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## Project Spraoi Introduction and Objectives

- To deliver and evaluate a health promotion intervention (based on Project Energize, New Zealand) targeted at primary school children in Cork in an effort to tackle childhood obesity.
- Main objectives: (i) increase physical activity (PA), (ii) decrease sedentary time and, (iii) improve nutritional behaviour.

## Background

- Globally, there is approximately 200 million school aged children who are overweight (1).
- One in 4 children in Ireland have poor cardiovascular fitness and are overweight/obese (2).
- Twenty one percent of Irish children consume soft drinks daily or more often (3).

## Methods

- Eighty five pupils from two age cohorts (senior infants and fourth class) completed a 550m run and a nutritional questionnaire at baseline (October '13) and at follow up (May '14).
- A Paired-Samples T-Test was conducted to evaluate the impact of the intervention on pupils' levels of cardiovascular fitness.
- A Wilcoxon Signed Rank Test was used in order to determine the impact of the intervention on pupils' nutritional knowledge.

## Results: Cardiovascular Fitness levels

### Boys

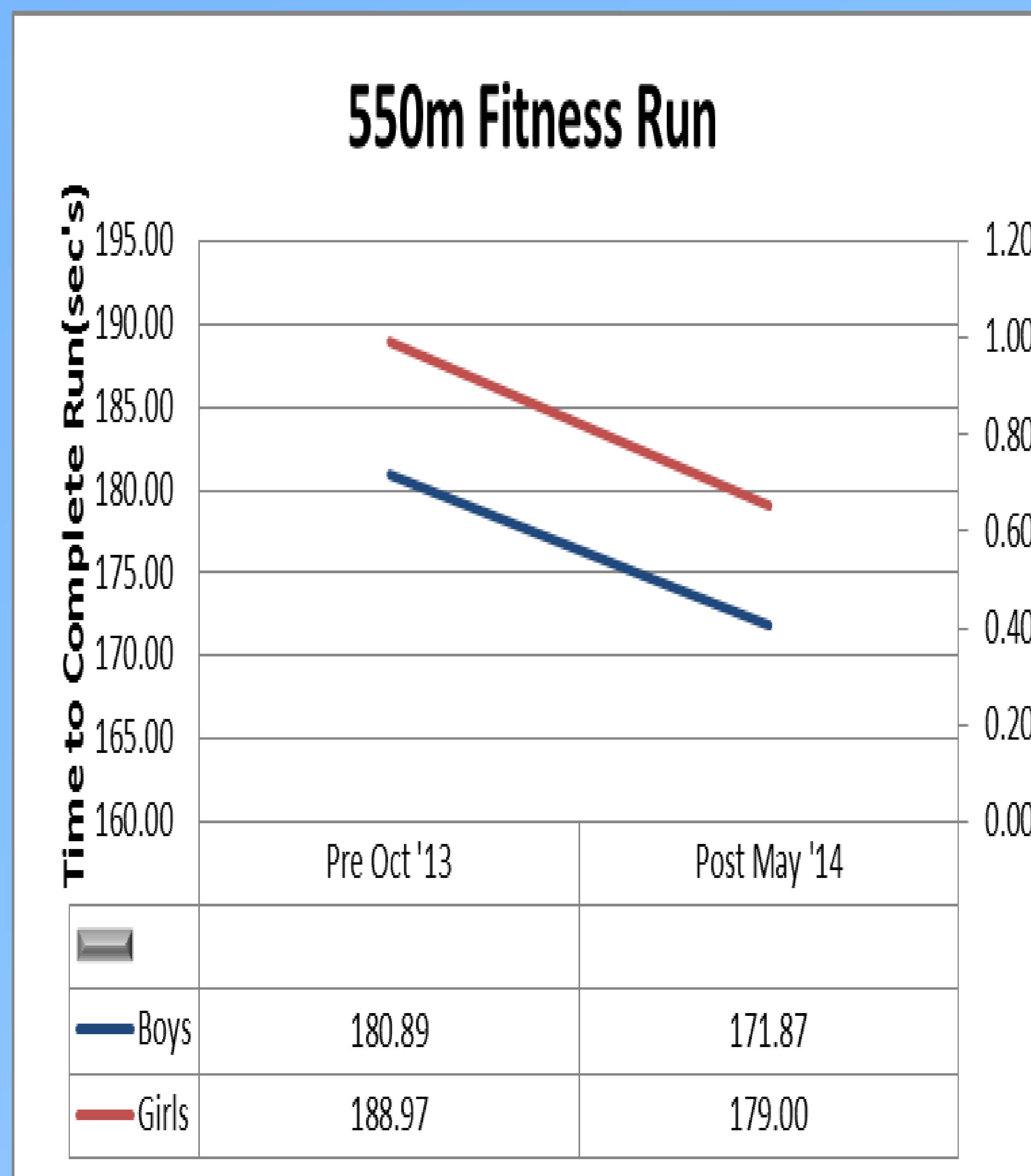
- There was a statistically significant decrease in time taken to complete the run from Time 1 (SD = 32.87) to Time 2 (SD = 31.37),  $t(44) = 3.15, p < .001$ .

### Girls

- There was a statistically significant decrease in time taken to complete the run from Time 1 (SD = 38.15) to Time 2 (SD = 30.48),  $t(35) = 3.18, p < .001$ .

## Results: Nutritional survey

- A Wilcoxon Signed Rank Test revealed a statistically significant reduction on the response of fizzy drinks being regarded as "healthy",  $z = -2.60, p < .009, z = -3.77, p < .001$  for senior infants and fourth class respectively.



## FIZZY DRINKS

Did you know there are 10 teaspoons of sugar in a 330ml can of fizzy drink?

Keep fizzy drinks for special occasions and remember that H<sub>2</sub>O is the way to go!




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## Conclusion:

- Preliminary findings show improvements in pupils cardiovascular fitness, and nutritional knowledge with regards to fizzy drinks.