



Obesity prevention and nutrition communication for young people

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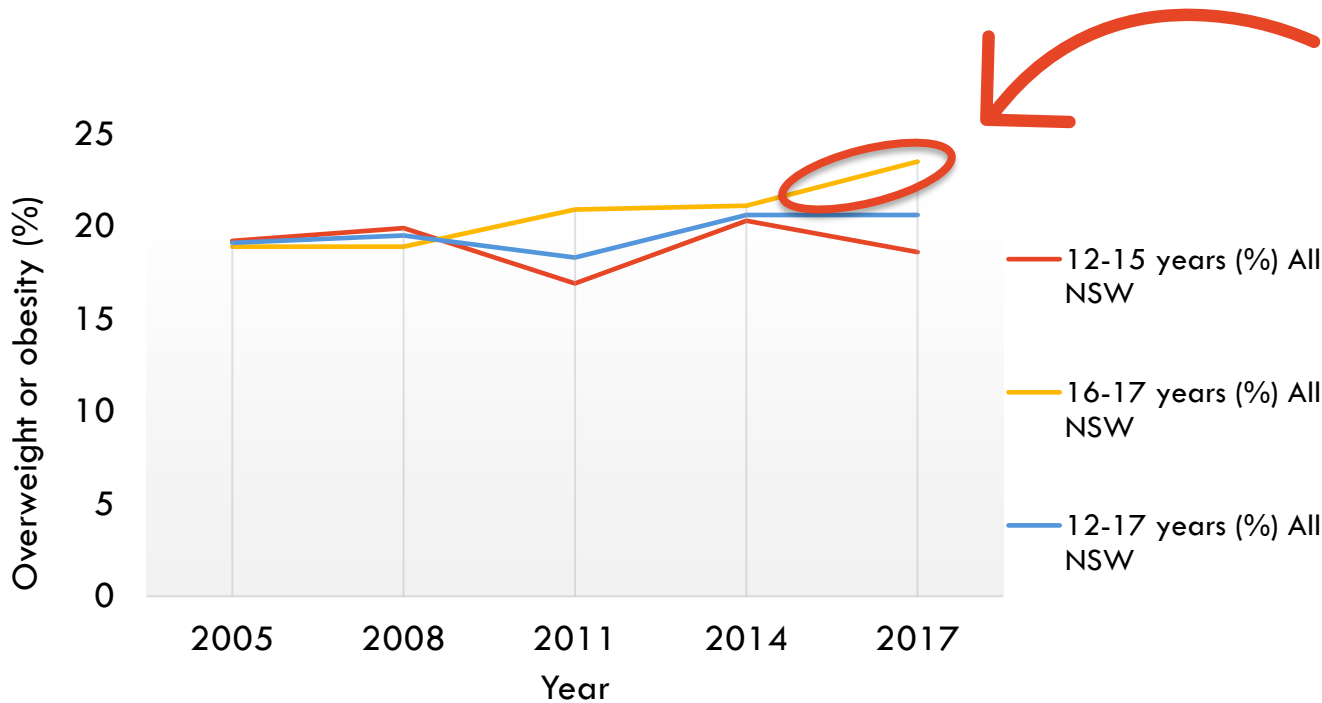


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Adolescent overweight and obesity

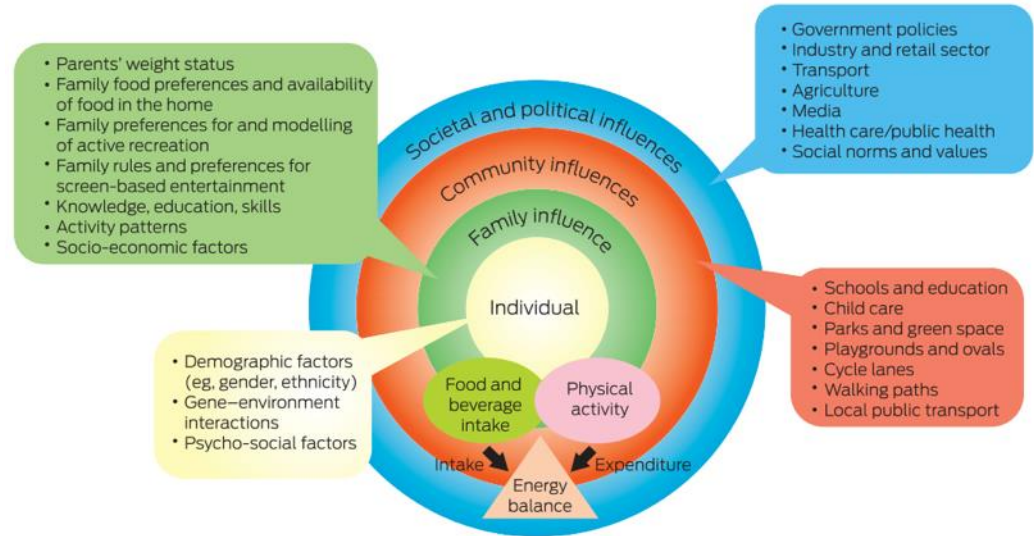


57% increase in the incidence of obesity among older adolescents from 2014 to 2017

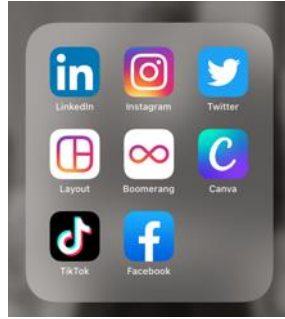
- In 2017–18, 41% of young people aged 15–24 years had overweight or obesity
- Obesity impacts negatively on quality of life
- Effects are greater in adolescence than at any other time during childhood

Obesity influences

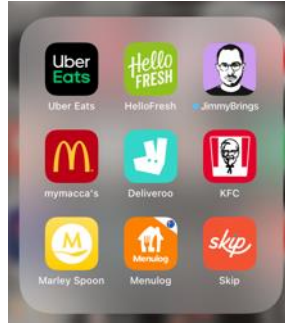
It is the environment (*in utero* and throughout life) which determines whether an individual's genetic predisposition to obesity is manifest or not



Our digital environment



- Physical development
- Neurodevelopmental changes
- Psychological and social changes



Our cultural e-wallpaper

Best practice domains for obesity prevention and management

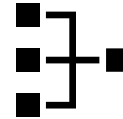
Adolescents are supported to optimise their health



Accessible health services



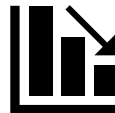
Health system responds to needs of adolescents



Supportive environments



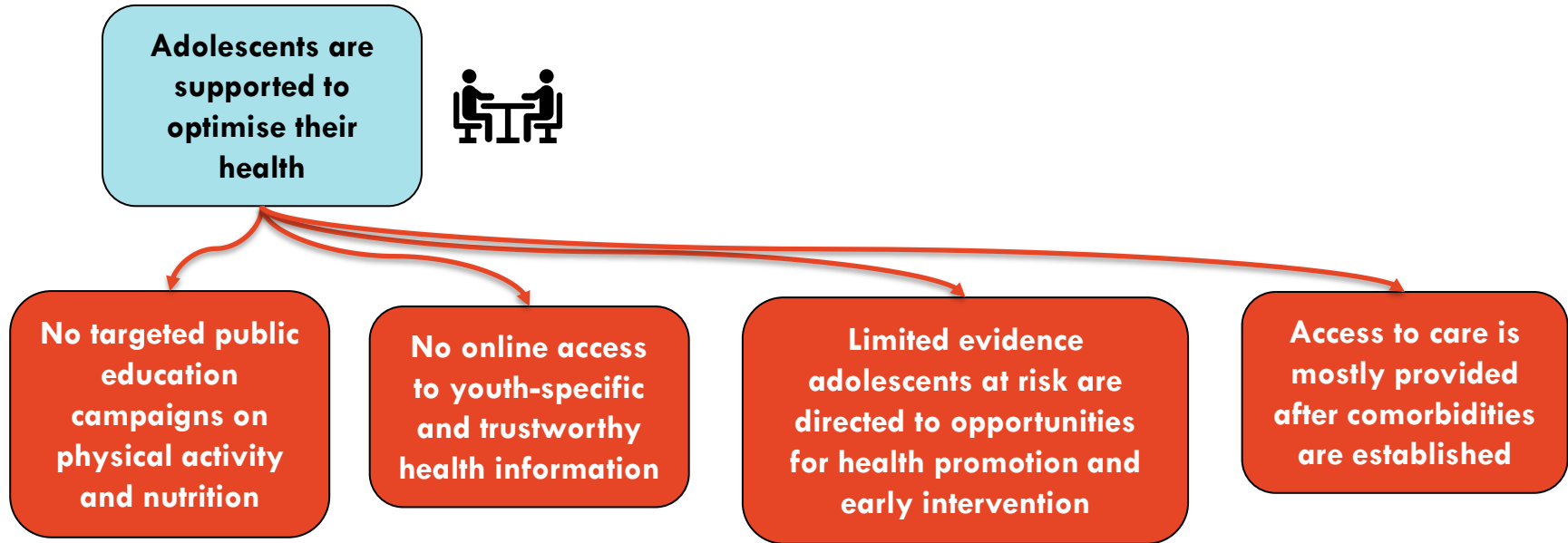
Monitoring and evaluation



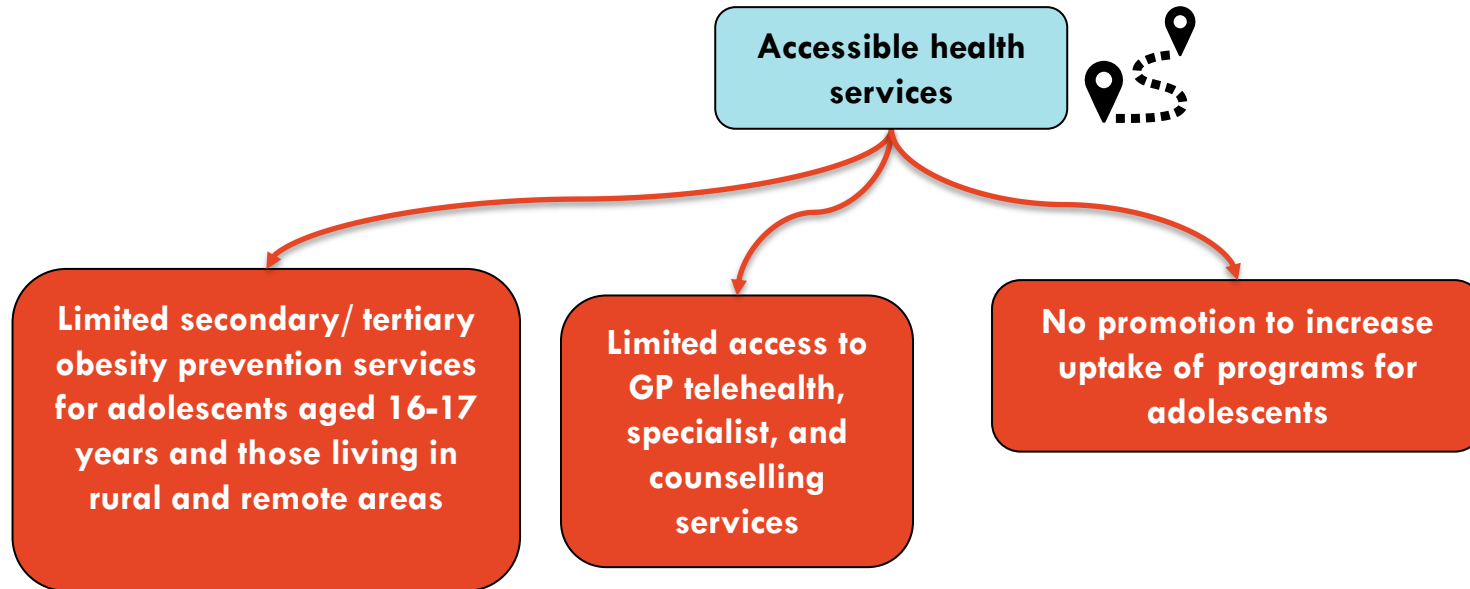
Health equity



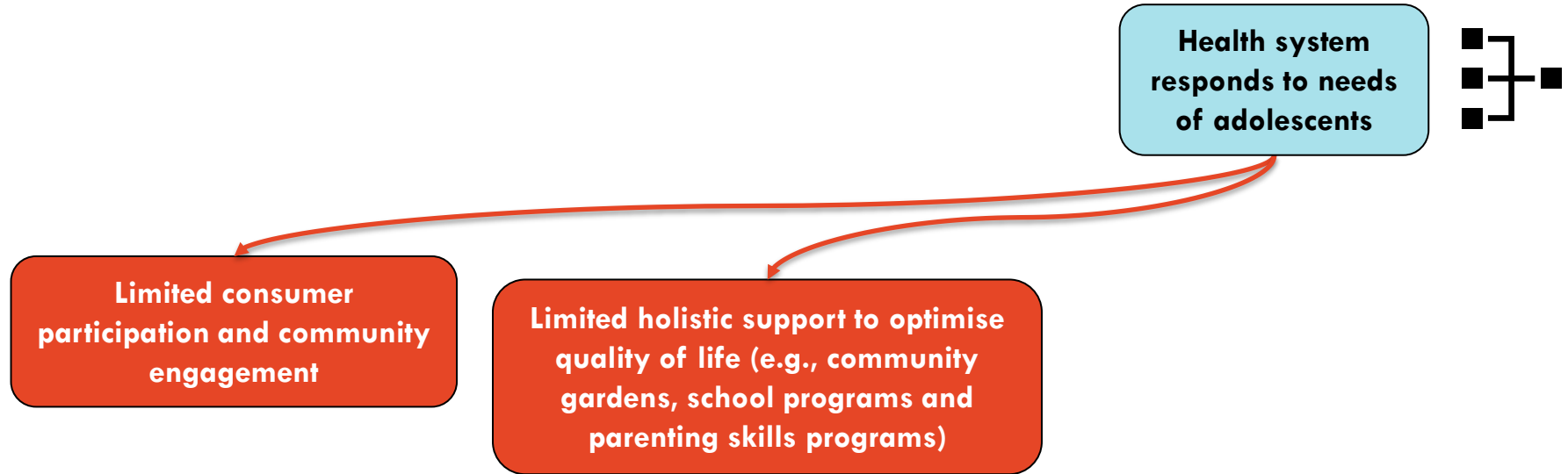
Gaps in practise and policy in NSW for adolescents



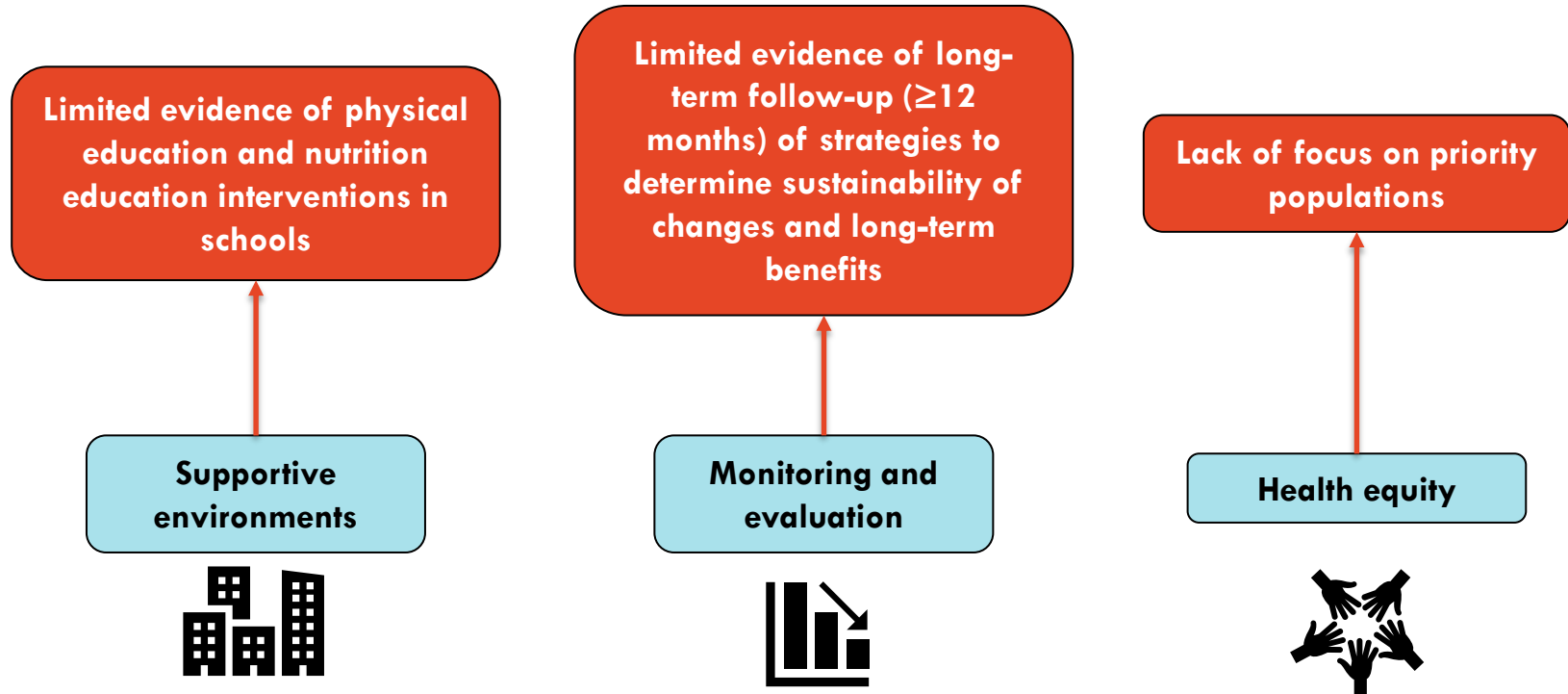
Gaps in practise and policy in NSW for adolescents



Gaps in practise and policy in NSW for adolescents



Gaps in practise and policy in NSW for adolescents



TEXTBITES

TEXT
BITES

> 90%
OWN PHONE

No internet
connection

No \$ to
receive

FIFTY
TEXTS
PER DAY

Most phones
can receive

TEXTS
4 CHRONIC
DISEASE

Flexible
delivery

SIMPLE
SCALE

**Co-designed
with 40
consumers**

**107
TEXT
MESSAGES**

YOUNG PERSON RESEARCHER

**NUTRITION
BEHAVIOURS**



**PHYSICAL
ACTIVITY
BEHAVIOURS**



**MENTAL
WELLBEING
& SLEEP**



**GENERAL
BEHAVIOURS**





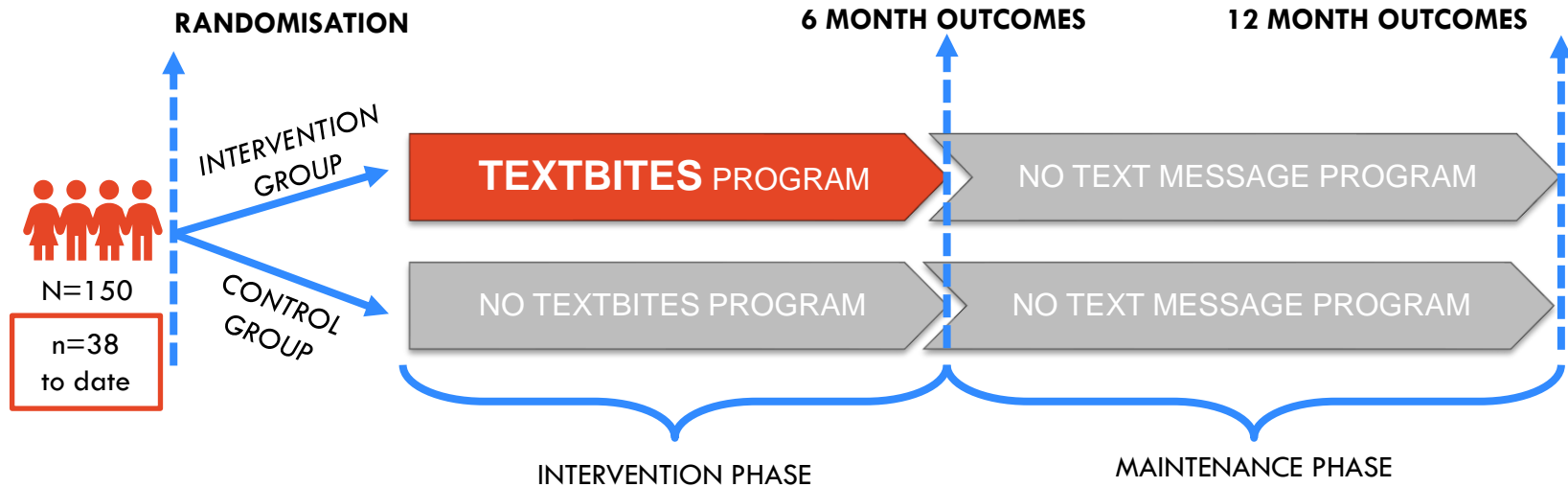
**Final
message
bank**

- 107 text messages
 - 26 nutrition
 - 18 physical activity
 - 34 general behaviours
 - 21 mental wellbeing
 - 6 health counsellor
- 25% encourage two-way communication
 - quizzes or short questions
- 22 differ based on age
 - 13-16 or 17-18 years

**How is everything going, [pref_name]?
Text back if you would like to chat with our health counsellor about all things food, exercise and wellbeing and we will get back to you soon**

Pilot tested on commercial platform, no issues reported

Next steps: TEXTBITES RCT (now recruiting)



Primary outcome: BMI-z score

Secondary outcomes: waist-to-height ratio; diet; physical activity and sedentary behaviours; sleep quality; quality of life; self-esteem; self-efficacy; social support; depression; eating disorders

How to refer

Refer young people:

- 13-18 years
- Above a healthy weight BMI > 85-95th
- Access to active mobile phone
- Living in Australia
- Screened for ED/depression
- ALL ONLINE – NO IN-PERSON VISITS

→ EOI form: www.tinyurl.com/textbites

→ Email: warc.textbites@sydney.edu.au



ACKNOWLEDGEMENTS

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TEXTBITES RCT Sites

- The Research and Education Network, Westmead Hospital
- Weight Management Service, Department of Nutrition and Dietetics, The Children's Hospital Westmead

sydney.edu.au/research/centres/westmead-applied-research-centre

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