GROUP LIFESTYLE TRIPLE P

WHAT IS GROUP LIFESTYLE TRIPLE P?
Group Lifestyle Triple P is an adaptation of Level 4 Group Triple P and is a multi-component intervention for families with overweight or obese children. The aim of the programme is to help parents develop effective strategies for managing their child’s weight by introducing gradual permanent changes to their family’s lifestyle (e.g. healthier family eating, increased physical activity). Group Lifestyle Triple P consists of ten 90-minute group sessions and four telephone support calls.

WHO IS IT FOR?
Parents who benefit are those who have children aged between 5 and 10 years and are concerned about their child’s weight and activity level. Parents need to be able to commit to up to 6 months of regular contact and be willing to make changes in their whole family’s lifestyle.

WHAT IS COVERED IN SESSIONS WITH PARENTS?

**Session 1: Preparing for change**
This session covers working as a group, what ‘overweight’ means, how it can be treated, readiness for change, and keeping track.

**Session 2: Increasing self-esteem and understanding nutrition**
During this session, parents learn about increasing their child’s self-esteem, changing eating behaviours, food groups, nutrients, daily food serves, and nutrition goals.

**Session 3: Encouraging healthy behaviour and understanding physical activity**
During this session, parents will learn to encourage healthy behaviour, trying new foods, the importance of physical activity, how to set physical activity goals, increase incidental activity, and reduce sugar intake.

**Session 4: Using rewards and modifying recipes**
This session covers motivating children to be healthy, the different types of fat, and how to reduce fat intake.

**Session 5: Limiting sedentary activity and reading food labels**
During this session, parents will learn to reduce television and computer time, prevent problem behaviour, and understand food labels.

**Session 6: Playing active games**
This session covers increasing energetic play.

**Session 7: Providing healthy meals and snacks**
During this session, parents will learn how to manage hunger and overeating, prepare healthy food, and increase involvement in sport and other activities.

**Session 8: Managing problem behaviour**
During this session, parents will learn how to manage problem behaviour, develop parenting routines, and prepare for the weekly telephone sessions.

**Session 9-10: Using Lifestyle Triple P strategies**
These telephone consultations will provide the parent with an opportunity to update the practitioner with their family’s progress and discuss any issues.

**Session 11: Planning ahead**
During this session, parents will learn about family survival tips, high-risk situations, planned activities, and prepare for fortnightly telephone sessions.

**Session 12-13: Using planned activities**
These telephone consultations will provide the parent with an opportunity to update the practitioner with their family’s progress and discuss any issues.

**Session 14: Programme close**
Parents return for a final group session to review progress, look at ways to maintain the healthy changes, plan for the future, and to bring closure to the programme.

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?
In addition to consultations, the practitioner should allow time for preparing for the sessions and supervision. Please see the table below for an approximate delivery guideline time for each group.

<table>
<thead>
<tr>
<th>CONSULTATION TIME</th>
<th>15 hours (90 mins per session for 10 weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE AND POST ASSESSMENTS - QUESTIONNAIRE SCORING AND FEEDBACK*</td>
<td>5 hours (10 families on average per group)</td>
</tr>
<tr>
<td>TELEPHONE SUPPORT OR HOME VISIT</td>
<td>20 hours (10 families, 30 mins each week for 4 weeks)</td>
</tr>
<tr>
<td>SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION</td>
<td>10 hours</td>
</tr>
<tr>
<td>CASE NOTES AND REPORT WRITING**</td>
<td>5 hours</td>
</tr>
<tr>
<td>TOTAL TIME</td>
<td>55 hours per group</td>
</tr>
</tbody>
</table>

*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

**Not including comprehensive reports for government agencies.
**WHAT RESOURCES DO PARENTS RECEIVE?**
Each family receives a copy of the Every Parent’s Group Lifestyle Workbook, and Lifestyle Triple P Active Games Booklet.

Please see the table below for the expected programme resources required when Triple P is adopted as part of core business.

<table>
<thead>
<tr>
<th>NUMBER OF INTERVENTIONS PER YEAR</th>
<th>2 groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUMBER OF FAMILIES PER INTERVENTION</td>
<td>10 families per group</td>
</tr>
<tr>
<td>RESOURCES PER FAMILY</td>
<td>1 x Every Parent’s Group Lifestyle Workbook 1 x Lifestyle Triple P Active Games Booklet</td>
</tr>
<tr>
<td>TOTAL NUMBER OF FAMILIES</td>
<td>20 families</td>
</tr>
<tr>
<td>TOTAL RESOURCES PER YEAR</td>
<td>20 x Every Parent’s Group Lifestyle Workbook 20 x Lifestyle Triple P Active Games Booklet</td>
</tr>
</tbody>
</table>

**WHAT IS INVOLVED IN PROVIDER TRAINING?**
To provide Group Lifestyle Triple P to families, practitioners must have completed an approved active skills training programme and demonstrated their knowledge and competence in programme delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support.

<table>
<thead>
<tr>
<th>NUMBER OF TRAINING DAYS (9.00AM - 4.30PM)</th>
<th>3 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE- ACCREDITATION DAY (9.00AM - 4.30PM)</td>
<td>1 day</td>
</tr>
<tr>
<td>PREPARATION TIME FOR ACCREDITATION DAY</td>
<td>4-6 hours (quiz and competency preparation)</td>
</tr>
<tr>
<td>ACCREDITATION DAY</td>
<td>Half day</td>
</tr>
<tr>
<td>PEER SUPPORT</td>
<td>2-3 hours (hourly meetings per month)</td>
</tr>
<tr>
<td>TOTAL TIME</td>
<td>6 days</td>
</tr>
</tbody>
</table>

**DO PRE-REQUISITES APPLY?**
No Triple P Pre-requisites apply. However, it is desirable that practitioners have some knowledge of child development, physical science and food nutrition to undertake this training.

**WHAT ARE THE PROVIDER LEARNING OUTCOMES?**
- Monitoring child growth using height, weight and BMI (Body Mass Index)
- Assessing child and family functioning
- Strategies for promoting generalization and maintenance of behaviour change
- Use of active skills training strategies in a group format
- Group dynamics and common process issues
- Telephone support consultations with parents
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

**WHAT RESOURCES DO PRACTITIONERS RECEIVE?**
Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Every Parent’s Survival Guide [DVD].