

STRATEGIES FOR ENHANCING THE IMPLEMENTATION OF SCHOOL BASED POLICIES OR PRACTICES TARGETING DIET, PHYSICAL ACTIVITY, OBESITY, TOBACCO OR ALCOHOL USE

COCHRANE SYSTEMATIC REVIEW UPDATE

FOR PRACTITIONERS & POLICY MAKERS

- Schools and their staff implement student health interventions **better** when **implementation strategies** are used to support them.
- Providing implementation support may yield **small improvements** in the effects of intervention on student's **physical activity** and **healthy eating**.
- There was **little evidence** that the use of strategies to implement interventions in schools has any **adverse effects** on students, teachers or schools.



KEY MESSAGES

FOR RESEARCHERS

There is a need for more:

- **High quality implementation studies** in schools, particularly those focused on **alcohol prevention**.
- Research looking at **economic benefits** and **adverse effects**.
- Studies conducted **outside of the USA and Australia**.

More investment is needed to develop robust measures for assessing implementation outcomes.



WHY IS THIS REVIEW IMPORTANT?

We need to know more about strategies to support successful implementation of health interventions in schools.



WHAT WAS INCLUDED ?

38 STUDIES

11 NEW



Includes studies published up to April 2021

Wolfenden L, McCrabb S, Barnes C, O'Brien KM, Ng KW, Nathan NK, Sutherland R, Hodder RK, Tzelepis F, Nolan E, Williams CM, Yoong SL. Strategies for enhancing the implementation of school-based policies or practices targeting diet, physical activity, obesity, tobacco or alcohol use. Cochrane Database of Systematic Reviews 2022, Issue 8. Art. No.: CD011677. DOI: 10.1002/14651858.CD011677.pub3.

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