

# LEAP: The Live, Eat and Play Study



## **STUDY 1**

### **Description**

The first Live, Eat and Play (LEAP) Study trialed a new strategy for use by General Practitioners (GPs), aimed at reducing overweight in Victorian primary school children. The project consisted of two phases:

**A height and weight survey:** 2200 children aged between 5 and 10 years were weighed and measured when they attended the medical practices of 35 participating Melbourne GPs.

**The GP intervention:** GPs underwent training in healthy family lifestyle counselling, using brief solution-focussed therapy. This was supported by a set of purpose-designed family materials.

163 families with children found to be overweight/mildly obese in the height and weight survey participated in this study. Families in the 'Intervention' group received four GP consultations over a three month period to discuss healthy lifestyle changes. Families in the 'Control' group did not receive these consultations. Both groups were followed up by the research team six and twelve months after the intervention period. They completed study questionnaires and were reweighed and measured.

### **Methodology – Research**

Randomised controlled trial

### **Date**

Start: 2002

Finish: 2004

### **Funding**

Commonwealth Govt Dept

AHMAC (Australian Health Ministers' Advisory Committee) Priority Driven Research Program

### **Publications**

Wake M, McCallum Z. Secondary prevention of overweight in primary school children: What place for general practice? *Med J Aust* 2004; 181: 82-84

In process of submission:

1. Methodology paper
2. Results paper
3. GP practice paper
4. Economic analysis paper
5. GPs as researchers paper



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## **STUDY 2**

### **Description**

The second Live, Eat and Play (LEAP2) Study is a further developed version of the previous LEAP study. The project will again consist of two phases:

**A height and weight survey:** This will involve 4500 children aged between 5 and 10 being weighed and measured when they attend the medical practices of 60 participating Melbourne GPs.

**The GP intervention:** GPs will undergo training in healthy family lifestyle counselling, using brief solution-focussed therapy. This will be supported by a revised set of purpose-designed family materials, as used in the first study. 420 families with children found to be overweight/mildly obese in the height and weight survey will be invited to participate in this study. 'Intervention' families will receive four GP consultations over a three month period to discuss healthy lifestyle changes. Families in the 'Control' group will not receive these consultations. Both groups will be followed up by the research team six and twelve months after the intervention period. They will complete study questionnaires and be reweighed and measured.

### **Methodology – Research**

Randomised controlled trial

### **Date**

Start: 2005

Finish: 2007

### **Funding**

National Health & Medical Research Council (NHMRC)

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