

Evidence to Action Toolkit

Evidence, programs and practical resources to help policymakers, practitioners and organisations promote healthy growth and prevent obesity in early childhood

Evidence-based programs and decision support tools

INFANT: An evidence based program to support families with feeding, play, sleep and parental wellbeing from pregnancy to 18 months of age. It can be delivered by trained health or early years professionals via groups sessions or discussion of key messages individually with families with content reinforced by a mobile phone app.



Healthy Beginnings: An evidence based early childhood health promotion program that supports parents and families from pregnancy through the first years of life. It provides guidance on infant feeding, nutrition, sleep, active play, parental health and healthy growth, and has been delivered through home visits, telephone support, SMS and digital resources.



Child Health Evidence Hub: Comprehensive child health evidence library designed to support the use of evidence into policy and practice to improve the health of children under 5 years of age in Australia, including interactive planning and budgeting tool, and evidence from the TOPCHILD Collaboration.



EPOCH-Translate evidence for policy and investment

Four concise Evidence Briefs on why and how to prevent obesity in early childhood.



Health Economic models to predict future costs and benefits of early childhood obesity prevention and generate evidence of cost-effectiveness.



Commentary: 'Family-focused programs are important, but not enough.'
What the latest evidence means for programs, services and wider policy action.



Practitioner training, resources and evaluation tools

Enrol in INFANT self-paced online training for health and early years professionals to learn how to integrate key feeding and play messages into practice.



Watch the Karitane webinar series for practical guidance on nutrition and healthy growth in early childhood.



Access Healthy Beginnings milestone-based checklists and complementary resources for parents and health professionals to support healthy growth and development in the early years.



Quickly and robustly measure food intake, diet quality and obesity-related behaviours across childhood with these brief evaluation tools.



Resources for parents and caregivers

INFANT app, booklets and videos for practical guidance on infant feeding and active play (available in English and 6 translated languages).



Healthy Beginnings parent videos to learn about early childhood nutrition.



Healthy Beginnings information sheets and parent booklets to guide healthy behaviours from birth to baby's first birthday (English, Chinese and Arabic).



Find out more and stay connected

INFANT Contact A/Prof Rachel Laws, r.laws@deakin.edu.au

Healthy Beginnings Contact Prof Li Ming Wen, liming.wen@health.nsw.gov.au

Child Health Evidence Hub Contact Dr Brittany Johnson, brittany.johnson@flinders.edu.au

Health Economic models Contact Prof Alison Hayes, alison.hayes@sydney.edu.au