

### Supplementary Material

#### **What are health professionals' perceptions of conducting routine growth assessments and lifestyle interventions? A qualitative study involving allied health professionals, nurses and doctors in rural and regional New South Wales**

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## Supplementary Material 1 – focus group questions

### Preamble

I am KD a dietitian by training, now working FT as a researcher in gut health and health education. I am conducting these focus groups on behalf of the research team having worked previously in community nutrition and having experience in qualitative research. I am dialling in from Awabakal country today and would like to start by acknowledging the traditional custodians.

As you are probably aware, in 2018 NSW Health introduced routine growth assessments of children attending any clinical service (other than emergency). You have been invited to today's group because you are a clinician who has contact with children. Today we are here to discuss your experience of implementing these routine growth assessments in your clinical setting and how you feel about it. There are no right or wrong answers to the questions. I suppose it is also important at this stage to note that whilst the results of this project will be shared with the Ministry, the research is not intended to influence policy or Ministry level decisions. The questions asked during this session are on the premise that the policy remains, and therefore we are interested how we can support clinicians in the existing framework.

Today's discussion will be video recorded so that it can be accurately transcribed for analysis and so we know who said what during data analysis. Only investigators directly involved in the research will have access to the video recordings and everything you say will be made anonymous during transcription.

Is everyone OK with the session being recorded? If you have any concerns about what is said, please stay on at the end

Go on mute when you are not speaking, if you want to contribute, unmute and I will know you want to say something

### Questions

1. What do you see as your role in the management of weight issues in children aged from 2 up to 17 years?
2. How do you feel about conducting growth assessments in your clinical setting?
  - Positive aspects and concerns
3. The Ministry of Health recommends that clinicians implement routine height and weight measurements using the 4A approach. The 4As are assess, advise, assist and arrange. The first A (assess) refers to process of measuring the child's height and weight and plotting on the growth chart. The second and third As (advise and assist) refers to "having the conversation"; showing the family the growth chart and advising them of

their child's weight status, providing appropriate resources like the "8 healthy habits" handout and having a conversation about healthy lifestyles. The final A (arrange) is about arranging referrals to other services such as Go4Fun or other relevant health professionals.

I'm interested to hear how you feel about each of these steps and how effectively you implement it in your practice.

It may be useful to go through each step individually:

- "To start with, how do you feel about the assessment i.e. conducting the measurements, entering them into eMR and plotting them on the growth chart?"
- "How do you feel about showing the family the growth chart and advising them of their child's weight status?" (may be worth probing about the language they use if they do it)
- "How do you feel about providing resources and having a conversation about healthy lifestyles?"
- "How do you feel about referring to relevant services?"

4. How have your patients (the children) responded to the process?
5. How have their parents responded to the process?
6. How could you be better supported to implement routine growth assessments?
7. Has anyone had success with "having the conversation", talking about healthy lifestyles and referring to other services like Go4Fun? (including referrals)?
8. Is there anything else you'd like to talk about in relation to routine growth assessments of children?
9. What could make this process work better?

Thanks so much for your time today. A copy of the summary report will be available and we will circulate that to participants who requested it. Please stay on if you would like to debrief.