

# ToyBox – Taste and Move Adventures

ToyBox Team

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# ToyBox Study in Malta



- Kindergarten-based, family-involved intervention aimed at achieving behaviour change and preventing obesity in early childhood
- Good oral health from an early age is also being emphasised

# What are the aims of ToyBox?

1. Children drink water to quench thirst



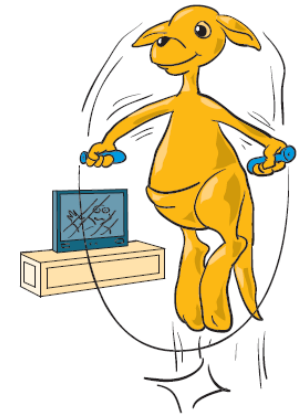
2. Children consume healthy snacks



3. Children are physically active



4. Children interrupt prolonged periods of sitting with active breaks



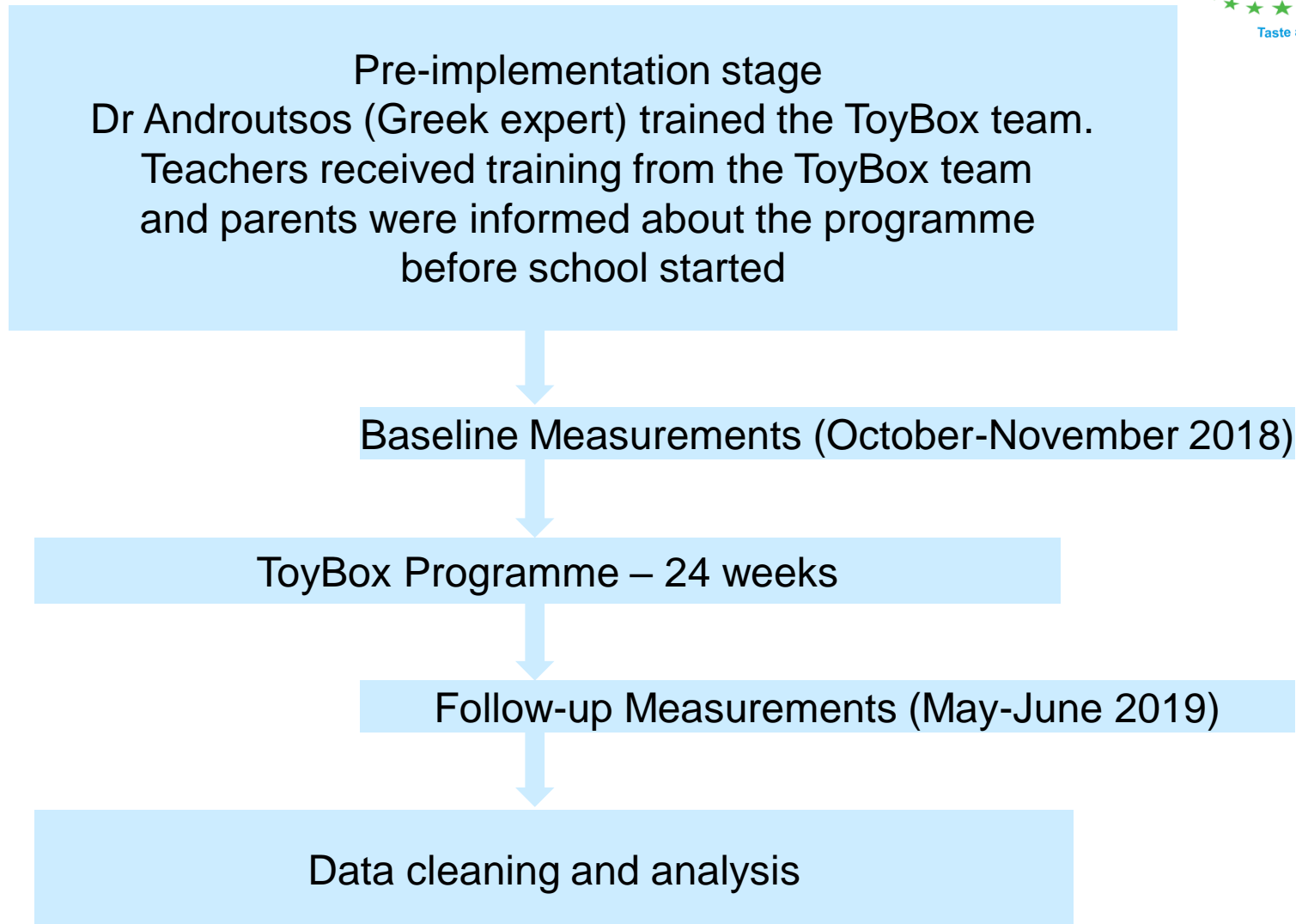
5. Good oral health from a young age

# Where was ToyBox implemented?



- KG1 classes in all church and independent schools in Malta and Gozo (3-4-year-olds)
- 27 schools: 13 church schools and 14 independent schools
- 991 benefited from the classroom programme
- 733 consented to participate
- 624 were measured

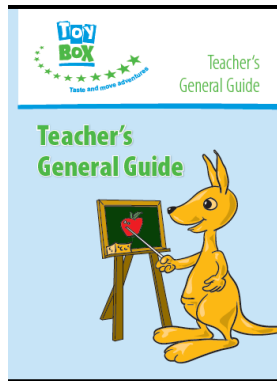
# How has ToyBox been implemented?



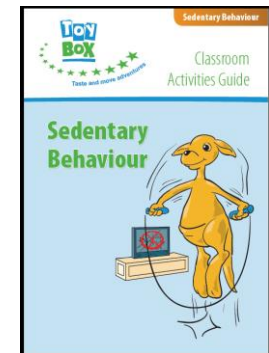
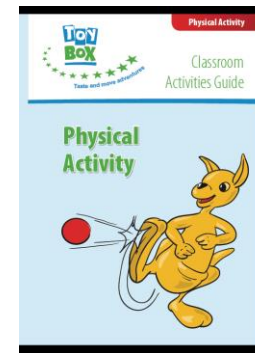
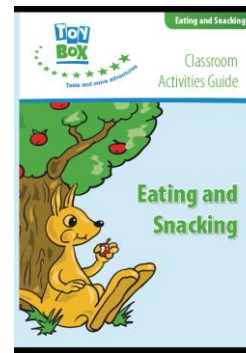
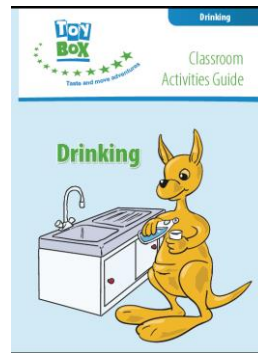
# What is the ToyBox material?



## 1 Teachers General Guide



## 4 Classroom Activities Guides



## 9 Newsletters



## 8 Tip Cards



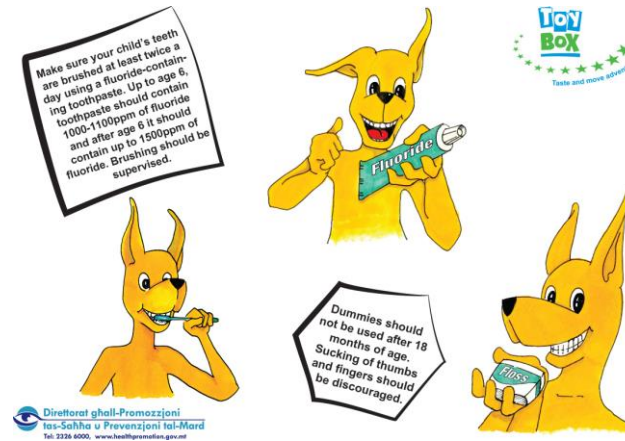
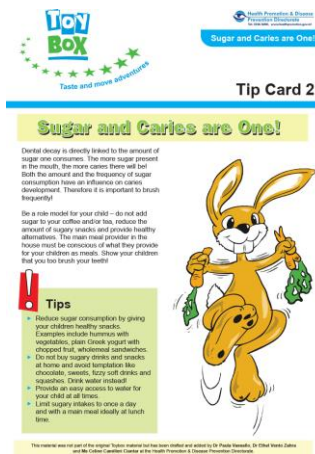
## 4 Posters



## 1 Handpuppet



# Oral ToyBox material



4 Newsletters

2 Tip Cards

1 poster

1 puppet

# Challenges of implementation

- Human resources
- Ownership by teachers
- Curriculum demands made implementation using the 4-week format difficult
- Parent cooperation eg. type of food sent
- Compliance with pedometers
- Seasonality effects on measurements

# Feedback from schools



**Water Station**



**Magic Snack Plate**

# Feedback from schools



**Spinning Wheel**

# Feedback from schools



# Feedback from schools



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## Malta

### St Francis School, St Paul's Bay



# Way Forward

- Implementation in Kindergarten 2
- Continue to monitor and offer support to participating schools
- Inclusion in school curriculum?

# THANK YOU

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