



Are nutrition, physical activity, tobacco and alcohol programs being routinely implemented in Australian schools?

Issue

We can improve the health of children and young people by ensuring effective nutrition, physical activity, tobacco and alcohol prevention programs and practices are routinely implemented in schools.

How this project will help

- We will find out the extent to which these programs and practices are implemented in schools.
- We will identify where there are gaps in implementation.
- Our findings will help policy makers and practitioners know where to invest to support implementation of effective nutrition, physical activity, tobacco and alcohol programs and practices in schools to improve the health of children and young people.

This research project follows on from several systematic reviews we have conducted which helped us identify which school-based interventions, guidelines and policies are effective in improving nutrition and physical activity, and preventing tobacco and alcohol use.

How we are conducting this research

We will telephone survey 1000 principals in Australian primary schools.

Participants will be based across all states and territories (randomly sampled, stratified by state or territory). We expect to contact 2000 schools to obtain our final sample. We also expect to conduct additional surveys in NSW.

Using high quality measures, we will ask participants about their implementation of nutrition, physical activity, and tobacco or alcohol practices and programs. We will also ask about the acceptability, feasibility, sustainability, and reach of the effective practices and programs identified in the systematic reviews.

Timeline

Task	Date	Progress
Ethics and research approvals	April 2022	In progress
Recruitment	May 2022	
Survey completed	December 2022	
Final national summary results	March 2023	

About us

This research is being conducted by researchers at the National Centre of Implementation Science (NCOIS), an NHMRC funded Centre for Research Excellence associated with the University of Newcastle. The research is led by Dr Rebecca Hodder and supported by Dr Kate O'Brien.

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