

Supporting early childhood education and care service cooks to provide healthy meals

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NSW Office of Preventive Health

Public Health Prevention Conference

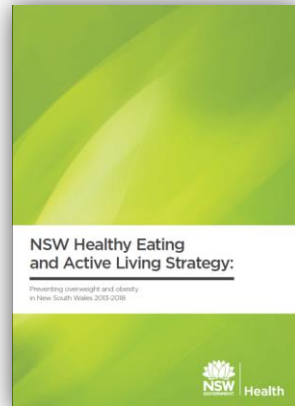
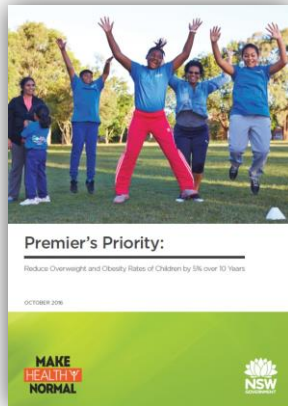
2 May 2018



Overweight and obesity in children



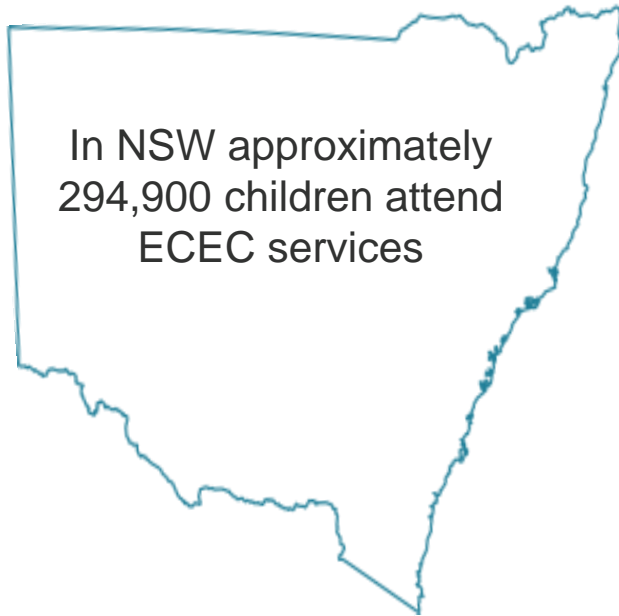
- 🍏 Overweight and obesity in NSW children has doubled since 1985, but has been relatively stable since 2007.
- 🍏 More than one in five children in NSW are above their healthy weight.
- 🍏 Over 80% of obese children go on to become obese adults.



Premier's Priority

To reduce childhood overweight and obesity by 5% over 10 years

Healthy habits start early!



SOURCE:

ABS, Childhood Education and Care, Australia, June 2017.

- 🍏 Children who develop healthy eating habits from a young age are more likely to continue these in the long term.



Munch & Move



- 🍏 Targets children birth to 5 years attending early childhood education and care (ECEC) services in NSW
- 🍏 Fun, play-based program that promotes children's healthy eating and active play and reduced small screen recreation
- 🍏 Access to professional development, resources, family fact sheets and ongoing Local Health District support

Program Adoption Indicators (Practices)



- 🍏 Food and physical activity environments, policies, education and monitoring
- 🍏 Data collated in PHIMS
- 🍏 Strengthened to support the Premier's Priority

Practices – provision of healthy meals

- 🍏 Service menu has been assessed against *Caring for Children*
- 🍏 Service cook has completed training in providing nutritious meals and snacks for children

Cooks Professional Development Research

Aim

- 🍏 Investigate the professional development needs of cooks in centre-based ECEC services

Methods

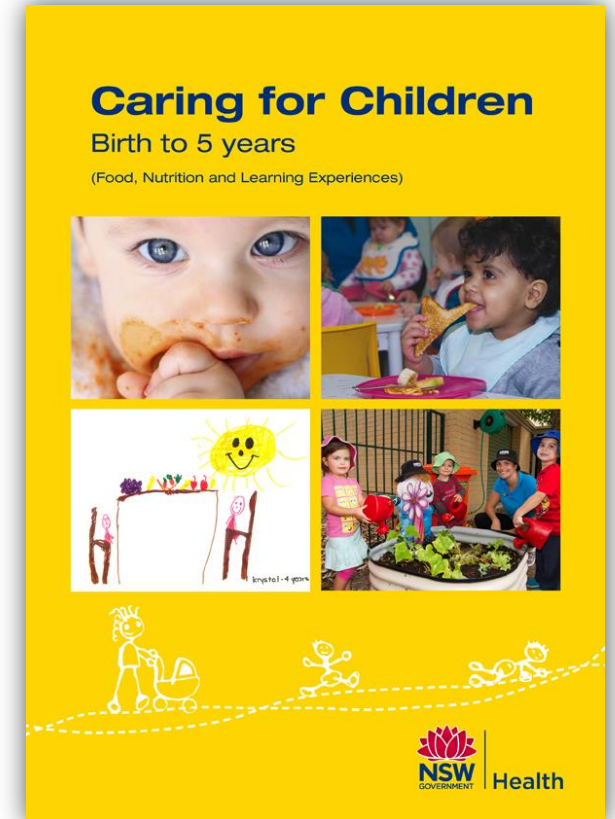
- 🍏 Web-based desktop mapping
- 🍏 Online survey (n=160 cooks)
- 🍏 Semi-structured phone interviews (n=18 cooks)

Results

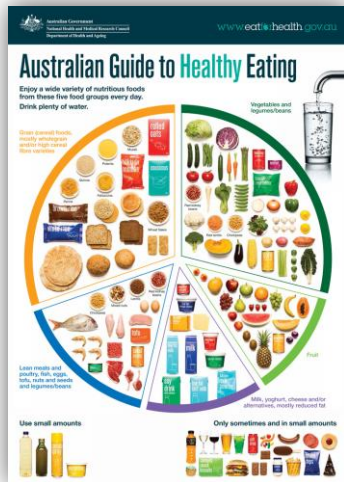
- 🍏 Preference for face-to-face workshops (2-3 hours)
- 🍏 Barriers – solo role, costs to back-fill, reliance on director to share information
- 🍏 Director's support to promote attendance and implement changes
- 🍏 LHD support plays a critical role in program implementation

Healthy Menu Planning Workshops

- 🍏 Delivered by ECTARC
- 🍏 89 x 3 hour workshops across NSW
- 🍏 Professional development for ECEC cooks and service leaders
- 🍏 Support implementation of *Caring for Children*



Workshop content



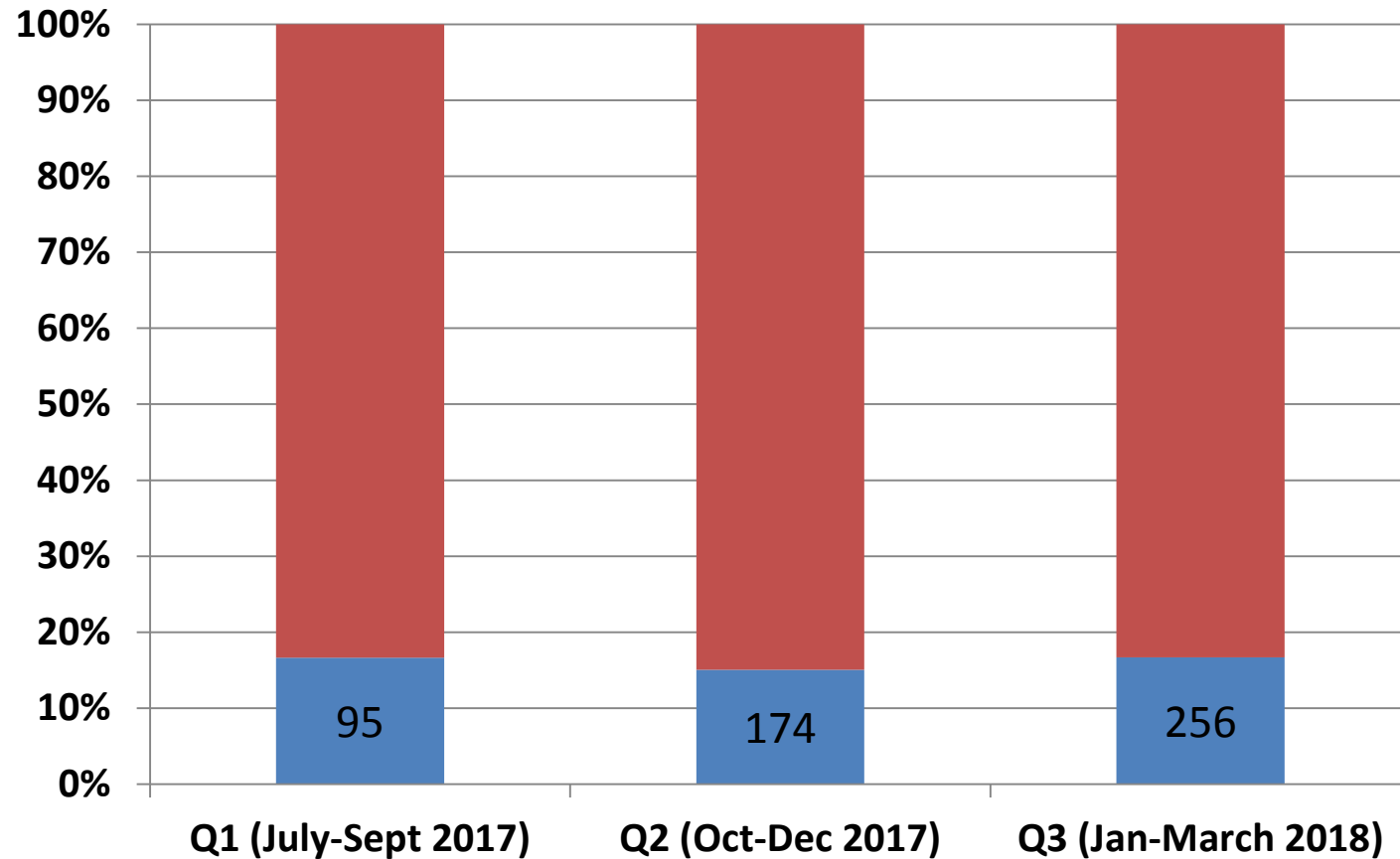
- 🍏 National healthy eating guidelines
- 🍏 Requirements under the National Quality Framework
- 🍏 *Caring for Children* resource - menu planning and assessment
- 🍏 Calculating food group quantities
- 🍏 Recipe modification
- 🍏 Reading food labels
- 🍏 Challenges – budget, fussy eaters, food intolerances/allergies

February to April workshops

- 🍏 5 x rural/regional, 11 x metro workshops
- 🍏 Attended by 246 services
- 🍏 20% cooks have attended with a service leader
- 🍏 NESA accreditation to encourage attendance by service leaders

No. of services with compliant menus

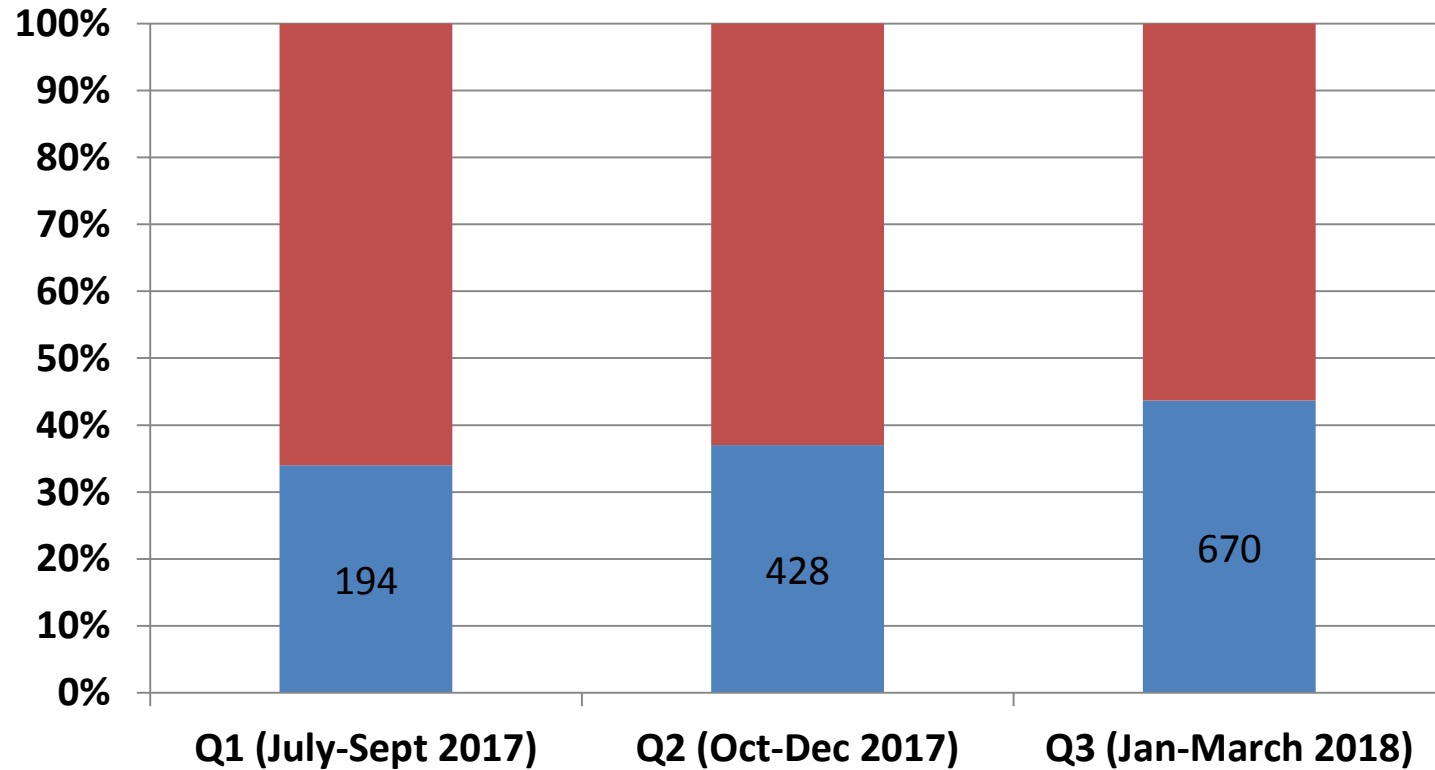
- 🍏 6 x red meat meals
- 🍏 Non-meat meals based on suitable alternatives
- 🍏 High vitamin C F&V with non-meat meals
- 🍏 1-2 iron containing foods
- 🍏 2 x vegetable serves
- 🍏 1 x fruit serve
- 🍏 1 x dairy serve
- 🍏 2 x breads/cereals, including high fibre
- 🍏 No discretionary foods



- 🍏 Q1 = 95/571 services
- 🍏 Q2 = 174/1,155 services
- 🍏 Q3 = 256/1,533 services

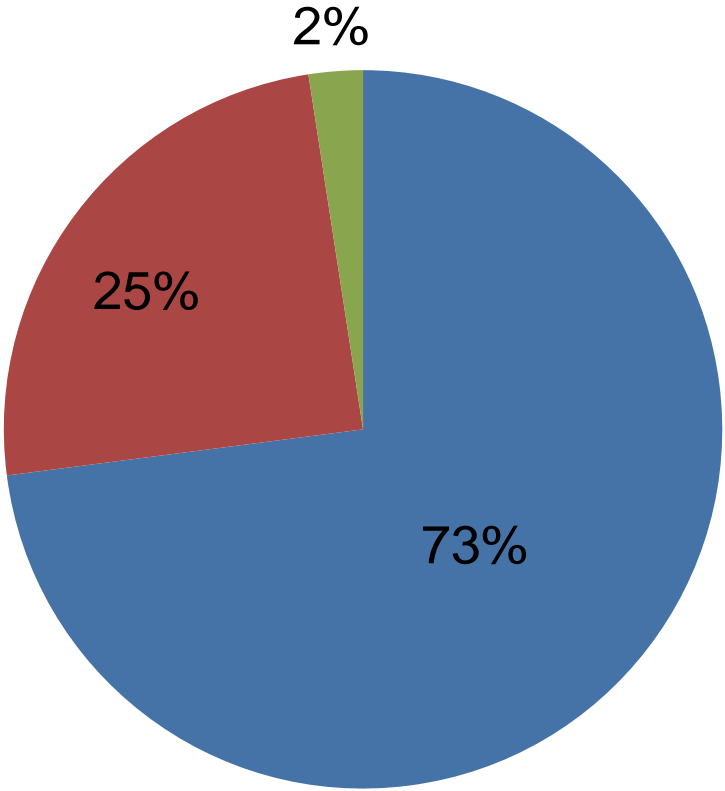
No. of service cooks trained

- 🍏 Healthy Menu Planning Workshops
- 🍏 LHD workshop approved by OPH
- 🍏 Relevant TAFE/RTO/uni courses



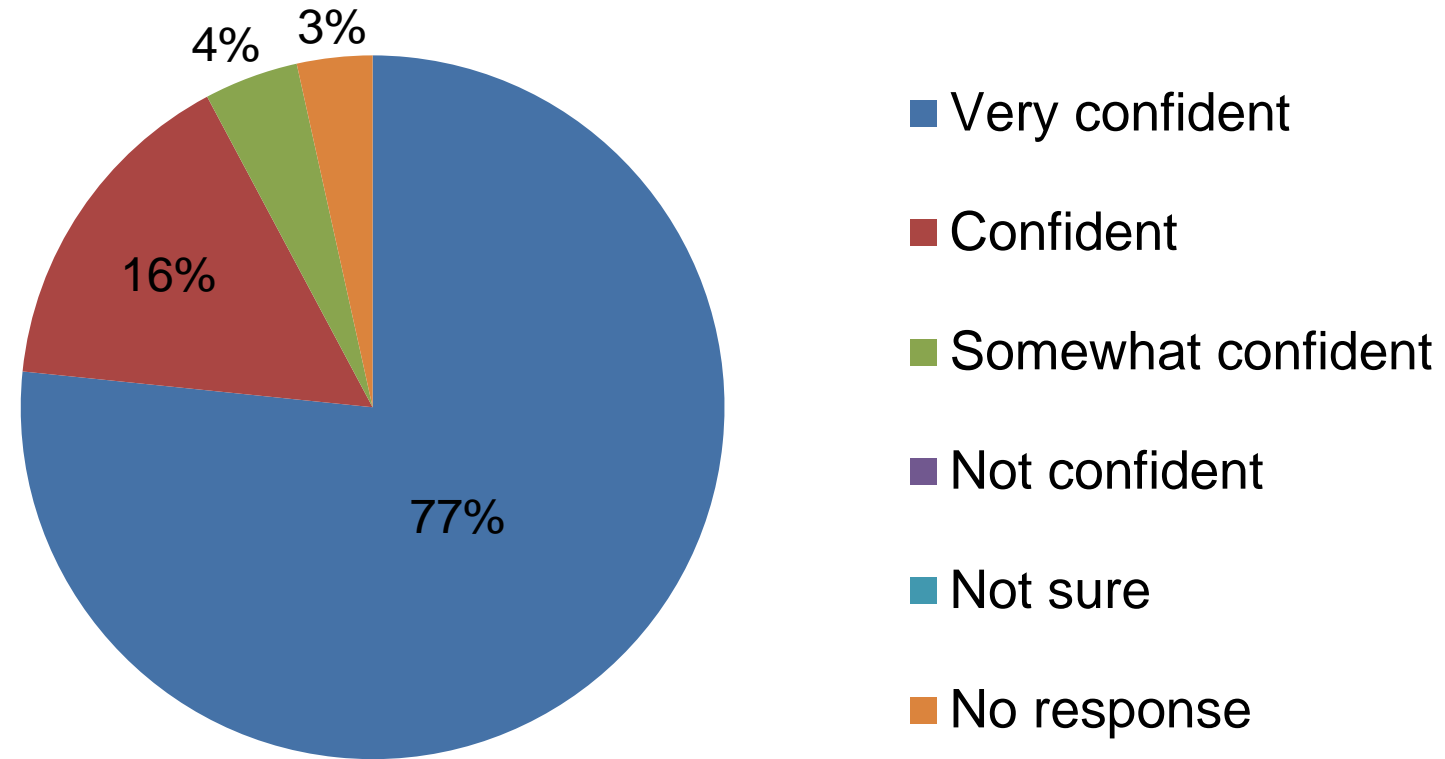
- 🍏 Q1 = 194/571 services
- 🍏 Q2 = 428/1,156 services
- 🍏 Q3 = 670/1,534 services

Participant feedback – relevance of workshop content



- Very Relevant
- Relevant
- Somewhat relevant
- Not relevant
- Not at all relevant
- No response

Participant confidence using *Caring for Children*



Future Directions

- 🍏 Embed in existing monitoring systems
- 🍏 Increase reach of workshops
- 🍏 Impact evaluation



Thank you and Questions

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For more information on *Munch & Move* visit www.healthykids.nsw.gov.au

Acknowledgments: Local Health District Health Promotion teams and the Early
Childhood Training and Resource Centre

