Recruitment

61 Department of Education
Preschools in Sydney area invited to participate, 29 agree (48%). 420 children recruited from these preschools

Randomisation

Preschools were randomly allocated to intervention and control groups. Field staff were blinded to allocation.

Intervention group

Preschools; n = 15

Baseline data

Children (n = 263)
FMS data (n = 207)
Lunchbox audit (n = 168)
Director Interviews (n = 15)
Staff Surveys (n = 43)

Munch & Move Program

* One-day professional development workshop;
* Resources (manual, fact sheets, games, small grant);
* Project officer support visits.

Follow up data

Children (n = 218; 83%)
FMS data (n = 213)
Lunchbox audit (n = 137)
Director Interviews (n = 15)
Staff Surveys (n = 37)

Control group

Preschools; n = 14

Baseline data

Children (n = 167)
FMS data (n = 127)
Lunchbox audit (n = 91)
Director Interviews (n = 14)
Staff Surveys (n = 30)

No Workshop

Preschools provided with written information on sun and road safety.

Follow up data

Children (n = 141; 84%)
FMS data (n = 134)
Lunchbox audit (n = 71)
Director Interviews (n = 14)
Staff Surveys (n = 28)

Munch & Move Program

* One-day professional development workshop;
* Resources (manual, fact sheets, games, small grant);
* Area Health Service support visits.