

## Kids - 'Go for your life'

TAP INTO WATER EVERYDAY

PLANT FRUIT & VEG IN YOUR LUNCHBOX

LIMIT 'SOMETIMES' FOODS

MOVE, PLAY AND GO

TURN OFF, SWITCH TO PLAY

STRIDE AND RIDE

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## Kids - 'Go for your life' Award Program

Healthy schools and early years services - Award Program -

- Support and training for staff
- Health professionals
- Social marketing
- Info for families
- Local government funding and support

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## Aim of the evaluation

- To determine the experience and impacts of the Kids - 'Go for your life' Awards Program on schools, early childhood services and families within these settings

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## Design

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

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## Sample Selection:

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

Membership → Award → 9mths post Award

Time

Increasing number of activities Sustainability

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## Data collection - Kindergartens

- Environment assessment
- Lunch box audit
- Focus groups

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## Survey instruments

### Environmental questionnaire

- Policy, socio-cultural and physical aspects of the environment, staff capacity, children's nutrition behaviours in the setting, and the health promotion activities implemented towards achieving each of the areas of the Kids – 'Go for your life' Award



Data was collected from a total of 36 kindergarten (15 member (those that are enrolled in the program), 21 reaching award status

Awarded Status	Number of Kindergartens	%
<i>Member</i>	15	42%
<i>Awarded</i>	21	58%
<i>Total</i>	36	100%



## Top line results: environments

- Significantly ↑ proportion of awarded kindergartens:
  - Provide a copy of their nutrition policy to parents
  - Have nutrition policies that restrict sweet drinks, and promote fruit and vegetables
  - Have a written PA policy



- Increased communication with parents to about children's HE and PA through the use of:
  - Temporary visual displays
  - Newsletters
  - Information sessions/workshops for parents



- A significantly lower percentage of awarded kindergartens reported lack of resources as a barrier to active play
- Overall, staff in awarded kindergartens perceived fewer barriers to promoting HE and PA



## Food survey

- In awarded kindergartens at snack time
  - ↑ children with water ( $p < 0.05$ )
  - ↑ children with vegetables ( $p = 0.06$ , n.s.)
  - ↓ children with packaged snacks ( $p = 0.07$ , n.s.)compared to member kindergartens



## Summary

- Significant improvements are made to healthy eating and physical activity within the kindergarten environment to achieve the Kids – 'Go for your life' Award
- The changes are often implemented through policy, which creates sustainable changes



## 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



## Kids – 'Go for your life'

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