



NCOIS Internal News – January 2021

Happy New Year and welcome back to the NCOIS! We hope everyone had a lovely restful break and is ready for 2021 - designated by the UN General Assembly as the International Year of Fruits and Vegetables: <https://youtu.be/6CZ9mF8EaLI>.

CENTRE NEWS

Publications

We have already had three papers published this year. Congratulations to all involved. Summaries are below FYI.

A guide for randomised implementation trials

Implementation trials often have serious limitations, so we developed guidance for developing, conducting and reporting on randomised implementation trials. We hope this will be useful for:

- implementation researchers and training
- preparing funding submissions
- authors and peer-reviewers of scientific journals

We hope the guide will improve the quality of implementation research.

The paper, *Designing and undertaking randomised implementation trials: guide for researchers*, is available [here](#).



If you are on twitter [click here](#) to hear Luke, our Director, speak briefly about the guide (would love you to RT the thread to your networks while you're there J).

The effectiveness of interventions for increasing fruit and vegetable intake

We looked at which strategies help people eat more fruits and vegetables, because most people don't eat enough.

We found strategies implemented in schools, childcare services, homes, workplaces and primary care can help, as can eHealth strategies and mass media campaigns. Some of the most effective strategies include fruits and vegetables being provided for free or reduced cost at schools, school gardens, home gardens, and where fruits and vegetables are made more available through farmers markets, mobile produce markets, and by increasing availability in workplaces. Strategies which make fruits and vegetables more affordable are also effective.

More research is needed to show the effects of broader policies such as those targeting agricultural production practices, the supply chain and the whole food system.

The paper, *Consolidating evidence on the effectiveness of interventions promoting fruit and vegetable consumption: An umbrella review*, is available [here](#).

Economic evaluation of a web-based menu planner for childcare services

We considered the economic impacts of a web-based menu planning intervention for childcare services. Using the intervention was found to be \$482 per year cheaper than usual practice and resulted in significant increases in the servings of fruit provided and reductions in servings of discretionary food. We suggest the intervention returns acceptable value for money and that web-based programs could be used to economically improve the intake of healthy food by children in childcare.

The paper, *Economic evaluation of a web-based menu planning intervention to improve childcare service adherence with dietary guidelines*, is available [here](#).

Also check out this excellent read from some familiar faces within the Pop Health Research group...

[How to optimise public health interventions: a scoping review of guidance from optimisation process frameworks](#)

If you've heard about the concept of optimisation and want to know more then check out this paper. Optimisation processes have the potential to rapidly improve the impact of health interventions and are growing area of implementation science. This study looked to identify frameworks used to optimise the impact of interventions and/or their implementation. It provides a useful summary of the common steps, key concepts, steps and processes followed.

Awards

Dr Alice Grady was selected as a finalist for the Bupa Australia Emerging Health Researcher Awards 2020 for her research into nutrition and physical activity programs in early childhood education and care. Congratulations and a giant high five to you Alice!

Upcoming meetings

The Centre Director and Manager will be arranging meetings with key stakeholders over the coming months. These meetings will be an opportunity to raise any issues and opportunities with our stakeholders. If you have suggestions for these meetings, email them to the [NCOIS Centre Manager](#).

TRAINING

Evidence and Implementation Summit 2021

Registrations are open for the summit, one of the largest events on the global implementation science calendar. In 2021, the summit will be delivered online and co-hosted by CEI and Monash University.

Keynote Speakers:



Dr Rinad Beidas
University of Pennsylvania



Dr Ruth Levine
IDinsight



Prof. Ruth Stewart
University of Johannesburg



Prof. John Thwaites
Monash University



David Cowan
Australia and New Zealand Society of Evidence Based Policing



Dr Jenny Donovan
National Evidence Institute

Register here: [Registrations | EIS 2021 \(eisummit.org\)](#)

Free webinar for PhD and Early Career Researchers

The INSPIRE network is presenting a free 1 hour webinar delivered by Dr Ben Britton: **Behavioural principles to design and deliver effective health interventions. What Works?**

Two sessions will be run:

- Tuesday 9 Feb 2021 – 1pm (Australian Eastern Daylight Time - AEDT)
- Tuesday 9 Feb 2021 – 9am (Greenwich Mean Time – GMT)

Register here: https://ww3.unipark.de/uc/inspirewebinar_registration/

Implementation Science Community of Practice

The Cancer Implementation Science Community of Practice is seeking applications for cancer related projects. Successful concepts will be reviewed and workshopped by implementation science experts and researchers will be invited to attend their workshop

Apply here:

[Concept Development Workshop Application \(qualtrics.com\)](#)

USEFUL INFORMATION

Papers and guides

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](#).

- From January 2022, Public Health Nutrition will be a fully Open Access Journal
- Interested in how to promote your paper? BMJ shares its [top tips](#).
- Meeting abstracts from the Virtual 3rd UK Implementation Science Research Conference are available [here](#).
- This implementation paper was recently published: [Cost-effectiveness of the Adaptive Implementation of Effective Programs Trial \(ADEPT\): approaches to adopting implementation strategies](#)
- [The Global Fruit and Veg Newsletter](#) outlines the findings of 3 nutrition and physical activity reviews

Thank you for reading this edition of
NCOIS Internal News
