



NCOIS Internal News – February 2021

Welcome to the February edition of the NCOIS internal newsletter. As always, if you have news to share please email the [Centre Manager \(Meg\)](#).

CENTRE NEWS

Research update

National survey of childcare services to commence

Are nutrition and physical activity programs being routinely implemented in Australian childcare settings? Our national survey which aims to answer this is due to start in March.

Associate Professor Serene Yoong and her team will survey 750 staff in Australian preschool and long daycare services to find out the extent to which nutrition and physical activity programs are implemented in childcare settings, and identify implementation gaps. The team will also ask about barriers to implementing the programs, and what factors promote sustainability and scalability of these programs. The survey follows on from several systematic reviews Associate Professor Yoong and her team have conducted which helped identify which programs are effective in improving nutrition and physical activity in childcare settings.

Findings from the survey will help policy makers and practitioners know where to invest to support implementation of effective nutrition and physical activity programs in childcare settings to improve child health. Preliminary results are expected by the end of the year.

Coming soon....National survey of schools

Our national survey of Australian primary schools is also in development. This survey, led by Dr Rebecca Hodder, will look at whether nutrition, physical activity, tobacco and alcohol programs are being routinely implemented in Australian schools. Dr Hodder and her team will survey 1000 Australian principals, with preliminary results expected by the end of the year.

Research papers published

We have had another paper published this year. Congratulations to all involved. A bite sized summary and link to the full paper is below.

A review of dietary behaviour and physical activity policies and guidelines

We looked at what dietary behaviour and physical activity policies and guidelines have been published by health agencies and childcare regulatory bodies in high income countries. We found 38 different publications, mostly from the US and Australia. Pleasingly, the publications are mostly consistent and align with research evidence. They tend to focus on the physical and sociocultural environment, highlighting opportunities for addressing policy and economic environments.

The paper, *Obesity prevention within the early childhood education and care setting: A systematic review of dietary behaviour and physical activity policies and guidelines in high income countries*, is available [here](#).

Awards

PhD awarded to Tameka McFadyen

Congratulations to Tameka McFadyen who was awarded her PhD this month! Her thesis examined strategies to improve and sustain the implementation of alcohol management practices in sporting clubs.

Meetings

CERI

Alice Grady and Meghan Finch represented NCOIS at the CERI Co-ordination Network Meeting on 8 February. Minutes of the meeting are available [here](#).

Knowledge Translation

In the coming weeks, the NCOIS operations team will be meeting with research stream leads to discuss the knowledge translation plans and needs of their research teams. With knowledge translation being a key objective of our NHMRC grant, we hope to be able to support researchers to develop products to share findings, engage stakeholders and promote the uptake of research findings.

Planning is also underway for workshops on [knowledge translation](#) and [social media](#) in May. The training will be delivered by Research Impact Academy.

TRAINING

Are you interested in learning about the design and application of adaptive trials?

Adaptive trial designs are innovative, efficient and flexible. They allow for design and statistical features to be altered as a study progresses, without compromising methodological and statistical integrity.

Want to learn more? Dr Christopher Oldmeadow, Director of the Clinical Research Design, IT and Statistical Support (CReDITSS) Unit at HMRI, is providing an introductory presentation on adaptive trials, on the 1st April 2021, from 10am to 11am. If you are interested in attending this Zoom presentation please RSVP to Alix.Ivers@health.nsw.gov.au, by Monday 29th March 2021.

Stakeholder involvement in research and implementation

The majority of research is never translated into practice, and even when it is, the process can take up to 17 years. Professor Helen Skouteris will present on the barriers to translating research, and the importance of stakeholder involvement when developing interventions that need to be implemented and scaled up in the “real world”. She will present examples of her successful scale up of programs designed to improved child health and wellbeing involving community and consumer stakeholders to create change.

Hear Professor Skouteris speak at the Prevention Centre Research Network Meeting on Thursday 25 March from 1-2pm :

<https://saxinstitute.zoom.us/j/89183179482?pwd=a2RieGIElhNS1ZpNjkxdUtMaVdmdz09>

Cardiovascular Research Grants Workshop

The NSW Cardiovascular Research Network is holding a workshop for researchers intending on applying for a NSW Health Cardiovascular Research Capacity Program Early-Mid Career or Senior Researcher Grant in 2021. The workshop will be held on Thursday 25 March 2021 from 9am-4pm. Register by emailing cvrn@heartfoundation.org.au. More information is available [here](#).

The Economics of Early Childhood Obesity Prevention

The EPOCH CRE is holding a free webinar on designing cost effective child obesity interventions on Tuesday 2 March from 11-12pm. Register [here](#).

USEFUL INFORMATION

Relevant papers and guides will be linked here, as a helpful resource. If you would like to submit any links to this section, email them to the [NCOIS Centre Manager](#).

- [Implementation of sustainable complex interventions in health care services: the triple C model](#)
- [Understanding the implementation of evidence-informed policies and practices from a policy perspective: a critical interpretive synthesis](#)
- Check out the [Dissemination & Implementation Models interactive tool](#) designed to help researchers decide on the best model to answer research questions
- A [framework](#) for developing print materials for interventions to improve their impact on behaviour change
- Blog: [Five Recommendations for How Implementation Science Can Better Advance Equity | AcademyHealth](#)
- HMRI's [Framework to Assess the Impact from Translational health research](#)
- NSW Health Guides:
 - [Study Design for Evaluating Population Health and Health Service Interventions: A Guide](#)
 - [Commissioning Economic Evaluations: A Guide](#)
 - [Developing and Using Program Logic: A Guide](#)
- NSW Health presentations
 - [Research Impact Assessment: The Framework to Assess the Impact from Translational health research \(FAIT\)](#)
 - [Introduction to Critical Appraisal of Evidence for Policy](#)
 - [Exploring Program Logic](#)
 - [Introduction to Public Health Program Evaluation](#)
 - [Introduction to Economic Evaluation](#)
- Monash Partners Academic Health Science Centre resource: [Involving consumers and community in research](#)

Thank you for reading this edition of
NCOIS Internal News.