

# It Takes a Village: Using iKT to Inform, Develop and Grow the Guelph Family Health Study

Andrea Buchholz, Jess Haines

**Guelph Family**  
*Health Study*

UNIVERSITY  
of GUELPH

CHANGING LIVES  
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# Learning Objectives

- Identify integrated KT strategies that can be used to engage various knowledge users
  - Participants
  - Health professionals
  - Policy makers
- Describe effective evaluation techniques to assess various iKT strategies

# What is Integrated Knowledge Translation (iKT)?

- Research that applies the principles of knowledge translation to the entire research process.
- Involves knowledge users as equal partners
- Lead to research that is more relevant to, and more likely to be useful to, the knowledge users

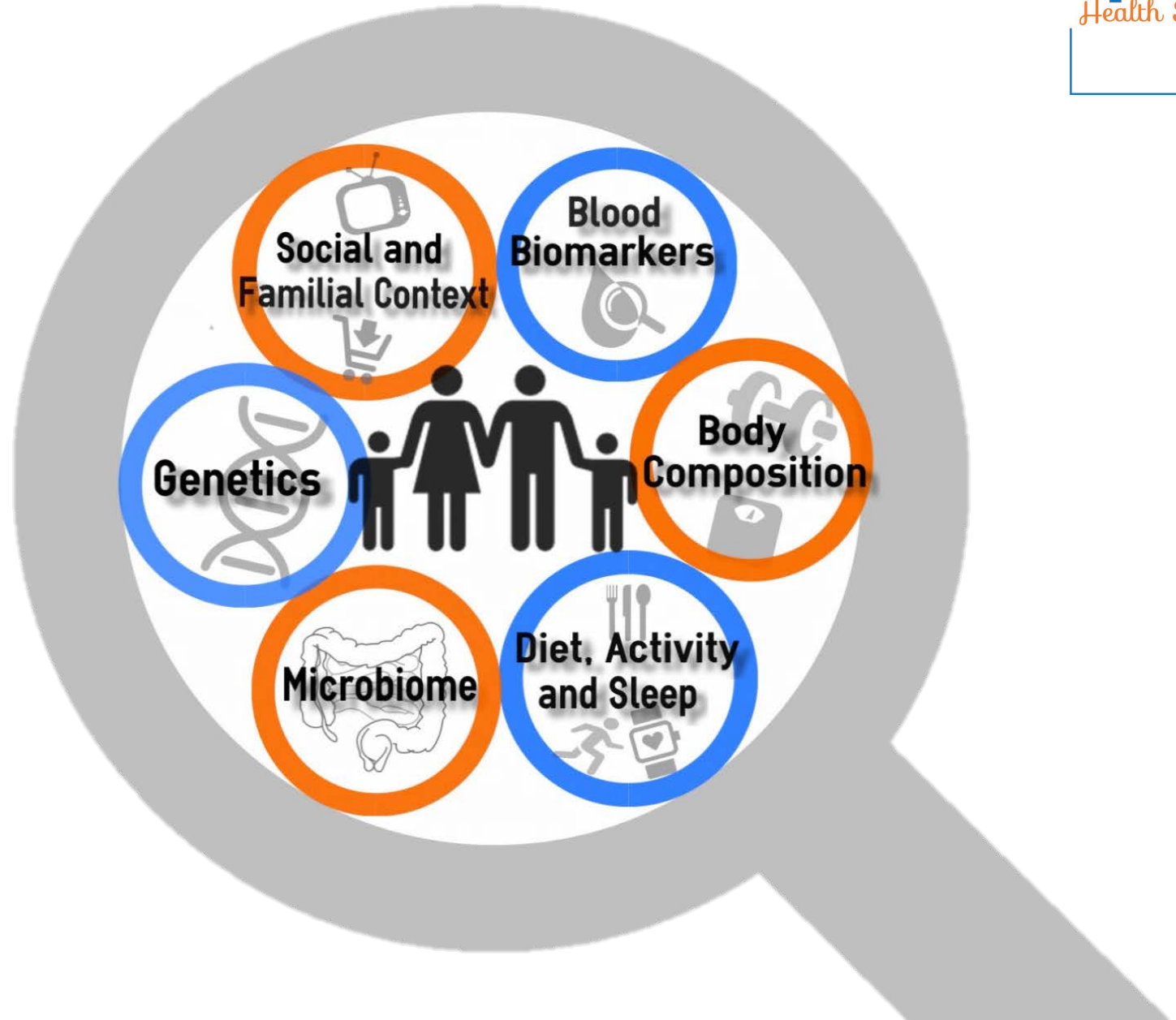




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# Broad understanding of families





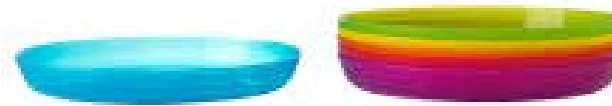
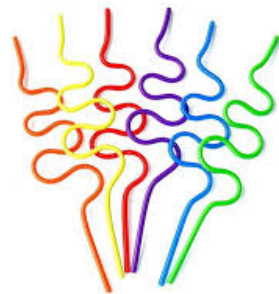
# Families

Control



Intervention

4 home visits with a Health Educator



An aerial illustration of a village with various houses and buildings, surrounded by dense green trees. The scene is rendered in a soft, painterly style with muted colors. The text "Who is in our study 'village'?" is overlaid in the center in a dark blue, sans-serif font.

Who is in our study “village”?



# Interdisciplinary Team



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# Snacking Patterns of Preschool-Aged



*nutrients*



Article

Single  
Genes  
Presch  
Health

**FACETS**  
a multidisciplinary open access science journal

NOTE

or

Elie Cham  
Andrea C. B  
David W. L

Parental overweight is associated with less encouragement of child dietary balance and variety and involvement in meal planning and preparation

ch <sup>1</sup>,

Owen Krystia<sup>at</sup>, Gerarda Darlington<sup>bt</sup>, Jess Haines<sup>at</sup>, David W.L. Ma<sup>ct</sup>, and Andrea C. Buchholz<sup>at\*</sup>



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Helderleigh  
Foundation



Canadian Nutrition Society  
*Société canadienne de nutrition*



Ontario  
Ministry of Agriculture, Food and Rural Affairs



ISBNPA

International Society of Behavioral  
Nutrition and Physical Activity

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Advancing Behavior Change Science



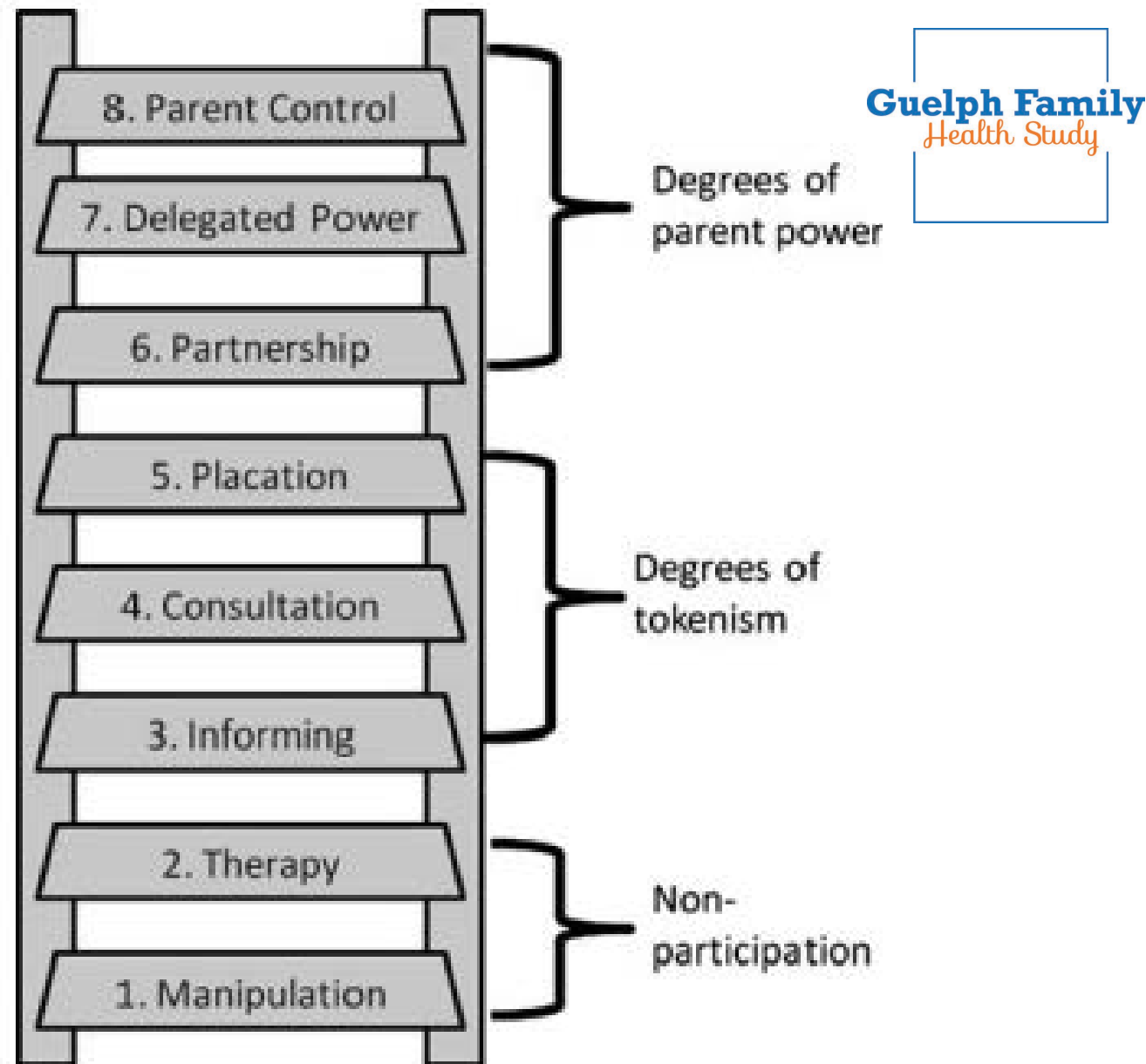
CIHR IRSC



Canadian Institutes  
of Health Research

Instituts de recherche  
en santé du Canada

# Ladder of Parent Participation<sup>1,2</sup>



<sup>1</sup>Jurkowski JM et al. Engaging low-income parents in childhood obesity prevention from start to finish: a case study. *J Community Health*. 2013;38(1):1-11.

<sup>2</sup>Arnstein S. A ladder of citizen participation. *Journal of the American Institute of Planners*. 1969; 35(4): 216–224.

**Fig. 1** Ladder of Parent Participation. Modified from Sherry Arnstein's 1969 Ladder of Citizen Participation [14]



# We Talked to Families

- Group interviews with 31 parents
  - 89% mothers
- Asked their opinions on
  - Intervention approach
  - Assessment protocols



## What Parents Wanted

## What We Did



Home visit preferred delivery mode

- Home visits

Practical strategies/family resources

- Home visits
- E-mails
- Mailings

Education by experts

- Home visits
- E-mails

Non-judgemental approach

- Motivational Interviewing

Pleasant and warm environment:  
Assessment

- Family/child-friendly



# Our Family Council





# Examples of Family Council Impact

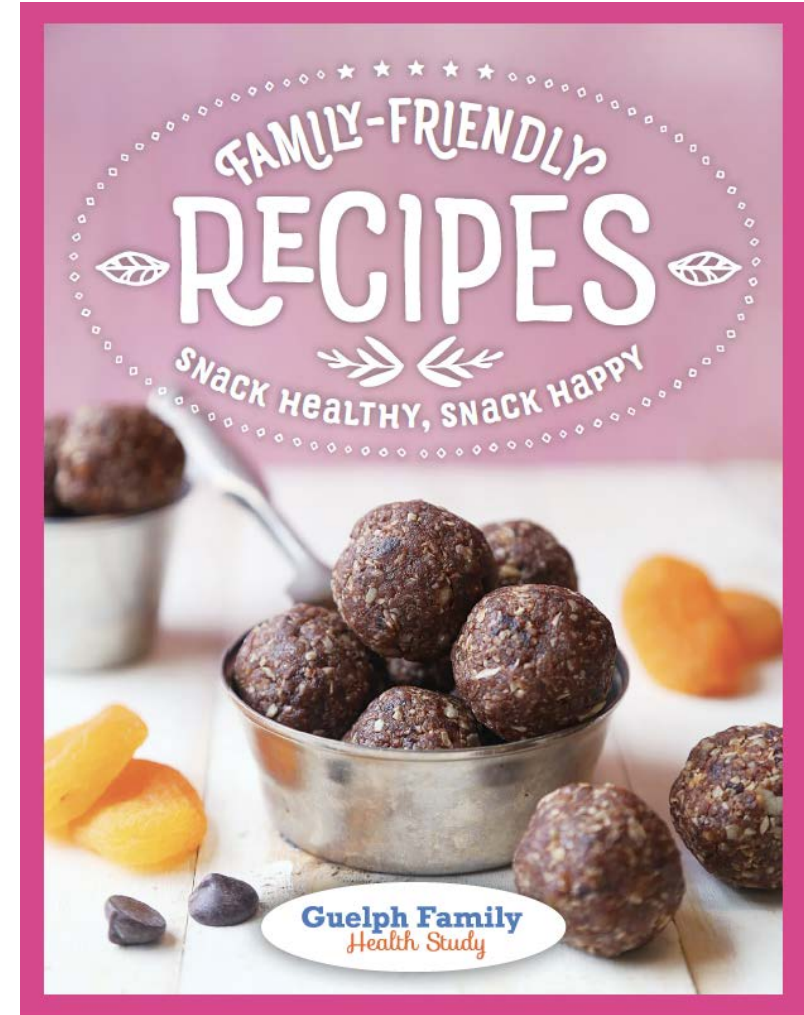


## The Importance of Family Meals

Did you know that family meals are important for kids' health and well-being and even their academic success? Whether your family meals happen at breakfast, lunch, or dinner they are important for your child's development and for building great family relationships. Involve the whole family in preparing meals, enjoy time together at the table, and develop family traditions.

### How Many?

Sit down together to eat as many times per week as possible.



# Evaluation of Family Council

- 78% attend meetings
- 92% respond to emails requesting quick feedback
- 100% feel topics and depth of conversation are appropriate
- 100% feel comfortable/very comfortable sharing their opinions in a group setting

# Evaluation of Family Council

“I like that I get to be an adult, especially as a single parent. There is adult conversation and it gives me a sense of pride and a feeling of importance because my opinion is valued.”

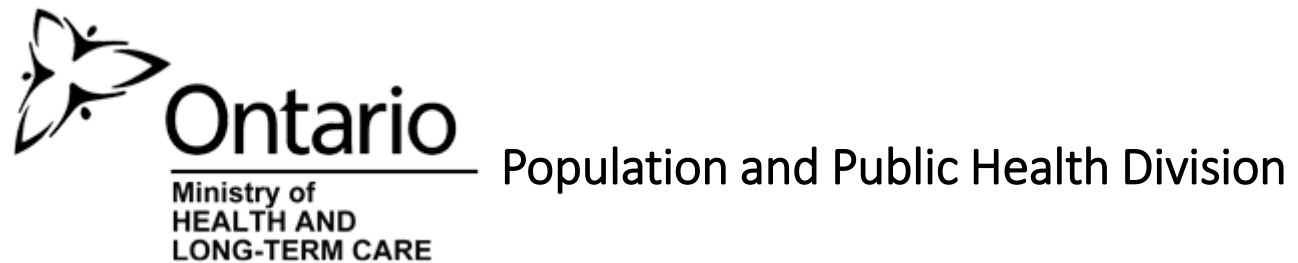
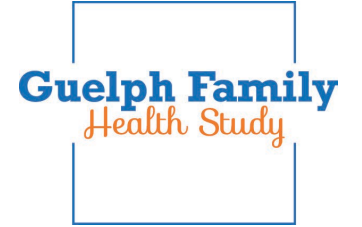
“The facilitators are very welcoming and open, and obviously passionate about what they are doing.”

“Gets you excited about all of it. Like that you can help other families know what to do with their kids. “

“It’s a very easy thing to do really...only three times a year, there is free parking, childcare and food provided. For me it is no problem.”



# Health Leaders and Policy Makers



# Agriculture Leaders and Policy Makers



**vineland**  
RESEARCH & INNOVATION CENTRE



# Evaluation & Impact of Engaging Leaders and Policy Makers

- Document number of in-person meetings; reports shared; collaborative outcomes
- Determined our age of inclusion
- Helped define our research questions: food skills, early life stress
- Critical for engagement of families
- Informing our end-of-grant KT
- Served as Co-Applicants on grant applications

# Advisory Board





# Novel ways to engage the village

- Creating Healthy Families Together Conference
- Pod casts
- Cookbooks
- Study newsletters
- Friends and Families updates

# iKT facilitators

- Capacity
  - Funding
  - People
  - Training
- Champions
- Researchers and partners are open and committed to collaboration
- Multiple opportunities for interaction and communication
- Engagement from broad sectors
- High level commitment

# Practical tips for iKT

- Put in the time; relationship building is critical
- Build commitment at your institution
- Start small and build on your successes
- Model resilience
- Be responsive to input from partners/knowledge users
- Document and evaluate whenever possible

# Measuring and Evaluating iKT

- Document occurrence, attendance, reach for all iKT approaches
- Use surveys/qualitative interviews to evaluate acceptance and impact
- Do regular check-ins with partners to explore areas for improvement



An aerial, painterly-style illustration of a village. The scene shows a cluster of houses with various roof colors (grey, brown, white) and green trees interspersed throughout. The overall tone is soft and naturalistic. The text is overlaid in the center of the image.

The simple message of It Takes a Village is as relevant as ever:  
We are all in this together.

-Hillary Rodham Clinton

Thank you.  
Questions?

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- Jurkowski JM et al. Engaging low-income parents in childhood obesity prevention from start to finish: a case study. *J Community Health*. 2013;38(1):1-11.
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