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**Strategies to improve implementation of obesity prevention policies and practices within childcare services: systematic review**

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**Objectives/aims**

Despite the existence of effective interventions and best-practice guideline recommendations for childcare services to implement policies, practices and programmes to promote child healthy eating, physical activity and prevent unhealthy weight gain, many services fail to do so. The primary aim of this review was to examine the effectiveness of strategies aimed at improving the implementation of policies, practices or programmes by childcare services that promote child healthy eating, physical activity and/or obesity prevention.

**Methods**

Searches of the electronic databases: the Cochrane Central Register of Controlled trials, MEDLINE, MEDLINE In Process, EMBASE, PsycINFO, ERIC, CINAHL, SCOPUS were conducted, together with searches of electronic trial registries, two international implementation science journals, and the reference lists of included trials. Any study (randomised or non-randomised) with a parallel control group that compared any strategy to improve the implementation of healthy eating, physical activity or obesity prevention policy, practice or programme by staff of centre-based childcare services to a comparison group were included.

**Main findings**

Ten trials were included in the review. No intervention improved the implementation of all policies and practices targeted by the implementation strategies relative to a comparison group. Of the eight trials that compared an implementation strategy to usual practice or a no intervention control, however, seven reported improvements in the implementation of at least one of the targeted policies or practices relative to control. There was considerable study heterogeneity, and for all review outcomes, the quality of the evidence was rated as very low. The findings of the review suggest that there is considerable scope to improve the evidence-base to guide future efforts to support implementation of healthy eating, physical activity and obesity prevention policies, practices and programmes in centre-based childcare services.