

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 H₂O 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.