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## Introduction

- Health interventions in the school setting can reach large numbers of children and their families.
- The Live Life Well @ School program is a joint initiative between NSW Health and the NSW Department of Education, NSW Catholic Education Commission and Association of Independent Schools NSW.
- Live Life Well @ School promotes 'whole of school' physical activity and nutrition initiatives in primary schools consistent with classroom teaching, incorporating the school environment and community links .
- The program offers teachers training to improve skills and confidence in teaching nutrition, fundamental movement skills and physical education as part of K-6 Personal Development, Health and Physical Education (PDHPE), and health professional support for program implementation at the school.



## Aim

- To describe the reach and adoption of a comprehensive health intervention in the primary school setting in NSW.

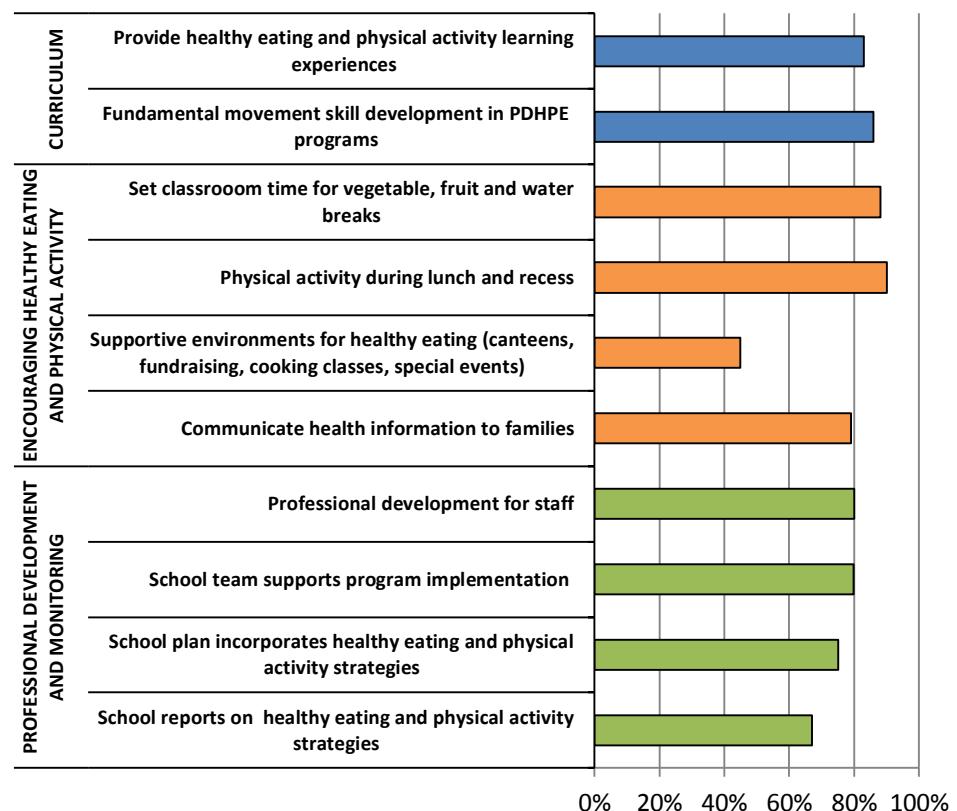
## Methods

- NSW utilises a two-tiered delivery model. NSW Health oversees overall program delivery, including partnerships, teacher training and monitoring. Local Health Districts are funded to deliver the program locally, providing support to schools and monitoring program adoption
- Local Health District health promotion officers gather data on ten program adoption indicators or 'Desirable Practices' being implemented in the school during their routine school support visits one month after training and then at six monthly intervals.
- The data is entered into a purpose built information management system that monitors program adoption and performance.

## Results

- Since 2008, 2046 (84%) of NSW primary schools have participated in the Live Life Well @ School.
- 79% of the participating schools have adopted at least seven out of 10 program 'Desirable Practices'.

**Figure 1: Achievement of Desirable Practices in NSW Primary Schools**



## Conclusion

- The program has achieved high reach and adoption.
- Keys to success include:
  - Funded positions in the Local Health Districts as part of the two-tiered delivery model to support participating schools.
  - Formal engagement from the education sector via a formal agreement with the NSW Department of Education and an advisory group with the catholic and independent education sector.
  - A purpose built information management system to capture data, support local level program implementation and monitor program adoption and performance.
  - Service level agreements with Local Health Districts as part of a performance monitoring framework.