

# Munch and Move

Preventing overweight and obesity in early childhood



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# Background



- **20% of preschool aged children overweight**
- **Health behaviours learned in early childhood can persist throughout life**
- **Child care centres offer an effective intervention point**



# Two components:

- **Physical activity**
  - Improve movement skills
  - Increase physical activity engagement after preschool
  - Reduce sedentary behaviours
- **Healthy Eating**
  - Increase fruit and vegetables
  - Decrease energy dense nutrient poor (“junk”) foods
  - Replace sweet drinks with water

# Multi-strategic approach



- **Policy**
- **Skill development**
- **Attitude**
- **Environment**



# Physical Activity Component

- Program in PA time
- Structured FMS sessions
- Work with staff & parents

# Healthy eating component



- **Parent workshops**
- **Staff manual**
- **Clear lunchbox policy**
- **Kids sessions- growing cooking and taste testing!**

# Evaluation



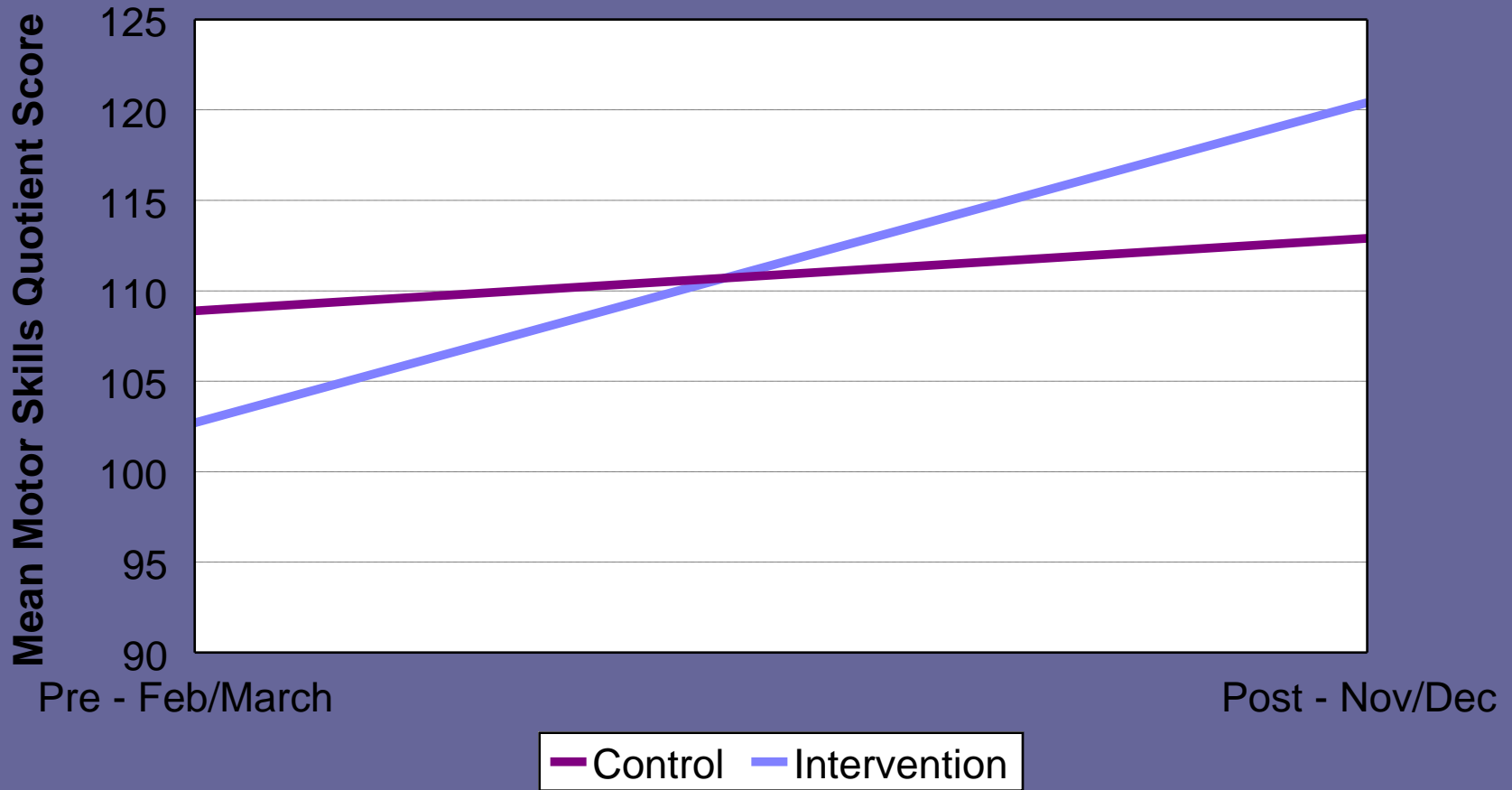
- **2006, 2007: 18 intervention and 13 control preschools**
- **Pre and Post intervention surveys in intervention and control preschools**

# Evaluation Instruments

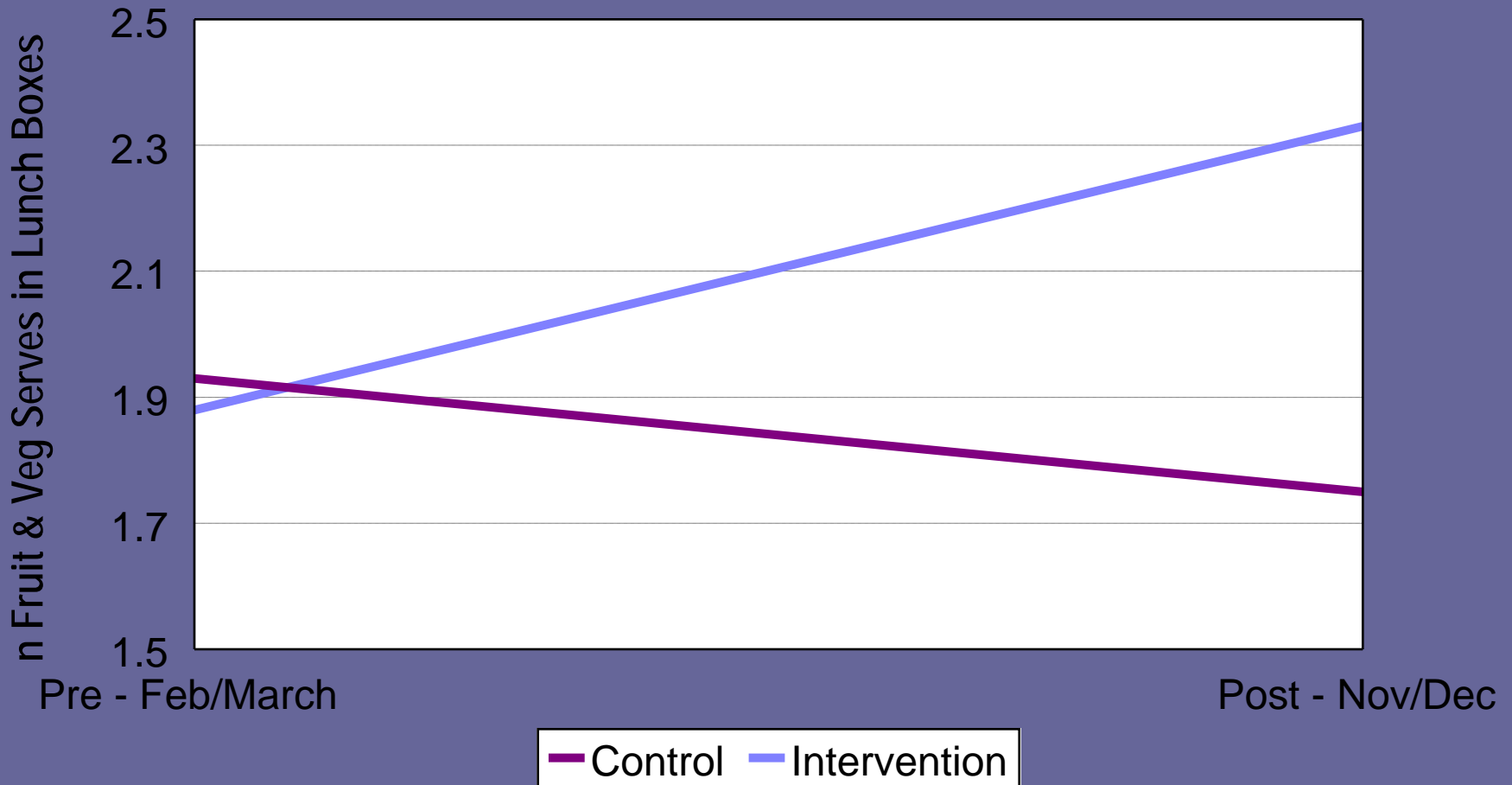


- **Parent survey**
- **Anthropometric measurements (BMI, waist)**
- **FMS testing**
- **Lunch Box audits**
- **Director interviews, policy and playground layout audits**

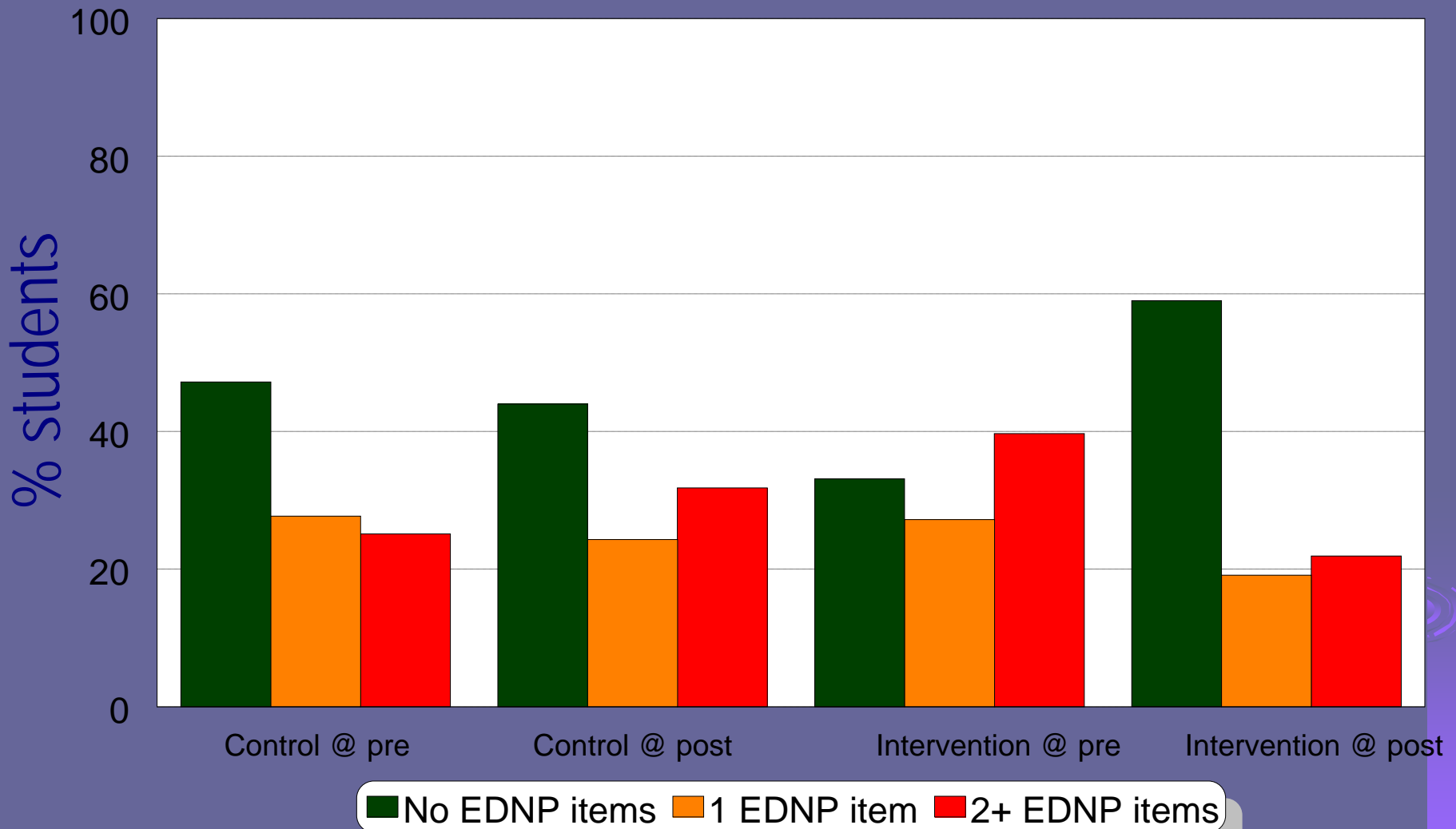
# Changes in FMS



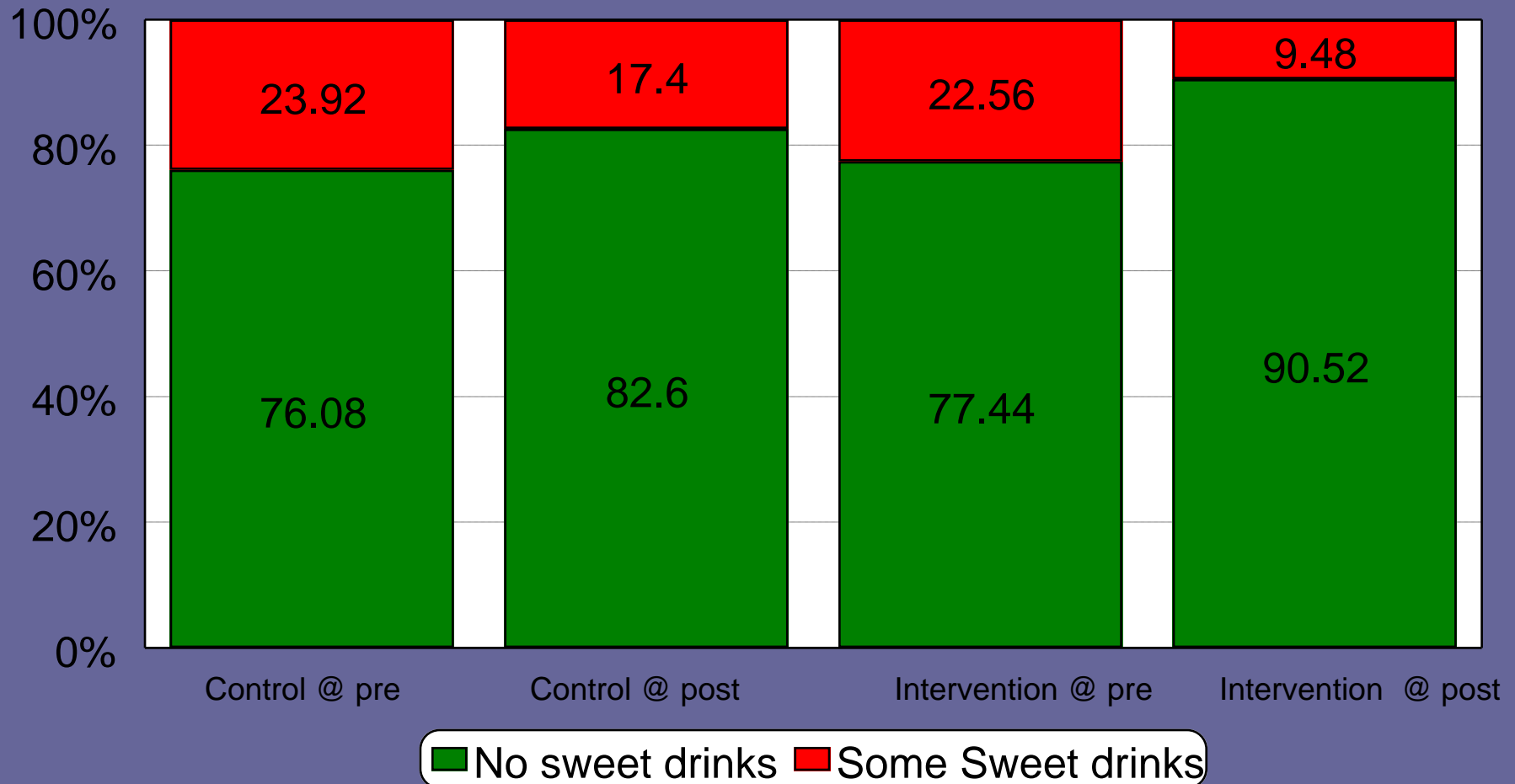
# Fruit & Veg in lunchboxes



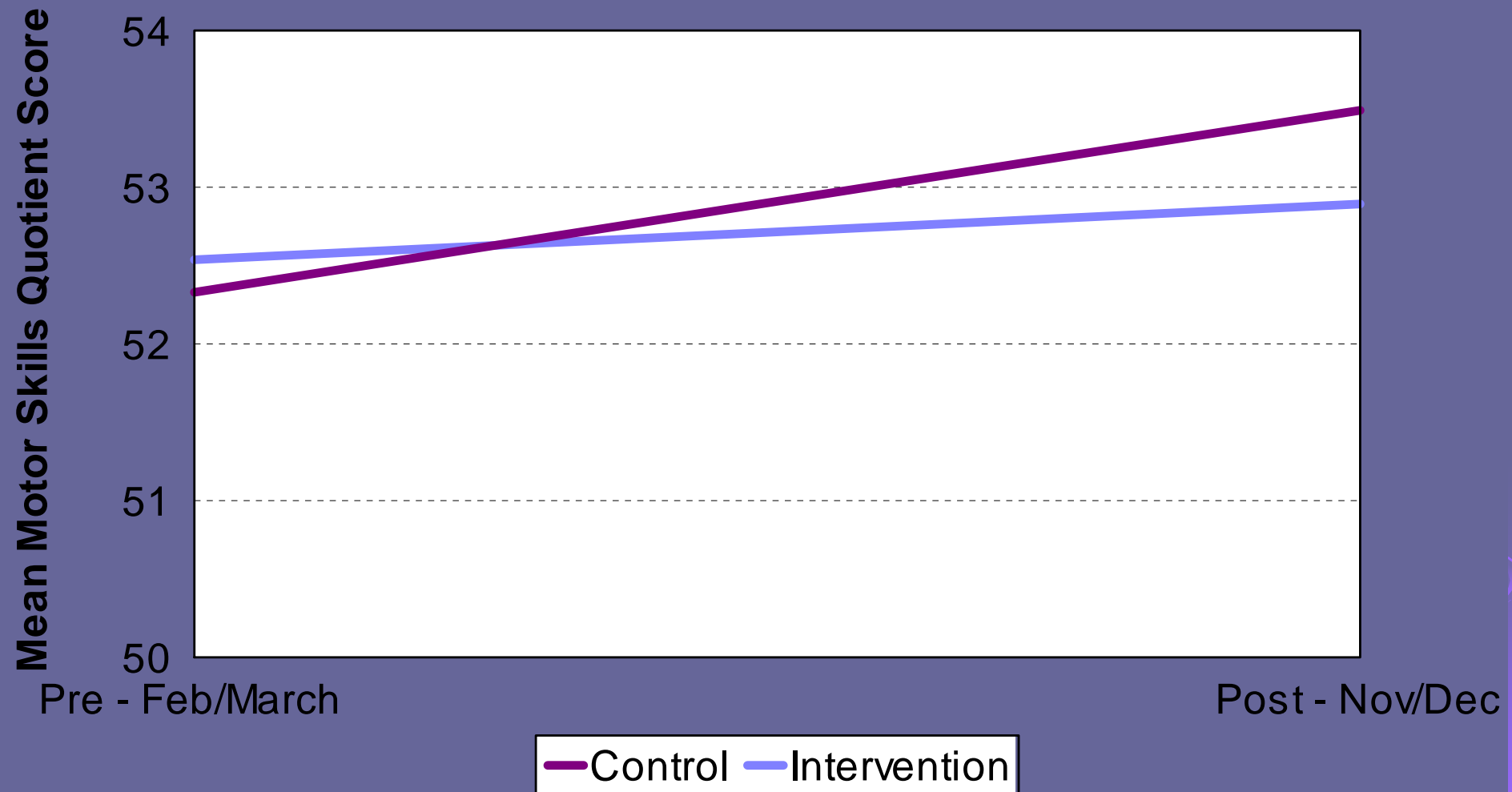
# EDNP (junk) food in lunch boxes



# Changes in sweet drinks



# Changes in waist circumference



# What now?



- **Further analysis of data, especially of the effect on overweight and obesity**
- **Program now being ‘rolled out’ to all child care centres in NSW**
- **Nominated as Best Practice program for National Community Based Obesity Prevention Review.**

# Thank you!



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## See website

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