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## #15 - Organisational readiness and fidelity of Play Active: An ECEC-specific physical activity policy

### Presenting Author(s)\*

Elizabeth Wenden<sup>1,2</sup>  
Charley Budgeon<sup>2</sup>  
Natasha Pearce<sup>1,2</sup>  
Hayley Christian<sup>1,2</sup>

### Affiliation

1 Telethon Kids Institute, The University of Western Australia;  
2 School of Population and Global Health, The University of Western Australia

### Country of residence

Australia

### Objectives/aims

Many young children do not accumulate sufficient physical activity (PA) to support their health and development. Early childhood education and care (ECEC) is an ideal setting for interventions aimed at increasing children's PA. Yet, PA interventions in ECEC are often poorly implemented with improvements in PA not sustained over time. This study examined the association between ECEC organizational readiness and intervention acceptability, appropriateness and feasibility with the implementation fidelity of Play Active - an ECEC-specific PA policy intervention.

### Methods

Play Active was a pragmatic cluster randomized trial evaluating a PA policy intervention to improve ECEC educator's PA-related practices (Type 1 hybrid design). This study examined pre-implementation organizational readiness and appropriateness, acceptability and feasibility with post-implementation intervention fidelity. ECECs (n=40) had 3-5 months to implement their Play Active policy and completed pre- and post-implementation surveys (January 2021- March 2022). Fidelity data were collected from project records, educator surveys and website analytics.

### Main findings

ECECs with higher organizational commitment and capacity pre-implementation reported higher fidelity scores compared to those with lower organizational commitment and capacity (commitment: mean difference (MD) 4.96 95%CI 1.62-8.29; capacity: MD 4.11; 95%CI 0.78-7.43). Similarly, ECECs with higher



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acceptability and appropriateness pre-implementation had higher fidelity scores (acceptability: MD 4.02; 95%CI 0.63-7.40; appropriateness: MD 5.13; 95%CI: 1.32-8.93). Feasibility and organizational efficacy of Play Active were associated with higher but non-significant fidelity scores.

ECEC service-level organisational readiness was positively associated with Play Active implementation fidelity. Organisational readiness strategies are important for improving implementation of physical activity interventions in the ECEC setting. These findings warrant confirmation in other settings and with other health behaviour interventions.