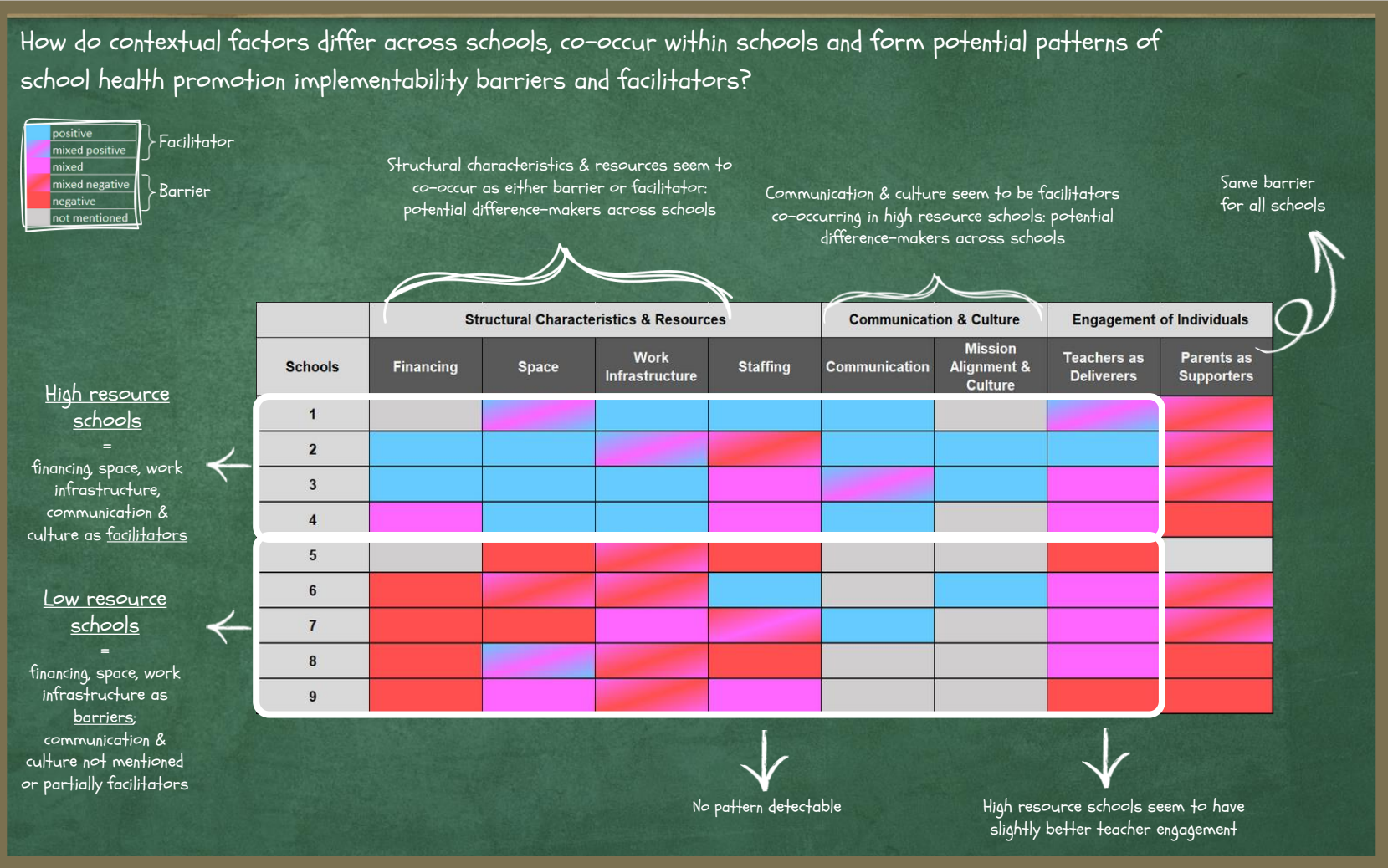


WHY ONE SIZE CANNOT FIT ALL: VISUALIZING CONTEXTUAL FACTORS INFLUENCING SCHOOL HEALTH PROMOTION IMPLEMENTABILITY

A mixed-method study in German primary schools

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BACKGROUND

- Implementation of school health promotion is still a challenge due to the mismatch between the complexity of schools and “one size fits all” interventions (Butscher et al., 2024)
- To improve school health promotion we need to untangle complexity and identify those contextual factors that might make the difference and are thus relevant for tailoring interventions (Butscher et al., 2024)

METHODS

- Study setting: Germany-wide school health promotion program “fit4future” to be implemented in primary schools
- Semi-structured interviews with school representatives regarding the perceived implementability
- Consolidated framework for implementation research coding (adapted) and valence rating (Damschroder et al., 2009; 2022)
- Consolidation into a Matrix Heat Map (Salvati et al., 2023) for visualization of potential patterns

DISCUSSION

- Certain structural characteristics & resources as well as communication structures & school culture seem to co-occur within schools as either barrier or facilitator, but differ across schools – might be a pattern of difference-makers useful for tailoring previous “one size fits all” interventions
- High resource schools with good communication & culture seem to have slightly better teacher engagement but all schools struggle with parent engagement
- To be determined if these perceived potential difference-makers causally influence actual implementation outcomes e.g. with Coincidence Analysis (Whitaker et al., 2020)

CONCLUSION

- One size cannot fit all, but the identified pattern might be a starting point for a better match between complex school contexts and interventions

