Project Spraoi: *A strategy to improve nutrition and physical activity in school children*

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Introduction & Objectives

•To deliver and evaluate a health promotion intervention targeted at primary schools in Cork.

Main objectives :

i. Increase physical activity

ii. Decrease sedentary time

iii. Improve nutrition amongst school children

Prevalence of overweight 6-9 year old children

Prevalence of overweight (including obesity) among 6 to 9 year old children in eight OECD countries, 2007-08
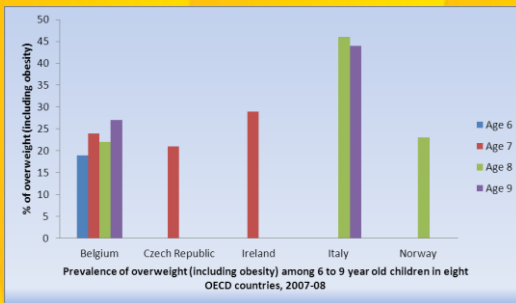
Background

•Up to 200 million school aged children are overweight (1).

•1 in 4 children in Ireland have poor aerobic capacity and are overweight/obese (2).

•1st intervention in Ireland to target PA, nutrition and sedentary time.

Methods

•Use the best practice model of NZ Project Energize and adapted to Irish setting(3).

•Schools work alongside trained "Energizers"; PA and nutrition change agents who help implement health and fitness programmes aligned with the P.E Curriculum.

Services & Resources

•Resources supporting physical activity and healthy eating will be provided to schools (4).

Physical activity: Support and Modelling	Physical Activity: Professional Development	Healthy Eating Support& Professional Development
Curriculum support with planning, ideas and modelling	In-services for teachers and coaches	Modelling class sessions, teacher professional development, school wide initiatives and school community interaction
Outside of School Day	**School/ Community Events**	**Leadership**
Home play tasks/initiatives	Sports days, Cross country, Athletics days	Initiatives to develop student leaders
Other Initiatives	**Physical Activity: Other**	**Links to Other Agencies**
Lunchtime organised sport	Walk to school campaign	Irish Heart Foundation

Project Resources

Evaluation

At baseline, 10, 12 and 20 calendar months after programme implementation. Will include:

i. A school stock take

ii. Physical measurements of senior infants and fourth class groups and

iii. Household questionnaires for parents to complete

•Programme data will be compared to control data

•Direct comparisons will be made with Project Energize dataset NZ (3).

References:: (1) Project International Obesity Taskforce (2010), 'The Global Epidemic', available: http://www.iaso.org/iotf/obesity/obesitytheglobalepidemic/ (assessed 12 July 2013) (2) Woods et al, (2010) The Childrens Sports Partitcipation and Physical Activity Study, Research Report 1. School of Health & Human Performance Dublin City University and the Irish Sports Council (3) Sports Waikato and Auckland Institute of Technology (2011), An Evaluation of Nutrition and Physical Activity in Waikato Primary Schools (2008-2011). (4) Project Energize (2005), 'What is Project Energize', available: http://www.waikatodhb.govt.nz/Our%20Work/HealthPromotion (assessed 12 July 2013)