

**MAKE
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Online Training in Junior Community Sports clubs as a facilitator of healthier food provision

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Health

Acknowledgements



Co-authors

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- Nick Petrunoff
- Andy Bravo
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Childhood obesity



- 🍏 Approximately 1 in 5 children are above a healthy weight in NSW
- 🍏 One of the NSW Premier's Priority is to reduce overweight and obesity rates of NSW children by 5% over the next 10 years (by 2025)
- 🍏 Healthy Eating and Active Living Strategy

NSW Population Health Survey, 2014. www.healthstats.nsw.gov.au

Hardy LL, Mhrshahi S, Drayton BA, Bauman, A. *NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report*. 2016 Sydney: NSW Department of Health.



Finish with the Right Stuff

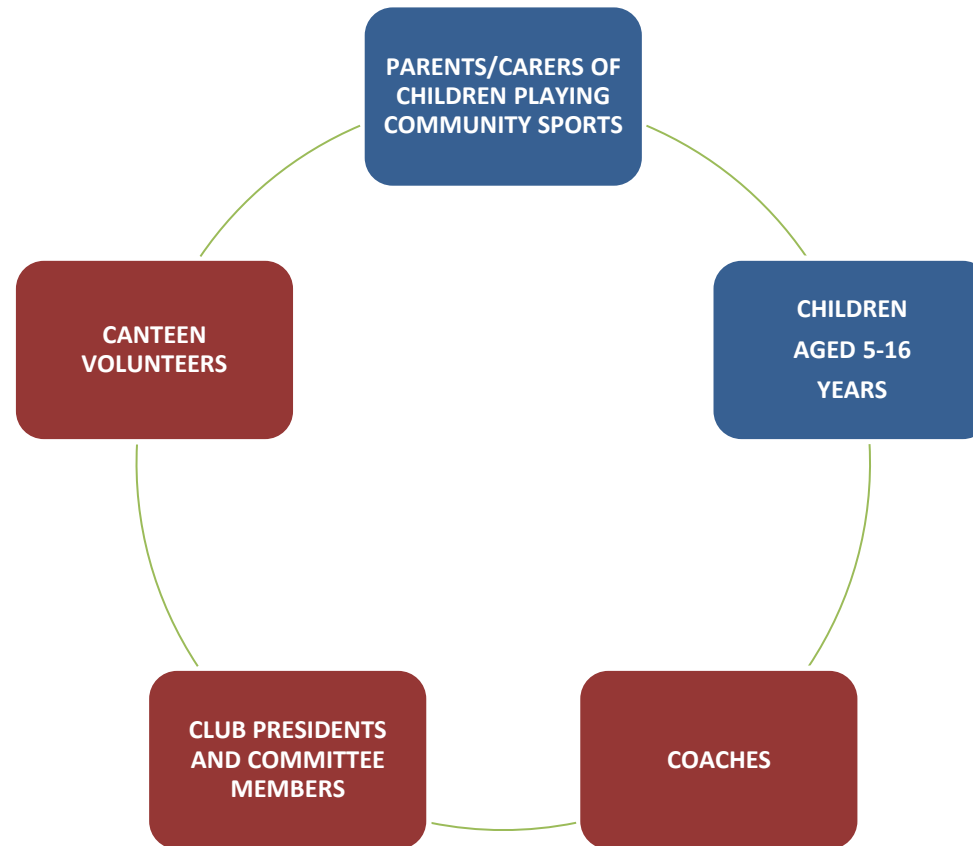


- 🍏 Encourage junior community club canteens to provide and promote healthier food and drink at the canteen
- 🍏 Encourage children aged 5 to 16 years to consume water instead of sweetened drinks, while participating in junior community sports



Target Audience

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Key Practices



- 🍏 A set of key practices with included
 - Fruit is available for sale at all times
 - At least 3 healthier food options (excluding fruit) are available for sale at all times
 - At least 50% of drinks available for sale are healthier options
 - The club provides information on healthy snacks and drinks to coaches and its members



Face-to-Face Pilot



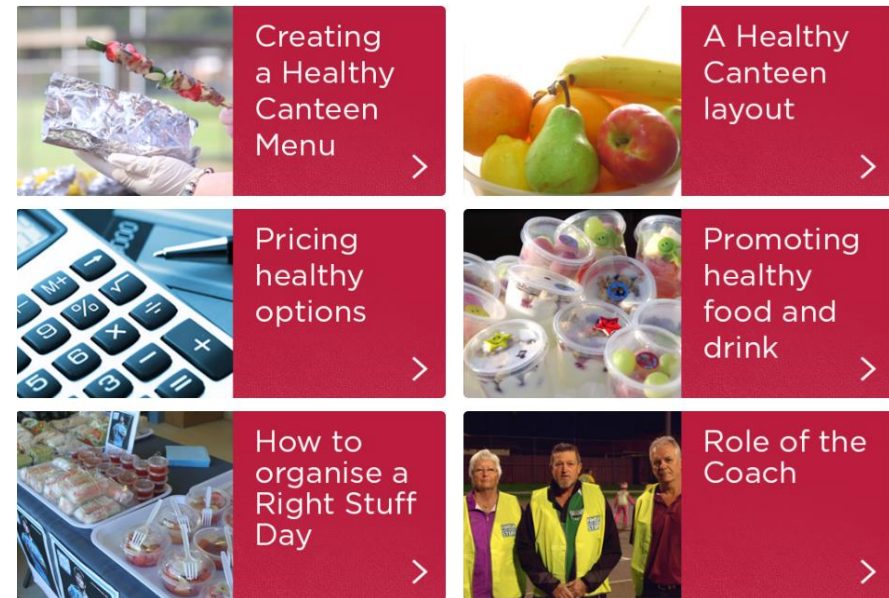
- 🍏 Some of the components were found intensive for the setting
- 🍏 Time poor volunteers found face-to-face training time consuming
- 🍏 Online training is often used by the state sporting organisations to train coaches and it was suggested that online training be considered



Season 2016



- 🍏 Online training module
- 🍏 Development and implementation of an action plan
- 🍏 Telephone support
- 🍏 Piloted in winter sports season 2016



Evaluation Aim



- 🍏 To investigate the perceptions and experience of the online training
- 🍏 To assess the impact of the pilot on the adoption of the key practices
- 🍏 To identify areas for improvement



Methodology



Tool	Method	Period in time
Online survey - key practices audit tool	<ul style="list-style-type: none">- Registration survey- Follow up survey	At registration Season end 2016
Semi-structured interviews	<ul style="list-style-type: none">- Telephone interviews	End of season 2016



Online training



	Registered for online training	Completed 1-3 modules	Completed 4-5 modules	Completed all 6 modules
AFL	16	4	1	2
NRL	25	4	1	2
Netball associations	7	1	1	2
TOTAL	48	9	3	6

WHY?

- Lack of time
- Sufficient information provided on phone
- Lack of content relevance

“While half an hour per module doesn’t sound a lot for most people, we are such as busy household. Even though I fully intended to do it, I wasn’t even able to finish the first one.”



Online training modules



- 🍏 Interesting and engaging Modules
- 🍏 All modules were found to be easy to complete, with no criticisms of their difficult
- 🍏 Make available during sporting off season



Adoption of key practices



Key Practice	Number of participating clubs (%)	
	Baseline n = 50	Follow Up n = 14
Fruit is available for sale at all times	14 (28)	9 (64)
At least 3 healthier food options (excluding fruit) are available for sale at all times	8 (16)	6 (43)
At least 50% of drinks available for sale are healthier options	16 (32)	6 (43)
All of the less healthy drinks available for sale are in containers of 375mL or less	10 (20)	1 (7)
No more than 20% of foods for sale are 'red'	7 (14)	0 (0)



Adoption of key practices



Key Practice	Number of participating clubs (%)	
	Baseline n = 50	Follow Up n = 14
Healthier food and drink options are prominently displayed	24 (48)	14 (100)
Information on healthier food options and water at sport to all members at least twice per season	3 (6)	4 (29)
Coaches and managers provide only water during scheduled breaks in play to team members	7 (14)	5 (36)
The club provides information on healthy snacks and drinks to coaches	11 (22)	5 (36)
Club has a food and nutrition policy/guidelines	6 (12)	2 (14)



Changes Made To Canteen

- 🍏 Fridge layout changes:
 - Putting the water in the centre to maximise visibility
 - Moved other drinks in less visible locations
- 🍏 Canteen layout changes:
 - Moving lollies and “treats” under the counter
- 🍏 Almost half trialed new healthy options
- 🍏 Changes were considered to be quick and easy to do and required no financial investment, no perceived financial loss

Face-to-face v/s online and telephone support



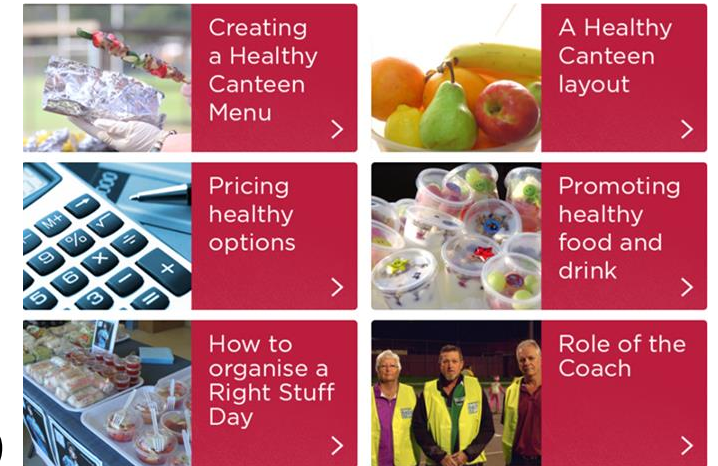
Key Practice	Online training and telephone support	Face-to-face
Fruit is available for sale at all times	64%	87%
At least 3 healthier food options (excluding fruit) are available for sale at all times	43%	63%
At least 50% of drinks available for sale are healthier options	43%	83%
Coaches and managers provide only water during scheduled breaks in play to team members	36%	60%
The club provides information on healthy snacks and drinks to coaches	36%	73%



Current approach



- 🍏 Engagement of Alcohol and Drug Foundation to increase reach and adoption of Finish with the right stuff key practices through its Good Sports Healthy Eating
- 🍏 Entry into new sports codes such as surf life-saving and touch footy
- 🍏 Online training will be used as a support to educate the clubs as they progress through the Good Sports accreditation scheme



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THANK YOU

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