

Responsive feeding environments in childcare settings: A scoping review of the factors influencing implementation and sustainability

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Background

Many children spend a large amount of their time in child care, where they build relationships with food and eating during snack and lunch times.

To change behavior, and promote responsive feeding practices, a theoretical framework can offer a step-by-step way to make changes. The Behavior Change Wheel (BCW) is one tool that has been used in nutrition-related contexts..

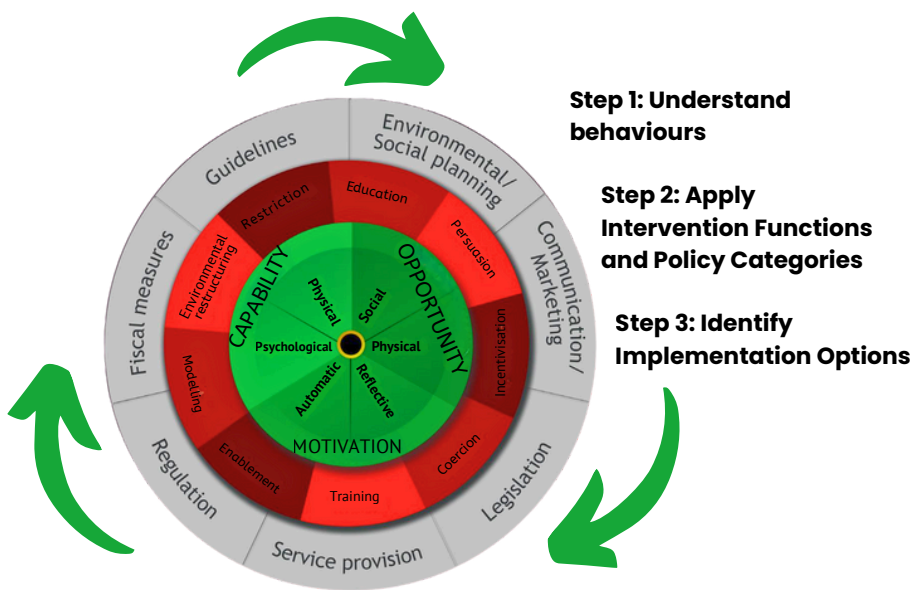


Figure 1: Behaviour Change Wheel Process (Michie et al. 2011).

In this scoping review, 3197 studies were reviewed at varying levels of detail. In the end, 39 articles met the criteria for our research question.

Questions

What is known about the factors influencing the implementation and sustainability of responsive feeding environments in childcare settings for young children?

How do the articles relate to behavior change theory to inform future intervention design and delivery?

Key Findings



Factors that influenced the implementation and sustainability of responsive feeding in child care environments

1. Having pre-existing nutrition policies, standards or guidelines in place
2. Education and training associated with the intervention
3. The effect of providers beliefs and confidence in responsive feeding
4. Partnership development and stakeholder engagement
5. Availability of resources

Behavior Change Wheel

The BCW was only used in one study. But many studies used interventions that had multiple components, similar to the BCW.

Conclusions

The policies and guidelines for healthy eating in childcare environments provide a good starting point, but are not enough to make sure everything is put into practice effectively.

Results highlighted a need to support educators to build capability, opportunity and motivation to support behavior change.

The interventions described in the articles suggest that the BCW can support sustainable behavior change in childcare responsive feeding practices.