



NAP SACC UK Research Study Nursery Information Sheet

What is the study?

NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care) is a programme for early years providers which aims to support the work they do to improve child health. The programme is being used very successfully in the United States, but it is not yet known how well NAP SACC might work in the UK. This study aims to test whether the NAP SACC programme would be useful for UK nurseries.

We have adjusted the programme so that it is suitable for UK nurseries (NAP SACC UK), and have tried this in nurseries on a smaller scale (12 nurseries). When we did this, nursery managers and parents told us they were happy with the programme and the measurements we took. We now need to do a larger study to see if NAP SACC UK is effective at supporting nurseries to make changes that work to improve children's health.

What is the NAP SACC UK programme?

NAP SACC UK is delivered in nurseries by 'NAP SACC UK Partners' working alongside nursery managers to take them through a process of review, staff training and targeted assistance. The steps in the NAP SACC programme are as follows:

1. Review and Reflect

The nursery manager, together with key nursery staff complete the NAP SACC UK 'Review and Reflect' tool. This tool allows the nursery to assess their current practice.

2. Action Planning

Based on the 'Review and Reflect' answers, nurseries will set goals for themselves with guidance and support from a NAPSACC UK Partner. These will be goals that the nursery feels will be within their reach, given their resources. The Partners are staff employed or commissioned by your Local Authority or NHS, for example they may be Public Health Officers or Health Visitors.

3. Workshop Delivery

The trained NAP SACC UK Partner delivers a workshop to the staff. The workshop will cover nutrition and physical activity for children and will engage all the nursery staff in action planning to meet the goals set by the nursery manager and NAP SACC UK partner.

4. Targeted technical assistance

NAP SACC UK Partners maintain regular contact with the nursery to provide support and guidance in making their improvements.

5. Evaluate, Revise, and Repeat

At the end of the first 6-months, the NAP SACC 'Review and Reflect' tool is completed a second time to review progress on the goals they set. The programme will be repeated, including a 2-hour staff training top-up session. Action Plans are then revised by the nursery manager, nursery staff and NAP SACC UK Partner to include new goals and objectives and the technical assistance continues.

Who is participating in the study?

At least 56 nurseries, from 4 areas of England and Scotland, will take part in the trial. This includes day nurseries, private nursery schools, maintained nurseries (including nurseries within Children's Centres) and pre-schools, where children consume at least one meal per day (provided by the nursery or the family).

There will be approximately 784 children aged 2 years and over (but not yet attending Reception or Primary 1) school taking part. These are children who attend the nursery for at least 12 hours per week across the year or 15 hours per week in term time, and whose parents have given their permission for them to be involved in the study.

Will all of the nurseries be doing the same programme?

To test whether the NAP SACC UK programme makes any difference for nurseries, we need to compare nurseries who have received the programme with a group of nurseries who have continued with their usual practice and plans. If you agree to take part, your nursery could be put by chance (like tossing a coin) into either of these groups. If we find the programme is helpful, then it may become available more widely for UK nurseries in the future.

Researchers will visit all of the nurseries from both groups to take measurements and gather information. The researchers will do this at the start and end of the study for each nursery. This information that will be used to test whether the NAP SACC UK programme made a difference.

What will nurseries be asked to do?

Nurseries taking part in the study will be asked to do the following:

- To give out letters, information sheets and questionnaires provided by the project team, to parents. These will give parents information about the study and ask their consent for their child to have measurements taken for the study. The letters will be signed by Dr Ruth Kipping (the project lead from the University of Bristol).
- To allow meetings between parents and research staff to take place at the nursery, so parents can find out more about the study.
- To provide time for researchers (with enhanced DBS/PVG check) to come to the nursery to do the measurements with the participating children. This will require a nursery carer to be present during the height and weight measurements.
- To allow a researcher to observe a usual nursery day.
- For staff to complete a questionnaire on two occasions, once at the start and again at the end of the study.
- To provide a member of staff to do an interview to give feedback at the end of the study.

After randomisation into groups, all nurseries will have measurements taken and each group will then do the following:

- **[NAP SACC UK programme group]** Take part in the five aspects of NAP SACC UK outlined on the previous page.
- **[Measurement only group]** Carry on with their usual planned activities and policies, as if they were not part of the study.

What will parents be asked to do?

- Parents/carers will be given a pack containing a letter, information sheet, brief questionnaire (called 'About you and your child'), consent form and freepost reply envelope by the nursery (provided by the research team). They can complete the consent form and questionnaire and return them to the research team in the free-post envelope if they wish their child to take part in the measurements.

What will children be asked to do?

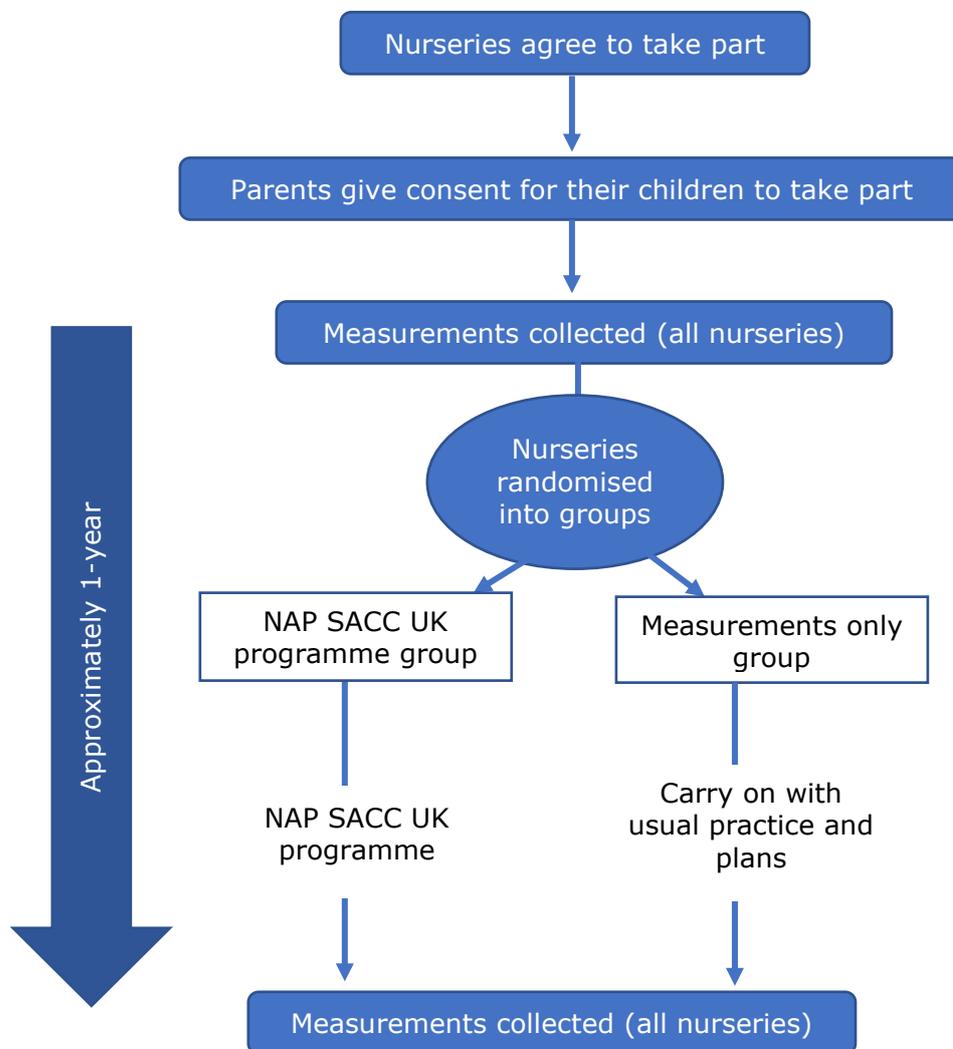
- The research staff will visit the nursery to take measurements for two periods of data collection, around 1-year apart. On each occasion, children at the nursery, who have parental consent, will have their height and weight measured, will have photos taken of their food and

will be fitted with activity monitors (which look like pedometers) to measure their activity for 5 days. Nursery staff and parents will be given simple instructions and advice about the child wearing the accelerometer.

How will the measurements be done?

- All measurements will be collected by University staff with enhanced DBS/PVG clearance.
- The height and weight measurements will be done in a private area away from other children but with a member of nursery staff present. Staff and other children at the nursery will not see the measurements.
- The University staff will explain how the children should wear the accelerometers and will collect these from the nurseries at the end of the 5 measurement days.
- Photographs will be taken of the food the children eat at nursery (provided by the nursery or from home). No children will be included in the photographs. The study team will ask the nursery manager (or deputy) to check the digital photographs before they are taken back to the local NAP SACC co-ordinating university.

Study flow diagram



Confidentiality and data protection

All information we collect during the study will remain confidential. No information will be passed on to members of your nursery staff, parents or other nurseries. No names or identifying information will be used in any results, publication or presentations. However, if anything is disclosed or observed where there is serious concern about the health or well-being of a child, either the nursery manager will be informed, or the information will be shared with an appropriate organisation (standard safeguarding best practice).

We will need to use information from the nurseries, parents and children who have agreed to take part in the study, including names, contact details and dates of birth. University staff involved with the study will use this information to do the research or to check your records to make sure that the research is being done properly. We will keep all information collected by this study safe and secure. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out who took part in the study.

Please contact the NAP SACC UK study team if you would like further detail about how the data collected as part of this study is used.

Who is leading the project?

The project is being led by Dr Ruth Kipping, University of Bristol, with guidance from experts in child nutrition and physical activity from the University of Bristol, University of Cardiff, University of Glasgow, University of Birmingham, University of North Carolina (USA) and the Pennington Biomedical Research Center (USA) and in association with NHS Ayrshire and Arran, Sandwell Metropolitan Borough Council, Swindon Borough Council and Somerset County Council.

Ethical approval

This project has been reviewed and approved by the University of Bristol Health Sciences Faculty Research Ethics Committee. If you have any ethical concerns about the project, please contact the study Sponsor at University of Bristol, Research and Enterprise Development, 0117 3940177 or research-governance@bristol.ac.uk (study number 2019-3426).

Who is funding the study?

The University of Bristol has been funded by the National Institute for Health Research to conduct the NAP SACC UK Study.

Reimbursement for time

All of the nurseries who take part will receive £200 at the end of the study.

What do I need to do next?

Someone from the NAP SACC UK study team will contact you by telephone within the next week to arrange a convenient time for a visit. At the visit we will explain the study to you and give you the opportunity to ask any questions you may have before you decide whether you would like to take part.

What if I change my mind?

Your nursery's participation in the study is voluntary. You can choose not to take part, or you may withdraw your nursery at any time.

Questions

If you have any further questions about the study, please contact one of the members of your local NAP SACC UK study team 0117 9287273 or email napsaccuk-study@bristol.ac.uk