

Evaluation of the effectiveness and implementation of the integrated Healthy Childcare approach

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Participation in Healthy Childcare improve knowledge, skills, attitude and behavior of child daycare providers, compared to daycare providers working in a non-Healthy Childcare organisation Healthy Childcare has a positive effect on (un)healthy...

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27787

Bron

NTR

Verkorte titel

HEALTHY CHILDCARE

Aandoening

Overweight, Obesity, Prevention, skin cancer, safety, substance abuse, sleeping problems, psychological problems, emotional wellbeing, sexual development.

Ondersteuning

Primaire sponsor: TNO, department of Child Health, The Netherlands, Hogeschool van Amsterdam

Overige ondersteuning: ZONMw, The Netherlands Organization for Health Research and Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main study parameter is the change in knowledge score as measured in the questionnaires for daycare providers. This will be measured during the pre-test and post-test. The questionnaire for daycare providers will consist of background characteristics and questions on knowledge (primary outcome), skills, attitude and (modeling) behavior of daycare providers (secondary outcomes) on each health theme.

The questionnaire is based on the CFAPQ questionnaire (Gubbels et al., 2016) which was adapted and used in the PreSchool@HealthyWeight project (Toussaint, 2019). Because this questionnaire mainly focusses on food/activity-related practices, we adapted and extended the questionnaire to include items on all 11 health themes. The adaptations are based on (inter)national questionnaires, e.g. of the Early Learning Healthy Teacher Program and the Toybox teacher questionnaire (Sharma et al., 2019; Manios et al., 2014; Mouratidou et al., 2014).

Toelichting onderzoek

Achtergrond van het onderzoek

IMPROVING CHILD HEALTH THROUGH AN INTEGRATED APPROACH

The aim of Healthy Childcare is to improve the health of children in child daycare and after school care settings through an integrated approach. In order to achieve this aim, Healthy Childcare coaches receive an intensive train-the-trainer and are tasked with implementing the Healthy Childcare approach in their organization by systematically adapting policies, planning actions, educating daycare providers and evaluating the Healthy Childcare approach within their organization.

Healthy Childcare focusses on children in daycare (0-4 years old, including preschools and "VVE" schools) and after school care (4-12 years old) and aims to improve a healthy lifestyle through eleven health themes: nutrition, physical activity, experiencing nature, daily routines and sleeping, sexual development, physical safety, social-emotional development, healthy media use, substance use (4-12 years only), hygiene and sun protection.

The change towards healthier childcare on each theme is achieved through planning, implementing and evaluating actions on four pillars:

1. Policy making and keeping the policy up to date
2. Education and development of new skills for daycare providers
3. Adapting the social and physical environment
4. Identifying risk factors at an early stage.

Healthy Childcare is being implemented since 2016 and is well received by daycare providers. Currently 627 Healthy Childcare coaches have been trained and 459 child daycare organizations and after school care organizations are implementing the Healthy Childcare

approach. The train-the-trainer course for the second half of 2019 was again fully booked. During intervision workshops Healthy Childcare coaches report implementation and behavior change success stories. However, no research has been performed to evaluate the effectiveness of Healthy Childcare.

AIM

The aim of this project is to study the effectiveness and implementation of the Healthy Childcare integrated approach. Our research questions are:

IMPLEMENTATION RESEARCH

1. How is Healthy Childcare implemented in practice and is this as intended (implementation fidelity).
2. What are the barriers and facilitating factors for implementation, and how can (implementation of) Healthy Childcare be improved?

EVALUATION OF EFFECT

3. Does participation in Healthy Childcare improve knowledge, skills, attitude and behavior of child daycare providers?
4. Does Healthy Childcare have a positive effect on (un)healthy practices in child daycare, on 11 health themes?

METHODS

In this project we will perform the following activities:

1. Making core elements and activities explicit (WP1)
2. Providing standardized training of Healthy Childcare coaches (WP2)
3. Assessing treatment delivery by Healthy Childcare coaches (WP3)
4. Assessing treatment receipt by daycare providers (WP4 and 5)
5. Assessing treatment enactment by daycare providers (WP5).

For this, a cluster RCT with a pre- and posttest in an intervention and control group will be performed at child daycare and after school care settings. Questionnaires for child daycare providers, Healthy Child Care coaches and managers will be developed and observations in child daycare centers will be performed.

EXPECTED RESULTS

This project is the first effect evaluation of Healthy Childcare. With the results of this project we aim to enter the database of effective interventions at the level of “first indications for effectiveness”.

Deliverables:

1. List of core elements and activities and their corresponding parts in the train-the-trainer
2. Evaluation of treatment delivery (protocol and report)
3. MIDI questionnaire and dataset
4. Daycare providers questionnaire and dataset
5. Observation protocol and dataset
6. Data management plan
7. Report on the implementation and effectiveness of Healthy Childcare, including

recommendations

8. Submission of Healthy Childcare to the RIVM database of effective interventions.
9. Implementation plan
10. Short study description in attractive format
11. Concept scientific article

Doel van het onderzoek

Participation in Healthy Childcare improve knowledge, skills, attitude and behavior of child daycare providers, compared to daycare providers working in a non-Healthy Childcare organisation

Healthy Childcare has a positive effect on (un)healthy practices in child daycare, on 11 health themes.

Onderzoeksopzet

May-September 2021: recruitment phase

September- December 2021: Pretest:

a. Questionnaire, incl. primary and secondary outcomes: based on the adapted version of the CFAPQ for daycare providers (Gubbels et al., 2016 and Toussaint, 2019) and on (inter)national questionnaires, e.g. of the Early Learning Healthy Teacher Program and the Toybox teacher questionnaire (Sharma et al., 2019; Manios et al., 2014; Mouratidou et al., 2014;

b. Observations (secondary outcome): An observation protocol is being developed based on the studies of Gubbels et al., (2015;2010).

October 2021 - January 2022: Start intervention

September-December 2022: Posttest

a. Questionnaire, incl. primary and secondary outcomes: based on the adapted version of the CFAPQ for daycare providers (Gubbels et al., 2016 and Toussaint, 2019) and on (inter)national questionnaires, e.g. of the Early Learning Healthy Teacher Program and the Toybox teacher questionnaire (Sharma et al., 2019; Manios et al., 2014; Mouratidou et al., 2014;

b. Observations (secondary outcome): An observation protocol is being developed based on the studies of Gubbels et al., (2015;2010).

c. Questionnaires for managers and Healthy Childcare coaches on the implementation of Healthy Childcare, based on the MIDI questionnaire (Fleuren et al. 2014) and the monitor (www.monitorgezondekinderopvang.nl).

Onderzoeksproduct en/of interventie

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The change towards healthier childcare on each theme is achieved through planning, implementing and evaluating actions on four pillars:

1. Policy making and keeping the policy up to date
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Healthy Childcare is being implemented since 2016 and is well received by daycare providers. Currently 627 Healthy Childcare coaches have been trained and 459 child daycare organizations and after school care organizations are implementing the Healthy Childcare approach. The train-the-trainer course for the second half of 2019 was again fully booked. During intervision workshops Healthy Childcare coaches report implementation and behavior change success stories. However, no research has been performed to evaluate the effectiveness of Healthy Childcare.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

In order to be eligible to participate in this study, a childcare organizations must meet all of the following criteria:

- The childcare organisations is on the waiting list for the train-the-trainer “Een Gezonde Start”.
- Childcare organizations takes care of children aged 2-12.
- The aspiring Healthy Childcare coach must meet the criteria set by “Een Gezonde Start”, which are:

Educational requirements, experience and competencies:

- a. At least MBO4-level diploma
- b. Demonstrable experience with teaching/training daycare providers
- c. Ability to train groups using interactive methods
- d. Being able to supervise processes (having an eye for the process of change in practice, the process in the group and the process of the individual, and being able to respond to this).
- e. Being able to give feedback from a positive approach
- f. Demonstrable experience with coaching and supervision (of daycare providers)

And have the following competencies:

- g. Quality oriented
- h. Customer-focused
- i. Being able to enthuse
- j. Communicative skills
- k. Environmentally conscious, broadly interested in developments within and outside their own field and use this knowledge in their work.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A childcare organizations who meets any of the following criteria will be excluded from participation in this study:

- Childcare organizations that already have a Healthy Childcare coach
- Childcare organizations working with in-home daycare providers (“gastouders”)

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	02-03-2020
Aantal proefpersonen:	180
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

Toelichting

Once the project has ended, our project data will be accessible for further research and verification after an embargo period, i.e. after publication in a scientific journal.

The following de-identified data will be made available after the study:

Survey data on 11 topics: Nutrition, physical activity, nature, daily routines, socio-emotional development, media use, safety, hygiene, substance use, sexual development and sun protection.

Observations data on 11 topics: Nutrition, physical activity, nature, daily routines, socio-emotional development, media use, safety, hygiene, substance use, sexual development and sun protection.

The data of this project will be findable for subsequent research by using a data repository for the publication of data (e.g. the Data Archives Networked Services, DANS). At the end of the project, a persistent identifier will be generated as a permanent link to the data (DOI code), making the dataset traceable and citable.

We will draft a set of terms of use with the help of a legal advisor. For example, data will be made available on request, but may be restricted depending on whether the data has been published in a scientific article, purpose of usage and depending on handlings fee.

Ethische beoordeling

Positief advies	
Datum:	15-03-2021

Soort:

Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL9406
Ander register	ZonMw project number : 555002009

Resultaten

Samenvatting resultaten

Toussaint, N., Streppel, M. T., Mul, S., Schreurs, A., Balledux, M., van Drongelen, K., ... & Weijs, P. J. (2019). A preschool-based intervention for Early Childhood Education and Care (ECEC) teachers in promoting healthy eating and physical activity in toddlers: study protocol of the cluster randomized controlled trial PreSchool@ HealthyWeight. *BMC public health*, 19(1), 278.