

Supplementary Material

Interview Schedule for health care professionals and early years workers

Area	Main question	Additional question
General	Can you tell me a bit about your profession and your job role?	<ul style="list-style-type: none"> - How long have you been in this role?
Identifying child weight	Under what circumstances do you have contact with pre-school children in your professional role?	<ul style="list-style-type: none"> - In this role is identifying a child's weight a priority for you? – explore reasons - How would you identify whether a child is overweight or not? - - How confident are you that this identification is correct? - How confident are you working with BMI?
Communication	If you were with a child and had identified them as an unhealthy weight, would you bring it up with their parents at this time?	<ul style="list-style-type: none"> - How would you go about communicating this information with the parents? - How would you feel about raising this issue with parents? - What would prevent you from discussing weight issues? (barriers) - How would you feel about discussing: - Overweight - Underweight - Healthy eating - Physical activity -
Action	If you were concerned about a child's weight, what action would you take?	<ul style="list-style-type: none"> - Would you look to refer the child to another service? - What services are you aware of that are available to pre-school children? - Would you in that moment feel comfortable about giving weight management advice? - What advice would you provide?
	Have you had any weight management training?	

Training		<ul style="list-style-type: none"> - What type of training: - Was this specifically PA/diet? Weighing/measuring/using BMI? - Communicating with parents? - Behaviour change theory and techniques? - Motivational interviewing? - When did you receive this training? Were there any “top-ups” / ongoing support in this area? - How effective did you find this training? - To what extent do you use this training in your practice? - What skills do you feel you need to discuss weight issues with parents? – Do you feel you have these skills? - What particular areas would you like more training on?
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Interview Schedule: Public health/service managers

Area	Main Question	Additional Questions
Current Policies/arrangements	<p>What are the current arrangements for 2 year checks in BwD?</p> <p>What happens if a child is identified as over/underweight?</p>	<p>Who completes the 2 year checks?</p> <p>What happens during these checks?</p> <p>How well are they working/have there been any issues with them?</p> <p>Current providers of 2 year checks?</p> <p>Contracts?</p> <p>Multiple providers for different areas?</p> <p>What is the current children's weight management programme in BwD? (does it cover pre-school age?)</p> <p>Are there any different services available for overweight and obese children?</p> <p>Do you know when the weight clinics take place? (midweek?)</p> <p>Are there any nutritional guidelines for early years care?</p>
Referral	<p>What are the current practices for children identified as being an unhealthy weight?</p>	<p>What do you know is happening locally?</p> <p>What isn't happening locally?</p> <p>How would you explain the current referral pathway?</p> <p>If a child was identified, what would happen next?</p> <p>What would the ideal pathway be (i.e. peds, dietician).</p> <p>What services are available to refer children to?</p> <ul style="list-style-type: none"> - diet - PA - parenting skills - weight-specific - other <p>What do you feel is needed to further improve pre-school weight management in your area?</p>

Training	<p>What training have staff received on pre-school weight management?</p>	<ul style="list-style-type: none"> - What types of training: - Was this specifically PA/diet? Weighing/measuring/using BMI? - Communicating with parents? - Behaviour change theory and techniques? - Motivational interviewing? - When was this training received? - How effective was this training? - What particular areas do you feel staff need more training on?
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Survey (Phase 2)

Demographics

Q1. Please indicate your gender below:

- ☐ Male
☐ Female

Q2. Please provide your age (years)

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Q3. **What is your ethnic group?**

Choose one option that best describes your ethnic group or background

White

1. English/Welsh/Scottish/Northern Irish/British
2. Irish
3. Gypsy or Irish Traveller
4. Any other White background, please describe

Mixed/Multiple ethnic groups

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other Mixed/Multiple ethnic background, please describe

Asian/Asian British

9. Indian
10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian background, please describe

Black/ African/Caribbean/Black British

14. African
15. Caribbean
16. Any other Black/African/Caribbean background, please describe

Other ethnic group

17. Arab
18. Any other ethnic group, please describe

Other: (please specify).....

Q4. What is your profession?

- Community nursery nurse
- GP
- Health visitor
- Practice nurse
- Other (please specify).....

Q5. How many years of professional experience do you have in your current role?

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Q6. Are you:

- ☐ Full time
☐ Part time

Identifying unhealthy pre-school weight (2-4 years)

1. To what extent do you use the following means to identify whether a pre-school child (2-4 years) is a healthy weight?

a) Visual assessments:

Always	most of the time	sometimes	rarely	never
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b) Growth charts (height and weight):

Always	most of the time	sometimes	rarely	never
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c) BMI (body mass index)

Always	most of the time	sometimes	rarely	never
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d) Other: (please specify).....

2. If after checking a pre-school child's weight (2-4 years) you identify them as being underweight would you:
(tick all that apply)

- Arrange a separate follow-up appointment to discuss the weight issue
- Arrange a more appropriate time to discuss the weight issue
- Raise the issue with the parents
- Discuss the child's diet
- Discuss the child's physical activity
- Provide advice
- Refer to another health care professional – if so where
- take no action
- Not address the weight at this time
- Other (please specify).....

3. If after checking a pre-school child's weight (2-4 years) you identify them as being overweight would you:
(tick all that apply)

- Arrange a separate follow-up appointment to discuss the weight issue
- Arrange a more appropriate time to discuss the weight issue
- Raise the issue with the parents
- Discuss the child's diet
- Discuss the child's physical activity
- Provide advice
- Refer to another health care professional – if so where
- take no action
- Not address the weight at this time
- Other (please specify).....

4. If a pre-school child (2-4 years) came to see you for a non-weight related issue (e.g. acute illness) and you identify them as being underweight would you:
(tick all that apply)

- Arrange a separate follow-up appointment to discuss the weight issue
- Arrange a more appropriate time to discuss the weight issue
- Raise the issue with the parents
- Discuss the child's diet
- Discuss the child's physical activity
- Provide advice
- Refer to another health care professional – if so where
- take no action
- Not address the weight at this time
- Other (please specify).....

5. If a pre-school child (2-4 years) came to see you for a non-weight related issue (e.g. acute illness) and you identify them as being overweight would you:
(tick all that apply)

- Arrange a separate follow-up appointment to discuss the weight issue
- Arrange a more appropriate time to discuss the weight issue
- Raise the issue with the parents
- Discuss the child's diet
- Discuss the child's physical activity
- Provide advice
- Refer to another health care professional – if so where
- take no action
- Not address the weight at this time
- Other (please specify).....

6. While helping a family manage their preschool child's physical activity and/or diet have you previously used any of the following techniques: (tick all that apply)

- Giving verbal information about current diet/activity recommendations
- Giving leaflets/directions to online resources
- Goal setting
- Asking open questions to find out about current lifestyle

- Exploring parents motivation
- Food diary
- Physical activity diary
- Discussion of parents concerns
- Discussion of parents expectations
- Explore the support available from family and friends
- Exploring parents barriers to change
- Exploring solutions to barriers
- Focusing on previous successes
- Consider ways to change the home environment
- Other (please specify)
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7. If you felt the pre-school child and their parents needed additional weight-related support for an underweight child what services or professionals would you refer/signpost to?

(tick all that apply)

- Leisure centre services
If so which services
- Children's centre services
If so which services
- HENRY
- paediatrician
- dietician
- nutritionist
- GP
- Health visitor
- Wouldn't refer
- don't know where to refer
- Other (please specify).....

8. If you felt the pre-school child and their parents needed additional weight-related support for an overweight child what services or professionals would you refer/signpost to?

(tick all that apply)

- Leisure centre services
If so which services
- Children's centre services
If so which services
- HENRY
- paediatrician
- dietician –
- nutritionist –
- GP
- Health visitor
- Wouldn't refer
- don't know where to refer
- Other (please specify).....

Challenges to addressing pre-school weight (2-4 years)

To what degree do these barriers prevent you from addressing weight issues in pre-school children (2-4 years)?

1. Being unfamiliar with pre-school referral routes and pathways

Not at all barrier

Very much a barrier

1 2 3 4 5 6

2. Being unfamiliar with services to which to refer a child and their family

Not at all barrier

Very much a barrier

1 2 3 4 5 6

3. I don't see addressing pre-school weight issues as being within my job responsibilities

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

4. Not having resources on pre-school weight-related health such as hand outs to share families and families

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

5. Not having the time to address a child's weight

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

6. Not having knowledge of pre-school (2-4 years) child weight-related health topics such as nutrition and physical activity

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

7. There are often more pressing issues that I need to deal with than a pre-school child's weight

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

8. Not knowing how to raise a pre-school child weight related issue with parents

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

9. Families not perceiving their pre-school child's weight to be a problem

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

10. Worrying about a families reaction if I initiate a discussion about their pre-school child's weight

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

11. Not feeling prepared to address families' reactions to discussing their pre-school child's health

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

12. Families not supporting my efforts to address the pre-school child's weight related health

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

13. Families with limited resources (e.g. money, time, capacity) not being able to follow through with weight related recommendations

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

14. Worrying that addressing pre-school child's weight-related health would harm my relationship with parents

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

15. Not feeling confident in discussing a pre-school child's weight-related health with their families

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

16. I feel it is often an inappropriate time to address a pre-school child's weight-related health

Not at all a barrier
barrier

Very much a

1 2 3 4 5 6

17. Being unfamiliar with cultural practices and attitudes towards weight different from my own

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

18. Being unfamiliar with the traditional foods of different cultures

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

19. Parents not having fluency in English can prevent me from discussing a child's weight-related health

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

20. I find current weight measurement tools (i.e. growth charts and BMI) are not suitable for all ethnic groups

Not at all a barrier

Very much a barrier

1 2 3 4 5 6

21. Any other barriers not listed above (please specify)

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.....

22. Please provide any ideas for things that could be done to help overcome any of these barriers

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.....

Training needs for addressing pre-school child weight (2-4 years)

1. To what extent do you feel you need further training or support with the following:

- Growth charts (height and weight)

Very much mostly moderately slightly not at all

- Calculating and interpreting child BMI

Very much mostly moderately slightly not at all

- Communicating weight-related issues with parents of pre-school children

Very much mostly moderately slightly not at all

- Pre-school diet and nutrition guidelines

Very much mostly moderately slightly not at all

- Pre-school physical activity guidelines

Very much mostly moderately slightly not at all

2. Are there any other areas of practice that you feel you require training on?

.....
.....

3. In what format would you prefer training (tick all that apply)

- Face to face
- Online
- Leaflets/work books
- Multidisciplinary
- Discipline specific
- Skills practice and feedback
- Observation
- Demonstration
- Blended learning
- Action learning sets
- Peer-group learning
- Other (please specify).....

Pathways and services

4. To what extent are you aware of a referral pathway for pre-school (2-4 years) underweight?

Very much mostly moderately slightly not at all

5. To what extent are you aware of a referral pathway for pre-school (2-4 years) overweight?

Very much mostly moderately slightly not at all

6. To what extent are you aware of the services available for pre-school (2-4 years) underweight ?

Very much mostly moderately slightly not at all

7. To what extent are you aware of the services available for pre-school (2-4 years) overweight ?

Very much mostly moderately slightly not at all

8. Please provide details of any pre-school child weight-related services (including healthy eating and physical activity) you are aware of in your local area

9. Please offer any comments on how well you feel these services work?

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10. Please describe any examples of good practice in pre-school child weight management you would like to highlight to the research team

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Any further comments based on the topic of this questionnaire:

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11. if you would be willing to be contacted by our research team to discuss any of your responses further please provide your email where indicated below:

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