

<b>Title of Intervention</b>	<b>Romp &amp; Chomp</b>
<b>Website</b>	<a href="http://www.goforyourlife.vic.gov.au/">http://www.goforyourlife.vic.gov.au/</a>
	<a href="http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Romp_and_Chomp?OpenDocument">http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Romp_and_Chomp?OpenDocument</a>
<b>Intervention Strategies</b>	Environmental and Policies, Campaigns and Promotions, Group education
<b>Purpose</b>	'The aim of Romp & Chomp is to increase the capacity of the intervention sites to promote healthy eating and active play; and to achieve healthy weight in children 0-5 years of age.' 'It also aims to significantly reduce the consumption of high-sugar drinks and energy-dense snacks and to increase consumption of fruit, vegetables, and water in children 0-5 years of age.'
<b>Populations</b>	Children 0-5 years and their families in Australia
<b>Settings</b>	Community-based. Daycare and Kindergarten
<b>Partners</b>	Barwon Health, City of Greater Geelong, the Geelong Kindergarten Association, the Leisure Networks Association, the Department of Human Services (DHS; the Victoria State health department), Deakin University (Geelong, Australia), Bellarine Community Health, Dental Health Services Victoria, and the Department of Education and Early Childhood Development, Borough of Queenscliffe (BoQ) in Victoria.
<b>Intervention Description</b>	Romp & Chomp is a community-based and communitywide obesity prevention project conducted mainly within daycare centers and kindergartens in the project area. It is a multi-strategy intervention focusing on changing policy, Sociocultural, and physical aspects of early childhood environments to favor obesity prevention. The program incorporated two existing programs: Smiles 4 Miles program and The Kids—Go For Your Life program. Both of these programs incorporated a broad health-education curriculum, Sociocultural and environmental changes, and policy implementation. The program promoted 6 key messages: 1) limit food; 2) move, play and go; 3) turn off, switch to play; 4) tap into water every day; 5) stride and ride; and 6) plant fruit and vegetables in your lunchbox.
	Romp & Chomp had 8 key objectives: 1) to increase the capacity of early childhood organizations to promote healthy eating and active play; 2) to increase the awareness of the project's key messages in homes and early-childhood settings; 3) to evaluate the process, impact, and outcomes of the project; 4) to significantly decrease consumption of high sugar drinks and promote consumption of water and milk; 5) to significantly decrease consumption of energy-dense snacks and increase consumption of fruit and vegetables; 6) to significantly increase active play at home and decrease television (TV) viewing time; 7) to increase structured active play in kindergarten and child care settings; and 8) to achieve an integrated population growth monitoring program within the department of Maternal and Child Health Service.
<b>Theory</b>	Socioecologic framework

<b>Resources required</b>	<b>Staff/Volunteers:</b>	Not mentioned
	<b>Training:</b>	Not mentioned
	<b>Technology:</b>	Not mentioned
	<b>Space:</b>	Not mentioned
	<b>Budget:</b>	Not mentioned
	<b>Intervention:</b>	Smiles 4 Miles and Kids-Go for life materials <a href="http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/partnering_programs_whats_new_program_links?open#programlinks">http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/partnering_programs_whats_new_program_links?open#programlinks</a> , childcare facility policies related to health promotion.
	<b>Evaluation</b>	Eating and Physical Activity Questionnaire (EPAQ), portable scales, stadiometer.
<b>Evaluation</b>	<b>Design:</b>	Repeat cross-sectional quasi-experimental design with measures taken pre- and post intervention
	<b>Methods and Measures:</b>	'Romp & Chomp was a community-wide, multi-setting, multi-strategy intervention conducted in Australia from 2004 to 2008. The intervention occurred in a large regional city. It focused on community capacity building and environmental (political, Sociocultural, and physical) changes to increase healthy eating and active play in early-childhood care and educational settings. Main outcome measures were body mass index (BMI), standardized BMI, and prevalence of overweight/obesity and obesity-related behaviors in children ages 2 and 3.5 years.'
<b>Outcomes</b>	<b>Short term impact:</b>	'Children at follow-up were drinking approximately one-half cup less fruit juice, eating one extra small piece of fruit, and approximately one-half serving more vegetables each day than before the intervention.'
	<b>Long term impact:</b>	1) "Early-childhood settings in the intervention areas are now places in which fruit, vegetables, and water are promoted and packaged snacks and sweet drinks are restricted or discouraged."
		2) 'Romp & Chomp intervention, working together with other similar health promotion programs, has reduced the prevalence of childhood overweight and obesity.' After the intervention, 2 and 3.5 year olds had a significantly lower prevalence of overweight/obese than comparison groups.
<b>Maintenance</b>	Not mentioned	
<b>Lessons Learned</b>	1) 'The anthropometric and behavior changes observed in this study are the result of the changes in children's environments across the intervention area.'	

	2) 'The consistency and continued reinforcement of messages across the community was a key factor in the success of the intervention, in addition to the capacity building of a willing and influential group of early-childhood workers.'
	3) "Utilizing capacity-building and policy based strategies also increases the potential of the intervention to benefit future cohorts of children."
<b>Citation(s)</b>	Silva-Sanigorski, Andrea M, Bell, A Colin, Kremer, Peter, Nichols, Melanie, Crellin, Maree, Smith, Michael, Sharp, Sharon, de Groot, Florentine, Carpenter, Lauren, Boak, Rachel, Robertson, Nareller, and Swinburn, Boyd A. (2010) Reducing obesity in early childhood: results from Romp & Chomp, an Australian community-wide intervention program Am. J. Clinical Nutrition, Apr 2010; 91: 831 - 840.
<b>Current Program Status</b>	Romp and Chomp is a part of the Australia "Go for Your Life" campaign. This is an active program by the government of Australia. Information on this program and more details on Romp and Chomp can be found at <a href="http://www.goforyourlife.vic.gov.au/">http://www.goforyourlife.vic.gov.au/</a> , including resources and materials at: <a href="http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/partnering_programs_whats_new_program_links?open#programlinks">http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/partnering_programs_whats_new_program_links?open#programlinks</a> , A list of strategies related to each objective is available in the published report cited above.