

ABSTRACT SUBMISSION AIC 2016: #67

1. Title:

Impact of education materials on nutrition guideline implementation

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3. Key words:

Randomised controlled trial, childcare service staff, nutrition guideline implementation, intervention

4. Abstract text:

a. Background and aims

Childcare services represent a key setting to implement nutrition guidelines to improve child public health nutrition. While education materials are frequently used as a support strategy to improve implementation, the impact of such materials on staff intention and behaviour is unknown. This study aimed to examine the impact of providing printed education materials on childcare service cooks intentions to use nutrition guidelines and provision of fruit and vegetables on their menu.

b. Methods

A post-intervention only, randomised controlled trial was undertaken with 77 childcare services in one Australian state (38 control and 39 intervention). Intervention services were mailed a two-page education material together with a menu planning checklist. The development of the materials was informed by the theory of planned behaviour (TPB). A telephone interview conducted with service cooks was undertaken to assess intentions to use guidelines; and serves of fruit and vegetables provided on menus, as well as other constructs of the TPB.

c. Results

Staff in the intervention arm reported having significantly higher intentions to use the guidelines (p-value: 0.0005), accompanied by significant changes in perceived behavioural control (p-value: 0.0008) and attitudes (p-value: 0.0071). The intervention did not significantly improve the number of serves of fruit (p-value: 0.7278) and vegetables (p-value: 0.0573) provided in childcare centres.

d. Conclusion

The use of printed education materials can improve childcare service staffs' intentions to use nutrition guidelines however, as a standalone strategy may not improve childcare provision of food.