

PRESchool@HealthyWeight: A Preschool-Based Intervention For Promoting Healthy Eating And Physical Activity In Toddlers

Author(s)

Toussaint, N.; Streppel, M.T.; Mul, S.; Schreurs, A.; van Drongelen, K.; Balledux, M.; Janssen, M.; Fukkink, R.G.; Weijs, P.J.M.

Publication date

2019

Document Version

Final published version

[Link to publication](#)

Citation for published version (APA):

Toussaint, N., Streppel, M. T., Mul, S., Schreurs, A., van Drongelen, K., Balledux, M., Janssen, M., Fukkink, R. G., & Weijs, P. J. M. (2019). *PRESchool@HealthyWeight: A Preschool-Based Intervention For Promoting Healthy Eating And Physical Activity In Toddlers*. Abstract from 6th International Conference on Nutrition & Growth, Valencia, Spain.

**General rights**

It is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), other than for strictly personal, individual use, unless the work is under an open content license (like Creative Commons).

Disclaimer/Complaints regulations

If you believe that digital publication of certain material infringes any of your rights or (privacy) interests, please let the Library know, stating your reasons. In case of a legitimate complaint, the Library will make the material inaccessible and/or remove it from the website. Please contact the library: <https://www.amsterdamuas.com/library/contact>, or send a letter to: University Library (Library of the University of Amsterdam and Amsterdam University of Applied Sciences), Secretariat, Singel 425, 1012 WP Amsterdam, The Netherlands. You will be contacted as soon as possible.

Oral Presentations Session 8: Other

PRESCHOOL@HEALTHYWEIGHT: A PRESCHOOL-BASED INTERVENTION FOR PROMOTING HEALTHY EATING AND PHYSICAL ACTIVITY IN TODDLERS

N. Toussaint¹, M.T. Streppel¹, S. Mul², A. Schreurs², K. van Drongelen³, M. Balledux⁴, M. Janssen¹, R.G. Fukkink^{5,6}, P.J.M. Weijs^{1,7}

¹*Amsterdam University of Applied Sciences, Faculty of Sports and Nutrition, Amsterdam, The Netherlands*

²*Child care organization Impuls, Early Childhood Education and Care, Amsterdam, The Netherlands*

³*The Netherlands Nutrition Centre, A Healthy Start, The Hague, The Netherlands*

⁴*Netherlands Youth Institute, A Healthy Start, Utrecht, The Netherlands*

⁵*Amsterdam University of Applied Sciences, Faculty of Child Development and Education, Amsterdam, The Netherlands*

⁶*University of Amsterdam, Faculty of Social and Behavioural Sciences- Preventive Youth Care, Amsterdam, The Netherlands*

⁷*Amsterdam University Medical Centers, Department of Nutrition & Dietetics- Internal Medicine, Amsterdam, The Netherlands*

Background and aims

The aim of this study was to gain insight in the effect of a preschool-based intervention for Early Childhood Education and Care (ECEC) teachers on promoting healthy eating and physical activity in toddlers.

Methods

In a cluster randomized controlled trial, 37 preschools of child care organization Impuls in Amsterdam Nieuw-West, the Netherlands, were randomly allocated to an intervention or control group. In total, 115 female ECEC teachers (mean age: 42 ± 9 years) participated. The intervention for ECEC teachers consisted of two existing Dutch programs: 'A Healthy Start' and 'PLAYgrounds'. The practices and knowledge of ECEC teachers concerning healthy eating and physical activity and the level of confidence in promoting healthy eating and physical activity in toddlers was assessed at baseline and 9 months of follow-up. To examine the effect of the intervention linear mixed models were used.

Results

Preliminary analyses of the practices indicated that Activity-related-Teaching/Autonomy-Support was increased in the intervention group (mean difference: 0.181), but not in the control group (mean difference: -0.048; p-value group*time: 0.025). Food-related-Pressure-to-Eat was decreased in the intervention group (mean difference: -0.580), but not in the control group (mean difference: -0.158; p-value group*time: 0.014). No effect of the intervention was found on knowledge (p-value group*time: 0.24) and the level of confidence (p-value group*time: 0.98) of ECEC teachers.

Conclusions

The preschool-based intervention seems to increase Activity-related-Teaching/Autonomy-Support and to decrease Food-related-Pressure-to-Eat. No effects were seen on knowledge and level of confidence of ECEC teachers in promoting healthy eating and physical activity in toddlers.