

HIPS/18/16 – Feasibility of an intervention co-supporting children and fathers in health behaviour change and maintenance following fathers' participation in Football Fans in Training: FFITer families

Reducing inactivity, poor diet and obesity in adults and children is difficult. These behaviours are influenced by several factors, including family circumstances. Efforts to improve family health usually focus on mothers, not fathers, even though men are more often overweight and less likely to take part in weight loss or healthy living programs. We developed a successful weight loss/healthy living program (Football Fans in Training, FFIT) for men, delivered by coaches in football clubs. FFIT is popular and helps men make positive changes to their weight and lifestyles. Our studies have shown that these changes can be long-lasting in some men (we have followed men who have done FFIT up to 3.5 years after signing up). FFIT is being delivered at professional football clubs throughout Scotland, and in England and Germany. After research with FFIT participants and family members, and following demand from participants, clubs and Scottish Government, we have developed a 4week extension to FFIT ('FFITer Families') which aims to: encourage children (and families) to adopt healthy lifestyles; promote positive parent-child communication about diet, physical activity and wellbeing; and improve long term weight loss and positive behaviour changes in men. This study examines how FFITer Families can be improved.