

Behind the Family Wheel in the Face-it project

The Face-it project developed and evaluated a health-promoting intervention targeting women with recent gestational diabetes and their families. The intervention in the Face-it project comprises two health pedagogic tools: The Family Wheel and the Liva App.

Here, you can read more about the development and use of the Family Wheel.

The Family Wheel is an interactive dialogue tool used by the health visitors together with the families to discuss gestational diabetes and healthy habits in the family. The overall purpose of the Family Wheel is to support motivation and behavior based on the resources of the family and their need for support.

The Family Wheel covers five themes:

1. Gestational diabetes
2. Daily routines
3. Food and meals
4. Physical activity
5. Family, friends, and network

The use of the Family Wheel in the Face-it project

In the Face-it project, health visitors, who have been trained in the use of the tool, conduct three home visits to the families during the first year of the child's life. During these visits, the Family Wheel is used to facilitate a dialogue with the families about resources and feasible opportunities for changes within the five themes.

The participating families are asked to use the color scale of green, yellow, and red to assess their current resources within each of the five themes of the wheel by marking a cross (figure 1). If the woman with recent gestational diabetes participates together with a partner, the two are asked to mark the wheel individually. Green indicates sufficient resources and no need for support. Yellow indicates resources and need for support to some extent, and red indicates a great need for support to develop more resources.

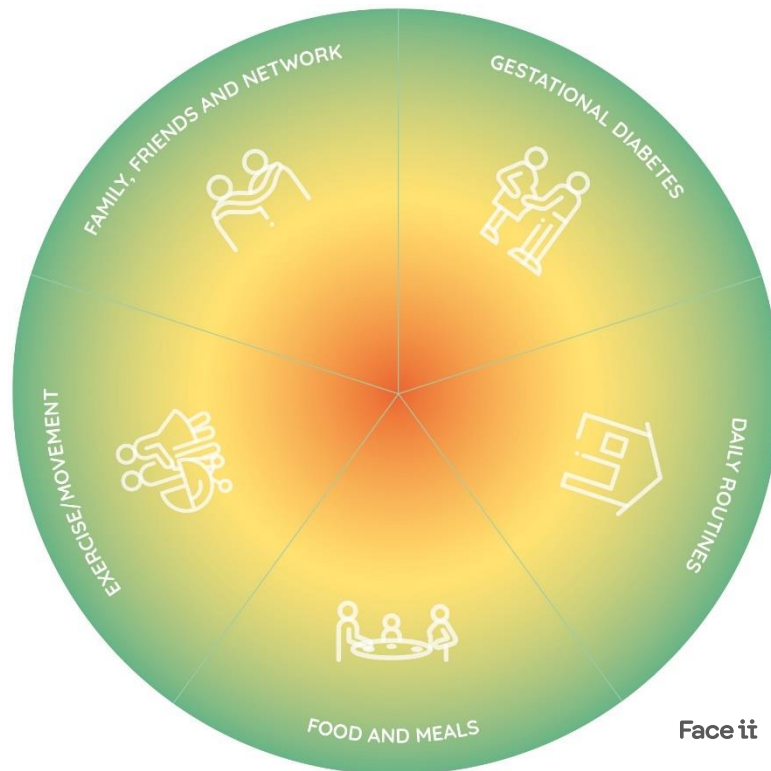


Figure 1. **The Family Wheel in the Face-it project**

The placement of the cross provides both the health visitor and the participating families with insights into where there is a need for support and guidance, as well as possible divergence between the needs indicated by the woman and her partner.

The health visitor has received a manual containing guidance and inspiration and prompts for the conversation. All the themes of the Family Wheel are supposed to be touched upon during each visit, but the intensity should depend on the wished and preferences of the individual family. The family can keep a copy or a picture of the wheel for the next visit.

Development of The Family Wheel

In the development phase of the Face-it intervention, a general concept of the Family Wheel was introduced by the health visitation in Aarhus, where it had been used for vulnerable pregnant women. A specific version of the wheel was then developed and adapted in a co-creation process to be tailored to families where the mother had a history of gestational diabetes. The Family Wheel and the accompanying manual were tested and adjusted together with families and health visitors with the aim of ensuring that it could support the health visitors' conversation with new families about prevention and health promotion in relation to type 2 diabetes and general well-being. This meant, among other things, that the theme of gestational diabetes was added to the wheel to address the need to:

- i. Talk about the experience of getting the diagnosis gestational diabetes and the treatment of this
- ii. Expand the experiences of maintenance or change of habits in the families
- iii. Contribute to a greater knowledge about reducing the risk of type 2 diabetes

The manual was based on existing evidence and social-psychological theories, and further adapted to the competencies and experiences of the health visitors.

Training of Face-it project health visitors

The 12 project health visitors received four training days (16 hours in total) where they received training for the intervention and were involved in iterative testing and adaptation of the Family Wheel and manual. The training days consisted of lessons, training, role-playing, and knowledge sharing. The training program was based on problem-based and participant-driven learning where the health visitors selected a range of challenges that they wanted to work.

The training days were supplemented with ongoing opportunities for feedback among the health visitors in the project and additional educational days with topics based on the feedback and wishes from the health visitors.

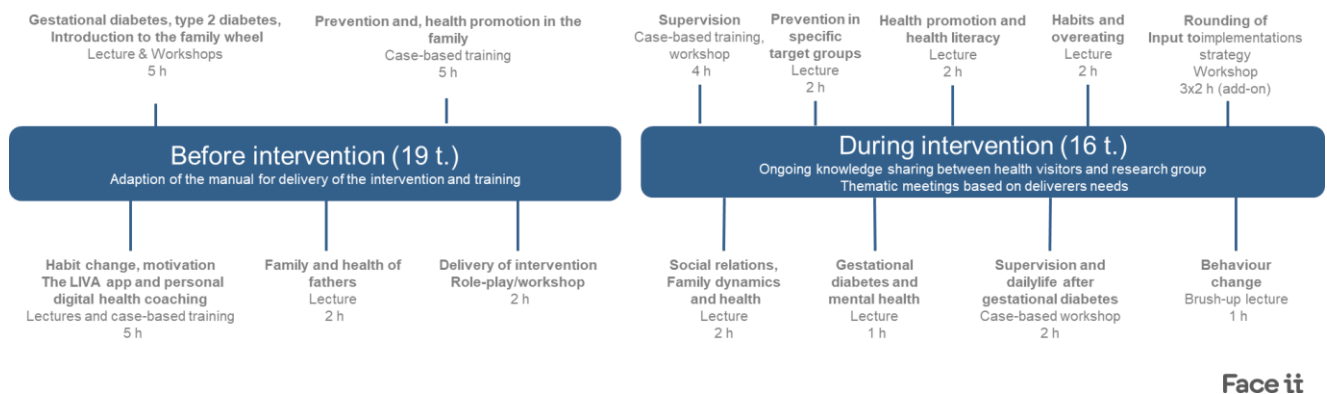


Figure 2. Training course for health visitors and digital health coaches in the Face-it project

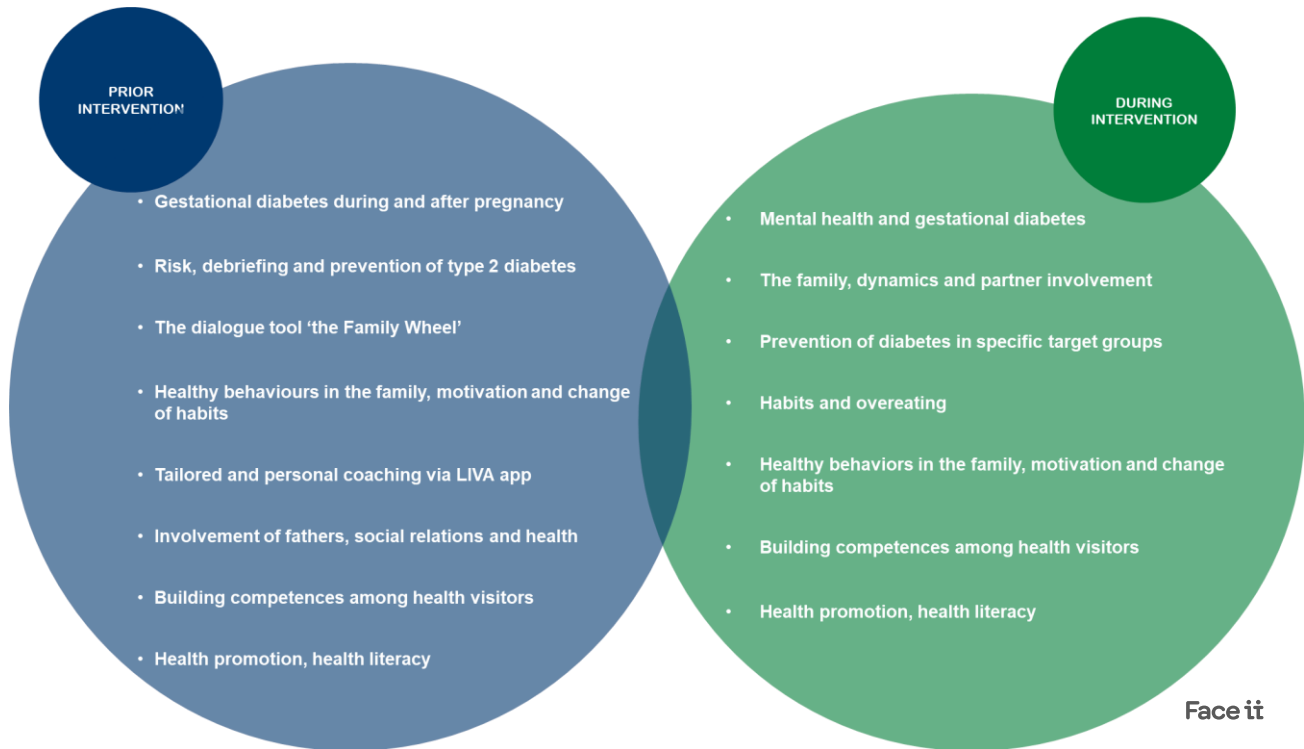


Figure 3. Themes during the training course for health visitors and health coaches in the Face-it project

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References

- The website of the Face-It project: <https://www.faceit-info.dk/>
- Paper about the development of the Face-It project: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-021-11655-2>
- About the Face-It-project in the Danish diabetes magazine – A health-promoting family-based intervention (p. 38-44): https://diabetes.dk/media/aird1cng/diabetes-behandler-juni-2020_web.pdf