

Nutrition Recommendation Intervention trialS in children's Healthcare (NuRISH)

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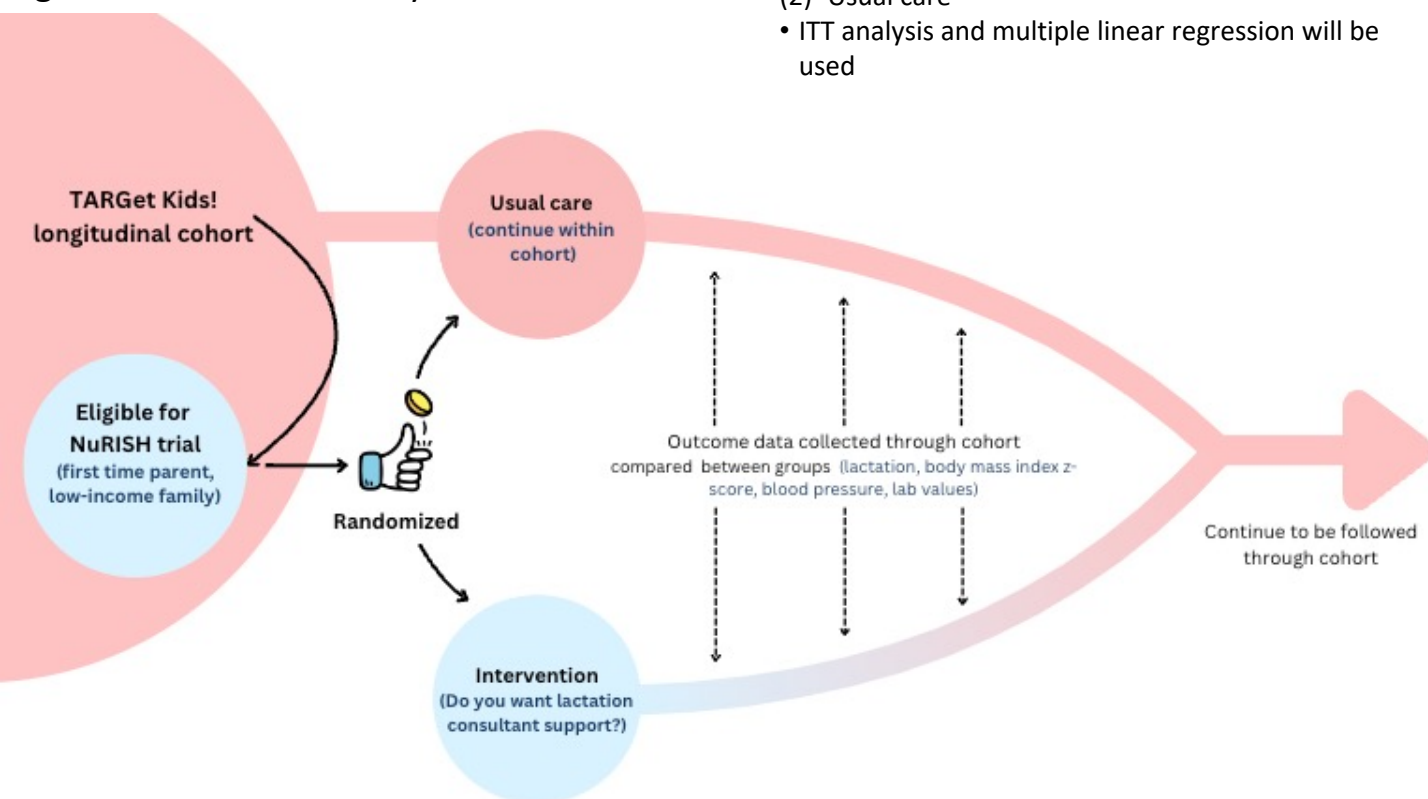
Background

- Breastmilk offers health, economic, and environmental benefits
- The WHO, and the Canada Paediatric Society, recommends exclusive breastfeeding (i.e. nothing but breastmilk) until 6 months of age
- However, these recommendation are met a third of the time in Canada, and less so among low-income families

Methods

- This will be a pragmatic, longitudinal Trials within Cohorts (TwiCs) clinical trial (**Figure 1**)
- This innovative design will leverage the largest primary care research network in Canada called the TARGet Kids! cohort
- 620 first time and low-income parents will be recruited through the TARGet Kids! cohort in the first two weeks of life and randomized to either:
 - (1) Referral to an IBCLC. IBCLCs will meet with families in their homes or clinic weekly for the first 4 weeks and provide phone/video call support to promote exclusive breastfeeding over the first 6 months of life; or,
 - (2) Usual care
- ITT analysis and multiple linear regression will be used

Figure 1. NuRISH trial study schematic



Objectives

To determine if support from an International Board Certified Lactation Consultant (IBCLC), compared to usual care, will increase breastfeeding initiation and exclusivity for 6 months and results in these outcomes at 2 years of age:

- (1) Lower adiposity
- (2) Improved cardiovascular risk factors

Significance

- This trial will have important health policy implications because of the pragmatic design and diverse cohort of families
- There is potential to interrupt the negative cascade of health and economic disparities which children from low-income families experience throughout their life

Acknowledgements

