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**Applying the TDF to identify barriers to the implementation of childcare nutrition guidelines: Systematic review**

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**Objectives/aims**

Children consume as much as two thirds of their daily dietary requirements while attending centre based childcare. However these centres often fail to provide foods that are consistent with setting nutrition guideline recommendations. Developing strategies to improve childcare adherence to menu nutrition guidelines requires a comprehensive understanding of factors that may impede or promote their implementation. This review aimed to describe factors (barriers and facilitators) that influence the implementation of menu nutrition guidelines and to map these factors to the Theoretical Domains Framework (TDF).

**Methods**

Studies selected included non-experimental studies, of any design, which qualitatively and/or quantitatively reported barriers or enablers to the implementation of nutrition guidelines regarding food provision in centre based childcare services. Study participants could include managers, cooks, or other staff, involved in the operation of centre based. Data sources included childcare service records, interviews, questionnaires or surveys. Database searches were conducted in Medline, Medline in Process, PsycINFO, ERIC, Embase and CINAHL. Factors reported to influence implementation were synthesised using the TDF.

**Main findings**

Twelve studies were included in the review. Environmental context and resources’ and ‘social influences’ were each the most common domains within which barriers and facilitators were identified. Barriers in these domains reflect that implementing new guidelines requires acquisition of new foods, cooking instruments, recipes and upskilling of staff that increase expenses incurred by services. Qualitative studies identified a greater number of TDF domains as barriers or facilitators, compared to quantitative studies suggesting that quantitative studies may have overlooked important factors influencing guideline implementation.