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| **Are face-to-face trainings effective in fostering the implementation of health promotion programs? A comparative study in early childhood education** |
| **Background/Objectives**The use of online training is becoming a more commonly used mode to deliver health promotion programs due to their low cost. There are many benefits of the effectiveness of online training, but, to this day it has not been compared to face-to-face training in the early childhood education and care service setting. This study aims to explore whether face-to-face or online training have a positive effect on program implementation rates, mediated by an increase in motivation and confidence of the educators.**Methods**The research design involves an experimental field study. 150 educators will be recruited via phone and email to participate in the study, and will be randomly assigned to receive a 2 hour face-to-face training session or an online webinar of same duration. The training will be run by accredited practicing dietitians and health promotion officers and it will include guidelines and suggestions regarding nutrition and physical activity to create a supportive healthy environment amongst children from birth to 5 years. Program effectiveness will be measured through the educators’ level of confidence and motivation. One pre- and four post-training surveys will be conducted, immediately after, at 3, 6 and 12 months after the intervention. This survey includes short answer and Likert type scale questions. **Results**The results will shed light on whether face-to-face training or online training methods are more effective in this context and the mechanisms through which the different styles of training promote the implementation of health promotion programs. The results of this study will be collected by the time of the conference.**Discussion**The findings from this study have important practical implications for the effective implementation of future health promotion programs in early childhood education centre setting. **Keywords****Early childhood education, build capacity, supportive environments, face to face, online training.** |