



SNAC\_OSHC:  
EXPLORING A MULTIFACETED APPROACH TO DEVELOP  
OUTSIDE OF SCHOOL HOURS AS A HEALTH  
PROMOTING SETTING.

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Honours Research  
Bachelor of Health Science Honours  
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- Background to project
- Design of the project
- Intervention elements
- Evaluation, results and outcomes
- Summary
- Questions

# Background: Childhood obesity

- 1 in 4 Australian children are overweight or obese  
(AIHW, 2017)
- Experience: social and emotional distress, impact education and health outcomes – adult diseases.  
(Karnik & Kanekar, 2012; Obesity Australia, 2015).
- 33% of children overweight or obese by 2025  
(ABS, 2016).
- 5 times more likely to become obese in adulthood  
(CDC, 2015)



**\$8.6**  
**Billion**  
(Obesity Australia, 2015)

# Introducing SNAC\_OSHC...



**S**upporting **N**utrition for **A**ustralian **C**hildcare

(Wallace, 2016).

Online nutrition resource repository that assisted in the successful development of an online COP for Early Years Educators (Wallace, 2016).

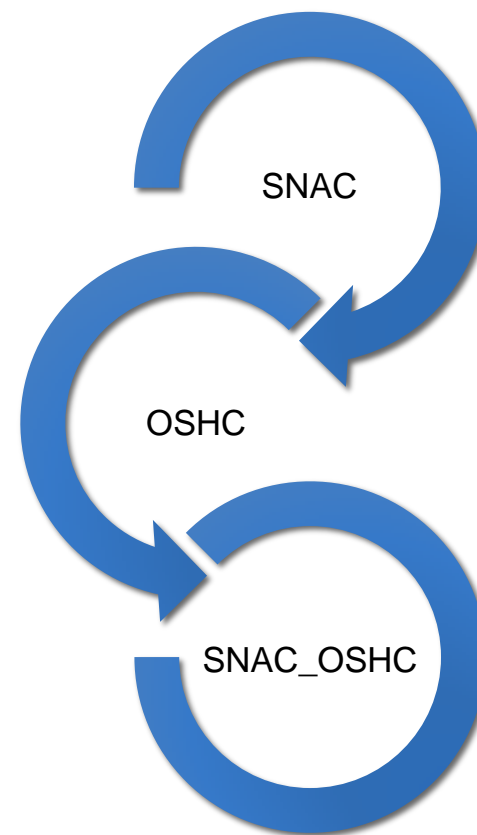


**S**upporting **N**utrition for **A**ustralian **C**hildcare

(Wallace, 2016).

**O**utside of **S**chool **H**ours **C**are

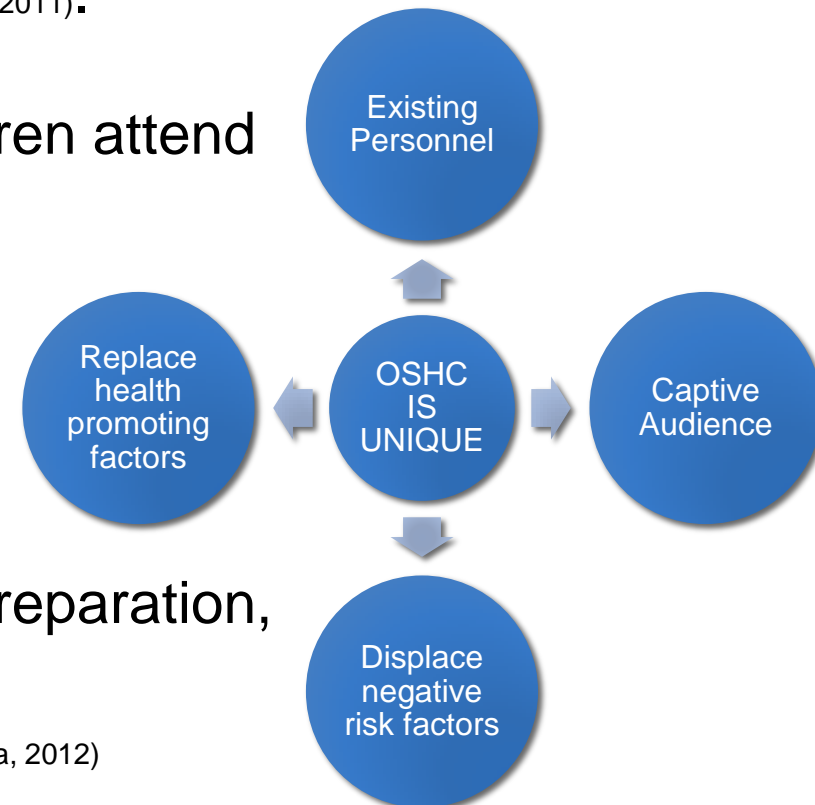
Extending the success of SNAC into the OSHC sector.



# Why target OSHC setting?



- After school often a time of sedentary behaviour and energy dense drinks and snacks (Carson & Reiboldt, 2011).
- The reach! 391,150 Australian children attend OSHC service (ACECQA, 2014).
- Address risk factors in context of where/when they occur for greater impact (Wilson et al., 2010).
- Limited time and facilities for food preparation, lack of nutrition and PA training, and budget restraints (Branscum & Sharma, 2012)



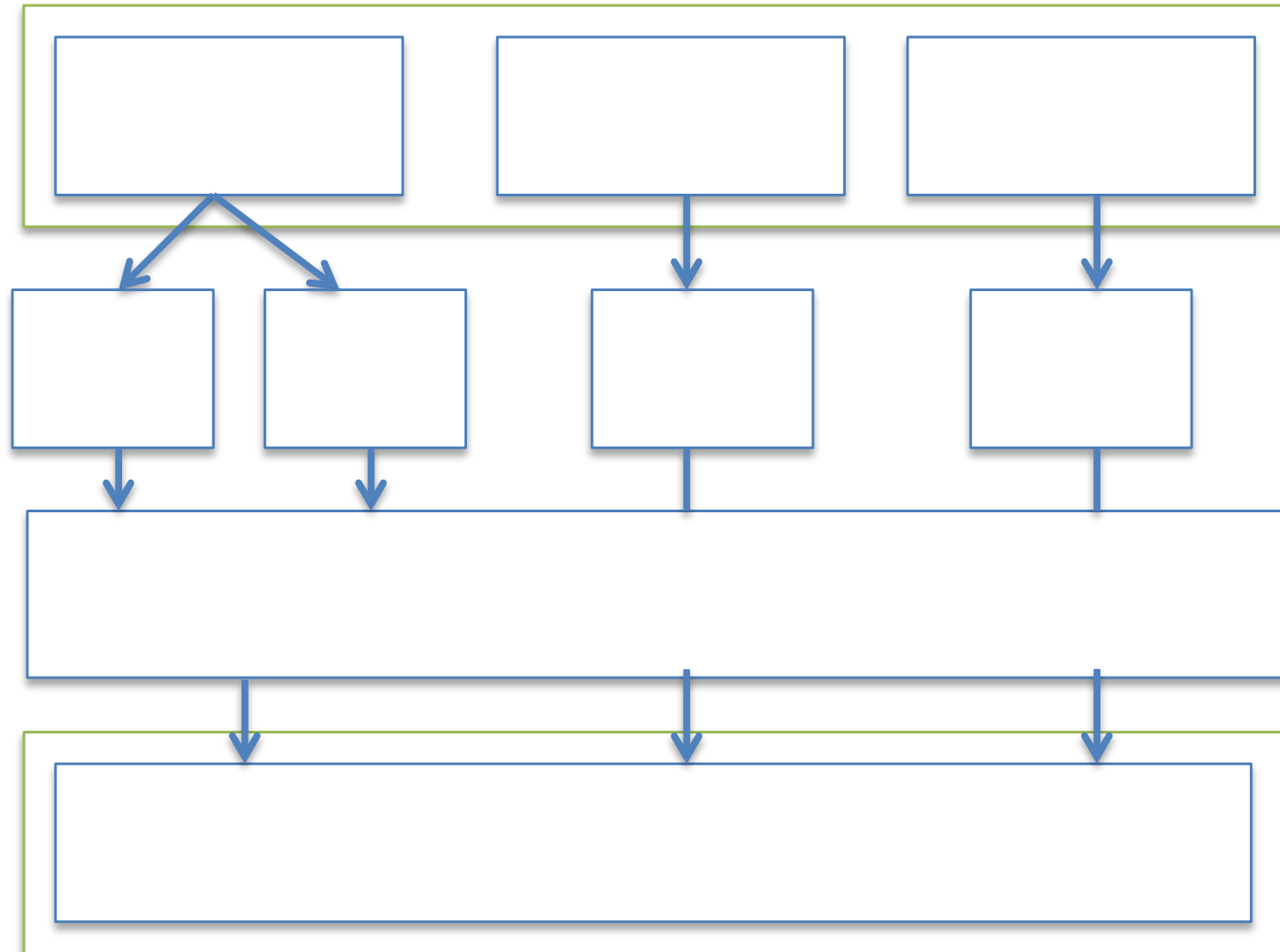
# What does the Literature say?

- OSHC underutilised health promoting opportunity (Thompson et al., 2006)
- Unique setting, ideal for HP: Personnel and target group  
(Carson & Reiboldt, 2011).
- Food served not always best nutritional value: influenced by budget, equipment, time and perishable nature (F&V v's other)  
(Weaver et al., 2012).
- Interventions: behaviour change approaches v's professional development to support environment change. (Branscum & Sharma, 2012; Weaver et al., 2016).
- Not all OSHC professionals have nutrition training (Weaver et al., 2016).

# Aim of the Study

To trial a multifaceted intervention strategy to increase OSHC Professionals confidence and competencies, to support a health promoting OSHC environment, with a nutrition and physical activity focus.

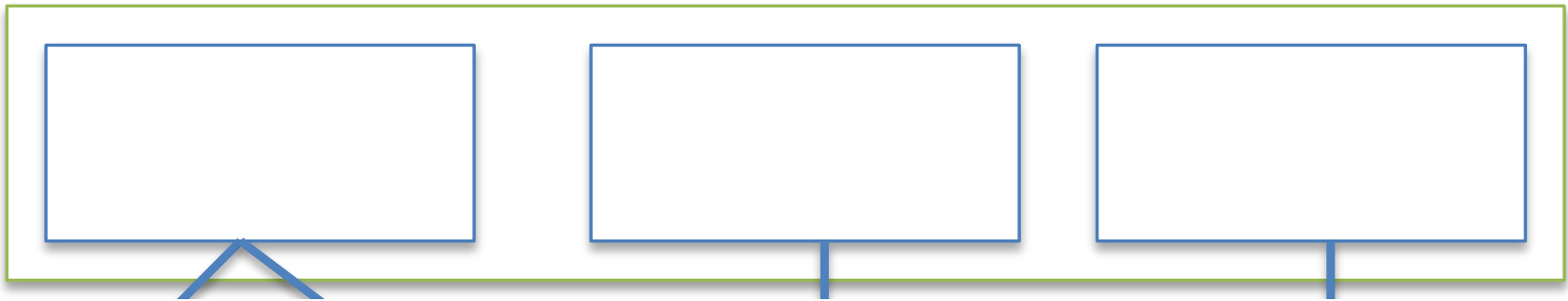
# Research Design: Exploratory, Mixed Methods





# SNAC\_OSHC

## Multifaceted Intervention



- Repurposed Eat Smart Play Smart\* & other resources
- 19 Participants attended workshops
  - Recipes, ideas for PA, role modeling to improve confidence, capacity build, role adequacy and legitimacy
- Registered for SNAC\_OSHC portal – walk through
- Registered for closed FB page.

# Workshop Overview

- Folder – Take away resource reference
- Website Registration – Ongoing access
- Facebook Registration – Ongoing support
- Food Activity – Simple, fast & tasty



# Workshop Content

- Repurposed Eat Smart Play Smart Manual
- Other credible sources: TLS

**SNAC\_OSHC Workshop Schedule  
July 2017**

Topic	Activity	Content	Page
Introduction	Welcome	Tea & coffee on arrival Registration	
	Questionnaire	Complete Pre Workshop Questionnaire	
	Introductions & House Keeping	SNAC_OSHC & Participants  Photos and recordings - consent	
	Ice Breaker	Match up and discuss	
OSHC as a health promoting setting	How OSHC makes a difference	Identifying opportunities	1
Getting to know SNAC_OSHC	Introducing SNAC_OSHC	Registering for the portal Registering for OSHC FB SNAC_OSHC orientation	3
	Physical Activity	Recommendations, and examples.	7
BREAK			
SNAC_OSHC	Healthy Food and Drink Policy	The basis of HFD policy Template	11 13
	Menu Planning	Traffic light system Pocket card Menu Planner	14 17
	Nutrition and Nutrition Activities	Nutrition for Children Australian Guide to Healthy Allergies Nutrition Activities Recipes and Toolbox Section	18 22 23 25
	Food Safety	Food Safety Fact sheet Glitterbug	26 32
BREAK			
Food Activity	Food Preparation and Snack	Practical Food preparation for OSHC	
	Feedback	How did you find today? Feedback	

# SNAC → SNAC\_OSHC

New Portal

REGISTER LOGIN

Home Support Nutrition Activities Community Snac Plus **SNAC\_OSHC**

**Get ready for May Munch!**

Did you know that on average less than 50% of young Australian children aged 2 to 3 years are currently eating the Australian Dietary Guidelines recommended serves of vegetables each day? Alarming, this...

[Read More »](#)

## Welcome to SNAC!

A new support site for education and care centres and early years educators. This is a place for you to connect with other childcare professionals to share your experiences, ideas and thoughts

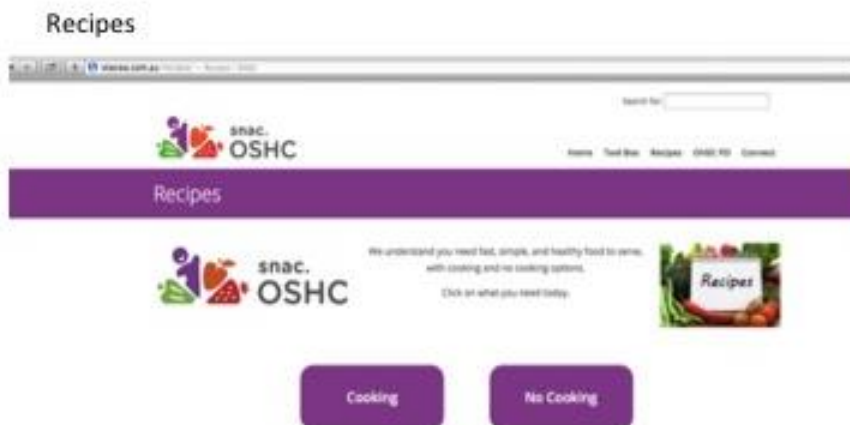
### Register

As this is a study, you are required to register before gaining access to the

[www.snacwa.com.au](http://www.snacwa.com.au)

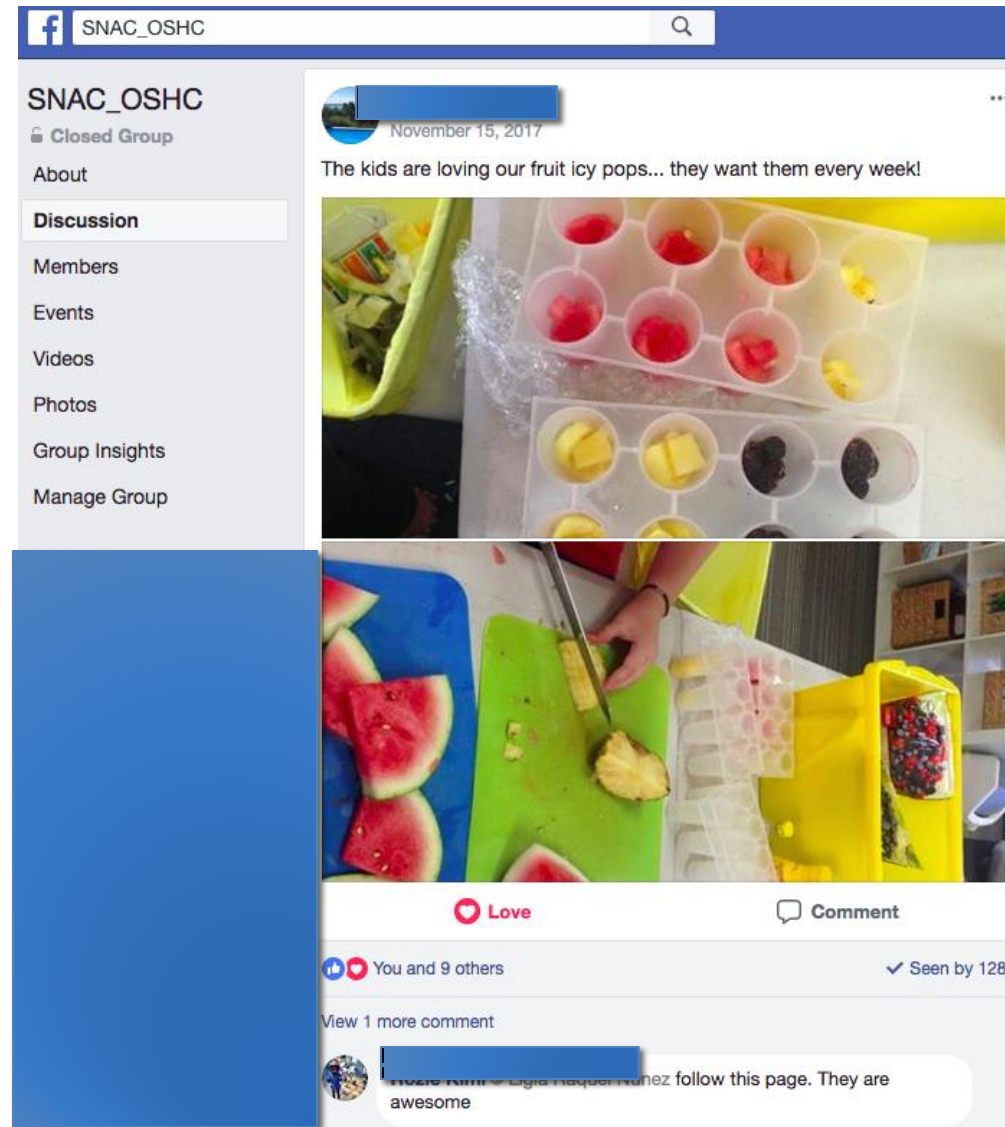


# SNAC\_OSHC Website



# Closed Facebook Group

- For ongoing support
- Sharing of ideas
- 17 registered, grew 200+/-
- Member posts/interaction
- FB v's Discussion Boards



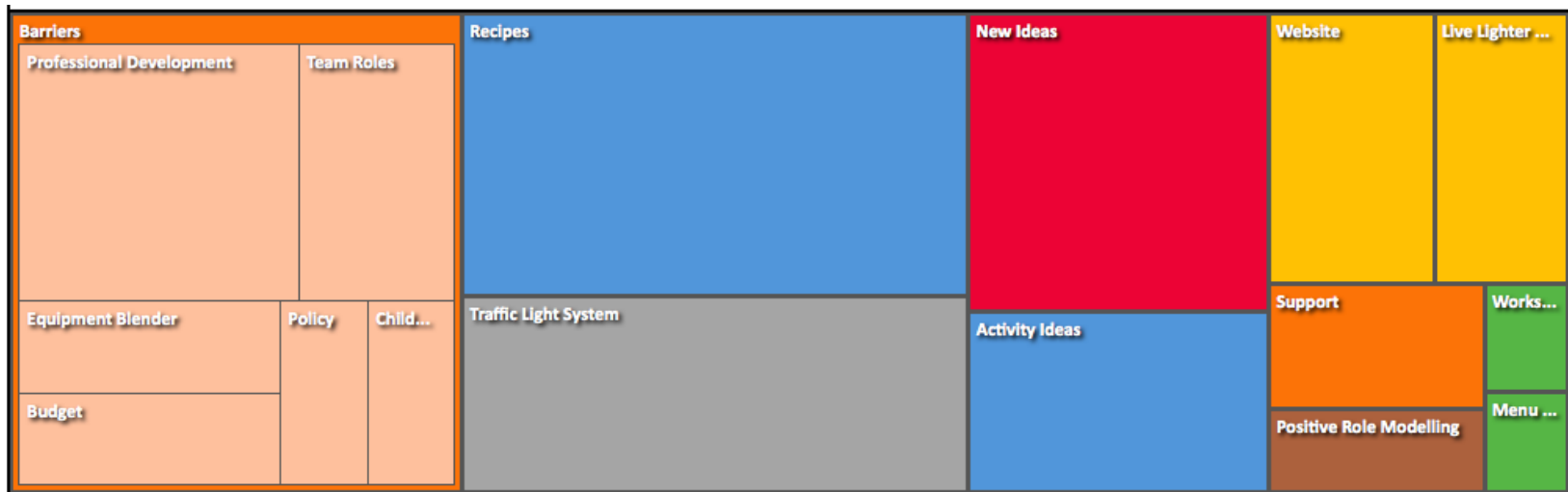
# Feedback & Evaluation

- Valuable:

- Access to recipes
- Traffic Light System
- New ideas; activities
- Website: one stop
- Support: FB

- Barriers:

- Lack of PD
- Equipment (Blenders etc)
- Budgets & ordering
- Time – food prep
- Children allergies, dislikes



# Main findings

- 68% of participants – no specific health promoting training.
- Significant improvement in confidence and health promoting competencies
- Closed Facebook Group offered an additional layer of support in OSHC role, and offered positive social connections in which a sharing community of practice was emerging. Evidence of health promoting actions through FB posts. Used daily.
- SNAC\_OSHC website provided trustworthy information, enabling and promoting role confidence and competence. Used weekly for planning.
- The totality of the multifaceted approach contributed to the overall success of the project.

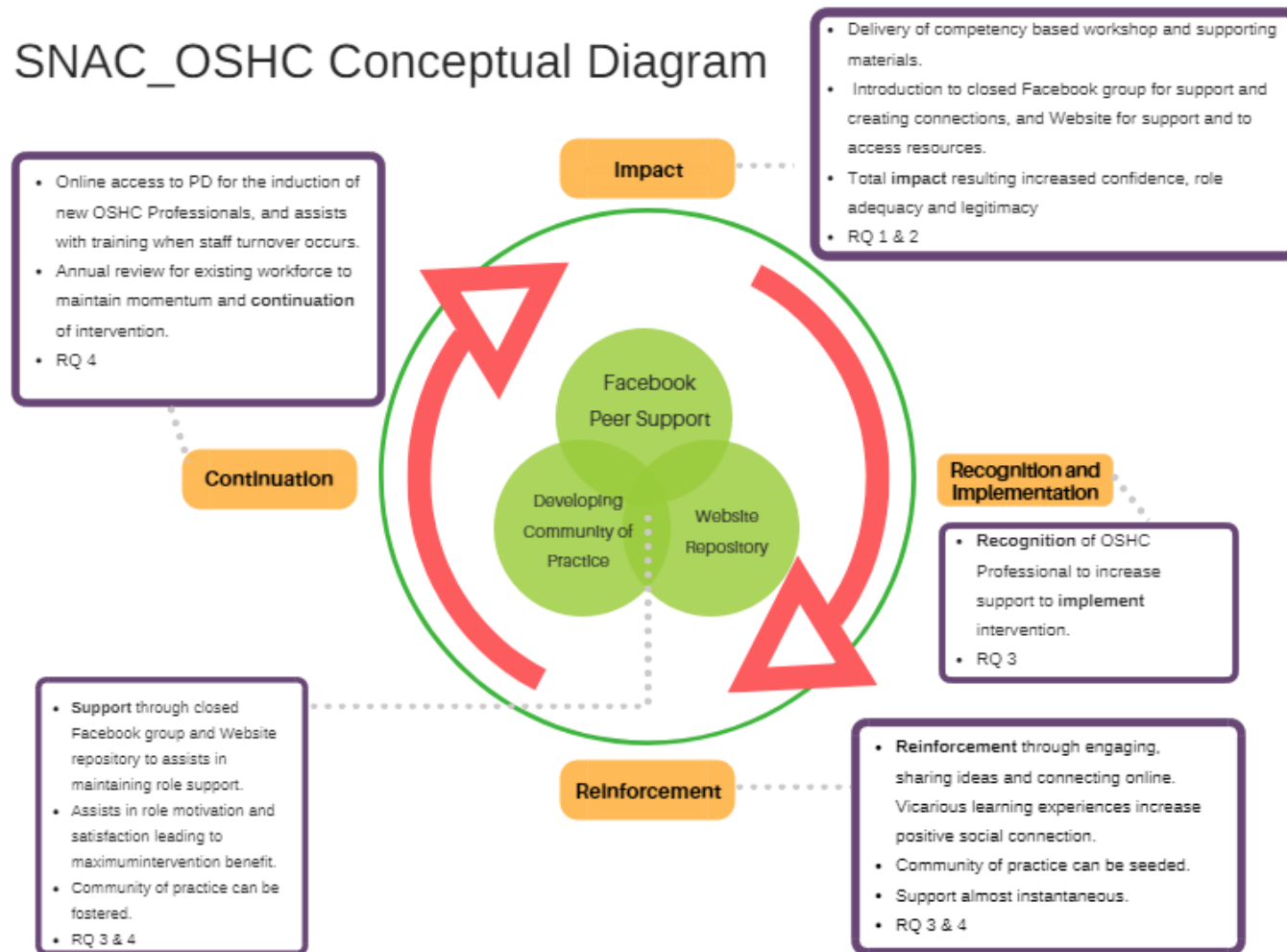
**‘Inspired, Informative, Enlightened, Beneficial’**



# SNAC\_OSHC

## Conceptualised

### SNAC\_OSHC Conceptual Diagram

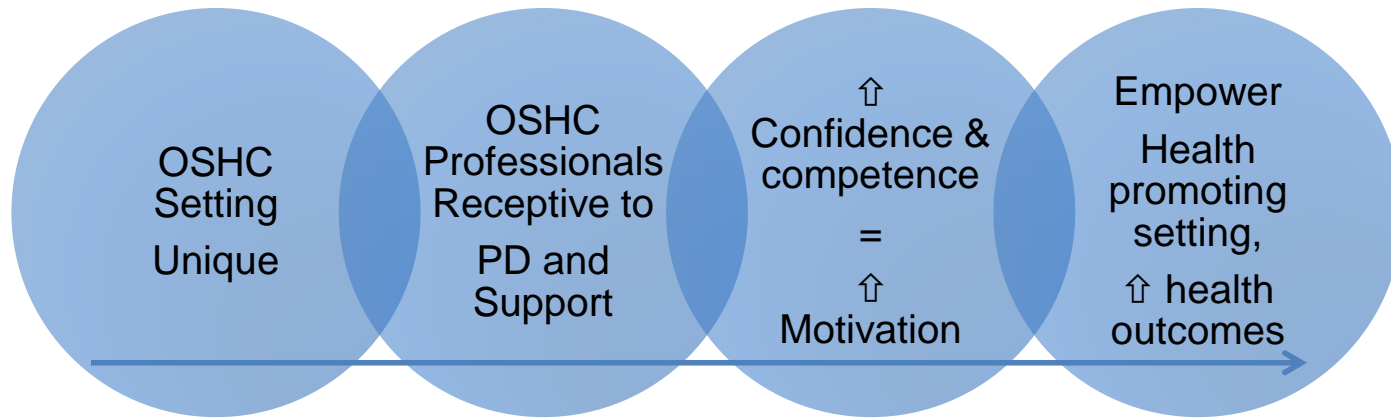


# Limitations

- Very small sample group
- Participants self reporting
- Social Bias: facilitating and evaluating
- Non FB users
- Time: Honours project
- Attract nutrition, PA, health interested participants



# A GOLDEN OPPORTUNITY



# Supervisors

Dr Ruth Wallace  
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Dr Leesa Costello  
Mrs Ros Sambell



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Eat Smart Play Smart Manual



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# Questions?

