

Barriers and facilitators to implementation of direct provision fruit and vegetable interventions: a systematic review using the consolidated framework for implementation research (CFIR)*

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INTRODUCTION

- Children's intake of fruit and vegetables is low
- School-based interventions providing fruit directly to children are effective
- Lack of knowledge on factors influencing implementation of direct provision interventions

METHODS

- Systematic search: MEDLINE, Embase, PsychINFO, ERIC, Cochrane Reviews and Library Trials, Implementation Science
- Screening of titles and abstracts (n=5427)
- full texts (n=227)
- **14 included articles**

RESULTS

CFIR constructs were found relevant:

- 1) **intervention characteristics:** 'design quality and packaging', 'adaptability' 'cost'
- 2) **outer setting:** 'cosmopolitanism', 'external policy and incentives' 'target group needs and resources'
- 3) **inner setting:** 'implementation climate', 'readiness for implementation', 'structural characteristics'
- 4) **characteristics of individuals:** 'individual stage of change', 'knowledge and beliefs about the intervention'
- 5) **process:** 'engaging', 'executing', 'reflecting and evaluating'

DISCUSSION

- Constructs could be **both barriers and facilitators**
- **Perceptions of value and perceptions of behavior change by target group** was identified as an important facilitator. This relates to acceptability as an implementation determinant, rather than implementation outcome
- **Parents have the dual role** of supporting implementation and being the secondary target group of school-based interventions



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