# Health Supportive Family Conversation
- Intended to Turn Negative Weight Development in Preschool Children

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Preliminary results

A pilot interview showed that the health supportive family conversations led to increased knowledge and understanding about the family lifestyles related to the child obesity. To gather the family lead to a consciousness within the family about ingredients in sweet drinks and food. The fact that the pediatric nurse was the one who conducted the conversations were of great importance, since the nurse was well known to the family.
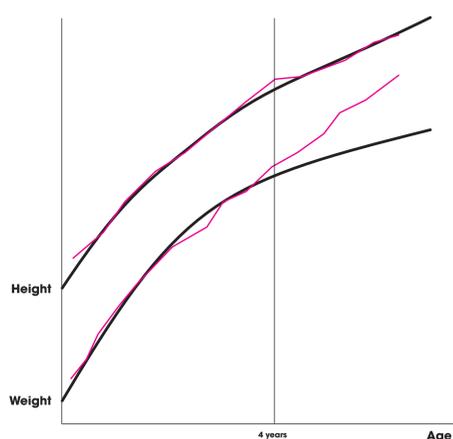
Introduction

Overweight and obesity in children is a growing health problem in the world. In Sweden, 14 - 15 percent of all 4-year-old children are overweight and 3 percent are obese. Prevention of overweight and obesity is most effective if started at an early age including involvement of the family. The Child Health Service (CHS) comprises a comprehensive universal nurse-led CHS program with opportunities to pay attention to early development of overweight and implement measures that can contribute to a healthy lifestyle during childhood as well as adulthood. There is a lack of evidence based methods to prevent the prevailing childhood obesity used by clinical active nurses.

Purpose

The overall purpose is to evaluate models for health supportive family conversations to families with preschool children with the intent to turn a negative weight development.

Method

Intervention and gathering of data

- Assessment (CFAM Calgary Family Assessment Model) Genogram and eco-maps
- The family sessions (CFIM Calgary Family Intervention Model)
- The illness story and the family history
- The present status
- The future
- IsoBMI
- The Lifestyle Behavior Checklist
- Evaluation interviews (nurses and families)

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