level intervention. The strategy encompasses:

- Incentivised training for practitioners; Supporting materials; Technical assistance
- Local opinion leader; Electronic delivery prompts

Multidisciplinary team

The CHERIsH study comprises a multidisciplinary research team involving:

- Health researchers from University College Cork (UCC), National University of Ireland, Galway (NUIG) and Trinity College Dublin (TCD)
- Primary care partners, including practitioners at the Mallow Primary Healthcare Centre in Co. Cork
- National and international experts in infant feeding, including those from the HSE Nurture programme
- A Patient and Public Involvement (PPI) group consisting of parents and service users with an interest in infant feeding

CHERIsH updates

Feasibility study

Since April 2019, the CHERIsH feasibility study has been underway at the Mallow Primary Healthcare Centre (MPHC) in Co. Cork – the primary healthcare partner for the study.

This part of the study examines the acceptability and feasibility of implementing CHERIsH in a primary care setting. Analysis of the data is currently underway and the findings will be available later in 2020.

Preliminary findings

Preliminary findings from the CHERIsH feasibility study indicate that the intervention is feasible to implement and is adding value to practices in primary healthcare.

Challenges faced included recruiting parents to the study and the competing demands experienced by healthcare practitioners.

What's next?

The CHERIsH study has provided valuable learning regarding intervention development and implementation. The next step is to share and disseminate this learning with policy, practice, parent and research stakeholders, and to consider the implications for future research.



Professor Patricia Kearney (UCC) and Dr Tony Heffernan (MPHC) at launch of CHERIsH feasibility

CHERIsH Principal Investigator, Professor Patricia Kearney, highlights:

“Our intention is that the findings from CHERIsH will help to inform other similar interventions in the future and that these findings will be communicated to stakeholders in a clear and practicable way, influencing practice and policy in Ireland.”