

AN ASSESSMENT OF THE SCHOOL ENVIRONMENT TO EVALUATE THE IMPACT OF AN AWARD PROGRAM IN PRIMARY SCHOOLS

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Kids – ‘Go for your life’ program

• The Kids – ‘Go for your life’ Program aims to reduce the risk of overweight and obesity in Victorian children by improving both the environments they spend time in and their healthy eating and physical activity behaviours.

• KGFYL supports Victorian child care and education settings to promote healthy eating and physical activity to children and their families through an Award Program.

Overall Hypothesis for the evaluation

Question of interest:

‘What difference does the Award Program have on childhood healthy eating and physical activity and, therefore, their risk of overweight and obesity?’

⇒ Settings evaluated will be primary schools, kindergartens, family day care and long day care.



Aim of this study

• To determine the effect of the Kids – ‘Go for your life’ (KGFYL) award program on Victorian Government primary schools and the children and families attending these schools



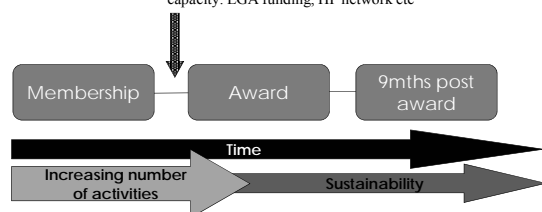
Design

- Mixed Methods
- Cross Sectional Evaluation
- Random Sample Selection
- No control site due to state-wide rollout of Award Program



Sample Selection:

Length of time to award influenced by local capacity: LGA funding, HP network etc



Recruitment

- Sample including metro, regional & rural schools
- Intensive recruitment
- Complete data collection within 1 school term



Data Collection

	Primary Schools	Kindergartens	Family Day Care	Long Day Care
Environment Assessment	✓	✓	✓	✓
Lunch Box Survey		✓	✓	
Parent/Carer Questionnaire	✓			
Focus Groups		✓	✓	
Economic Evaluation	✓			



Survey Instrument

Environmental questionnaire

Policy, socio-cultural and physical aspects of the environment, staff capacity, children's nutrition and PA-related behaviours in the setting, and the health promotion activities implemented towards achieving each of the areas of the KGFYL award



Primary School Sample

Awarded Status	Number of Schools	%
Member	20	37
Awarded ≤9 months	17	31
Awarded >9 months	17	31

Data was collected from a total of 54 schools (20 member (those that are enrolled in the program), 17 award status ≤9 months, 17 award status >9 months).

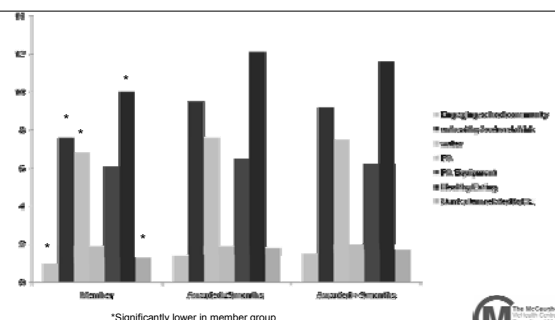


Top Line Results: School Environment

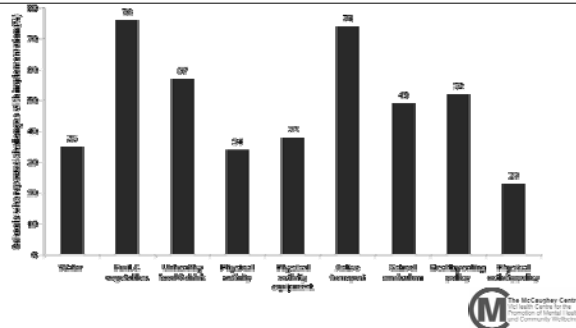
- ↑ staff ratings of school's level of priority for HE, and the school's policies and practices for the promotion of HE in award status schools, ↑↑ in those >9 months post award
- ↑ adoption of policies related to HE and PA in award status schools



Top Line Results: Health Promotion Activities implemented



Top Line Results: School Challenges with Implementation



Summary

- Overall, there is strong evidence that significant improvements are made to the school environment (policy, economic, physical, socio-cultural) in order to achieve the KGFYL award and that these improvements are maintained and sometimes extended after the award is achieved.



Implications

- Bringing about changes that support improvements in children's health requires long term strategies, and monitoring of progress towards desired outcomes.
- In this context, there is strong supportive evidence that changes are being made the longer the program has been in place, and these changes appear to be sustainable over this time period.

