

# ABSTRACT SUBMISSION AIC 2016: #110

## 1. Title:

An intervention to improve nutrition guideline compliance in childcare

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## 3. Key words:

Nutrition guidelines, implementation, childcare, diet

## 4. Abstract text:

### a. Background and aims

Childcare services represent an attractive setting for healthy eating, however, it is estimated that only 5% of Australian childcare services provide food that is consistent with nutrition guidelines. There is limited research into how to best support childcare service cooks to provide food consistent with sector specific nutrition guidelines. The primary aim of this study is to assess the effectiveness of a multi-strategy childcare-based intervention in improving compliance with nutrition guidelines in long day care services.

### b. Methods

This study was conducted in random sample of 52 long day care services in the Hunter Region of NSW. Services were randomly allocated to a 6-month implementation intervention. The intervention was designed utilizing the theoretical domains framework and consisted of a number of intervention strategies including securing executive support, provision of staff training, provision of resources, audit and feedback and ongoing support. To assess the effectiveness of the intervention, comprehensive two week menu reviews were completed by a dietitian at baseline and post-intervention.

### c. Results

Follow-up data for the trial outcome will be collected in July 2016. We will present the preliminary results of the primary outcome: the change in prevalence of long day care services compliant with the nutrition guidelines.

### d. Conclusion

This trial will provide strong evidence to advance implementation research in this setting. Strengths of the study include the randomised controlled trial design, the application of the theoretical domains framework for intervention design and blinding of the dietitian assessing compliance to nutrition guidelines.