

# ***Does attendance at preschool affect adult health?***



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# Health outcomes from preschool programs

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- Effect of attendance at preschool in SA on adult health:
  - Social outcomes
  - Cardiovascular disease
- Retrospective cohort
  - NWAHS
- Kindergarten Union preschool
  - Centre based
  - Comprehensive (education, parenting, health, social)
  - Qualified EC educators

# Systematic review



- Inclusion criteria
  - Healthy 4 year old
  - Centre-based preschool
  - Comparison group
- Health outcomes
- Broad search strategy (electronic search 3265)
- Outcomes in childhood and adulthood

# 12 eligible articles, 7 interventions



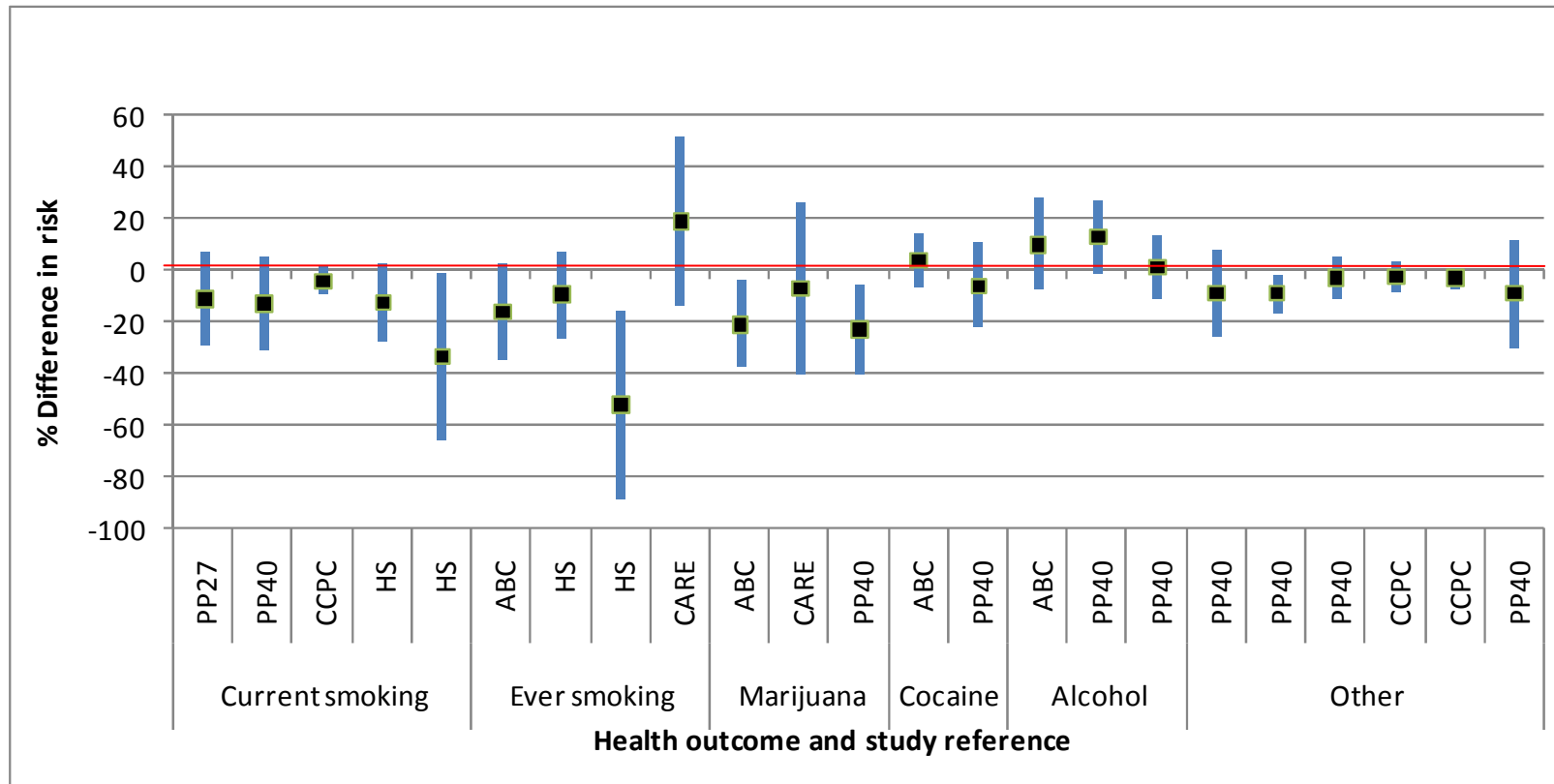
Study	Design	Sample size	
		Intervention	Control
Perry Preschool Study	RCT x2	54	58
Abecedarian Study	RCT x2	53	51
Project CARE	RCT	14	21
Chicago Child Parent Centres	Quasi Experimental Cohort	750	392
Brookline Early Education Project	Quasi Experimental Cohort	120	120
Head Start	Cohort x4	193-735	847-3958
Mauritius Study	Quasi Experimental Cohort	75	284

# Methodology appraisal

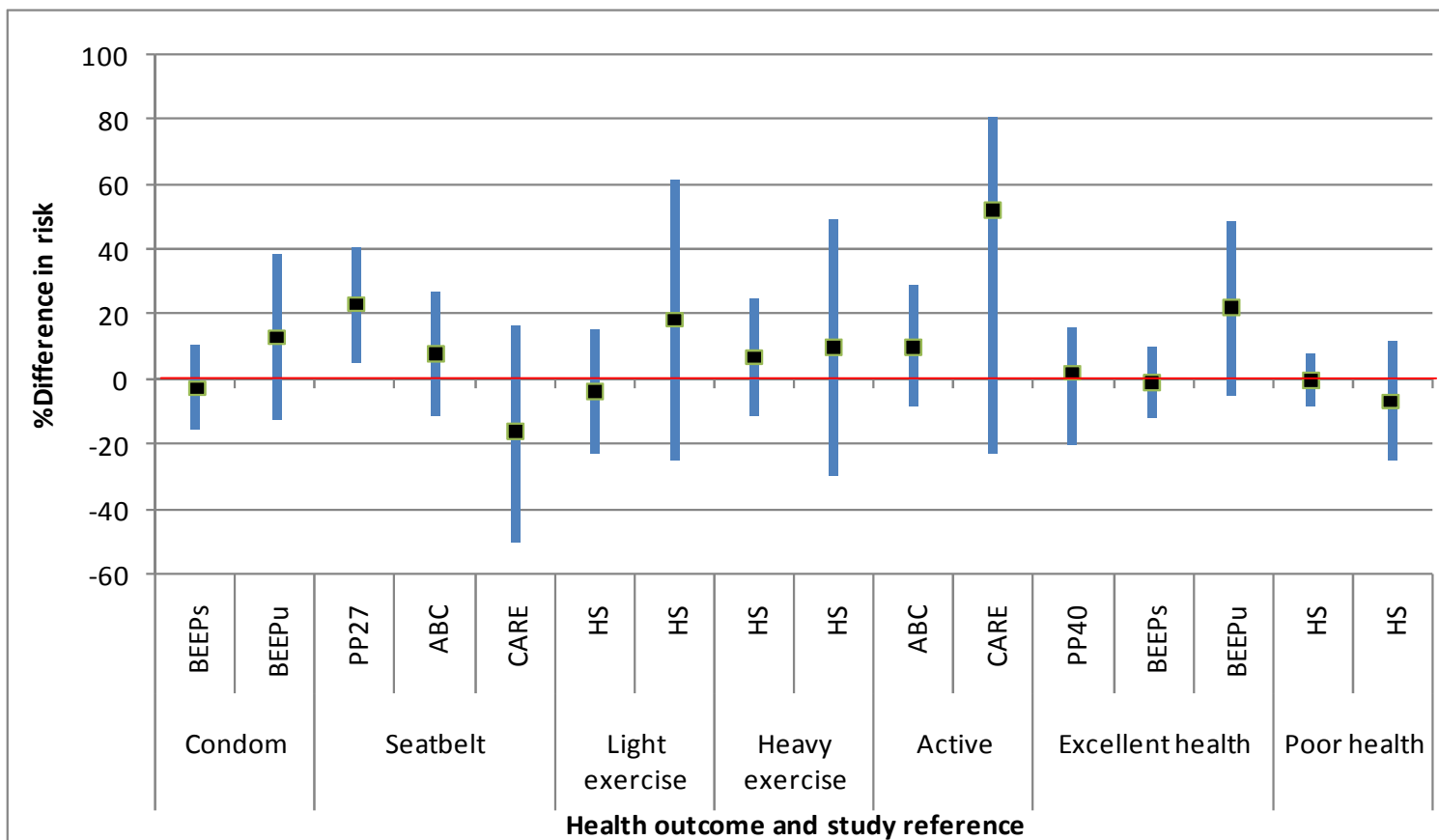


- Relatively young adult age of follow up
- Follow up 18-41 years (83% < 30 years) – limited chronic disease outcomes
- Health outcomes
- Self reported health outcomes 11/12 studies, dichotomous, limited in scope
- Generalisable results?
- Population: low SEP 11/12, USA
- Comprehensive interventions

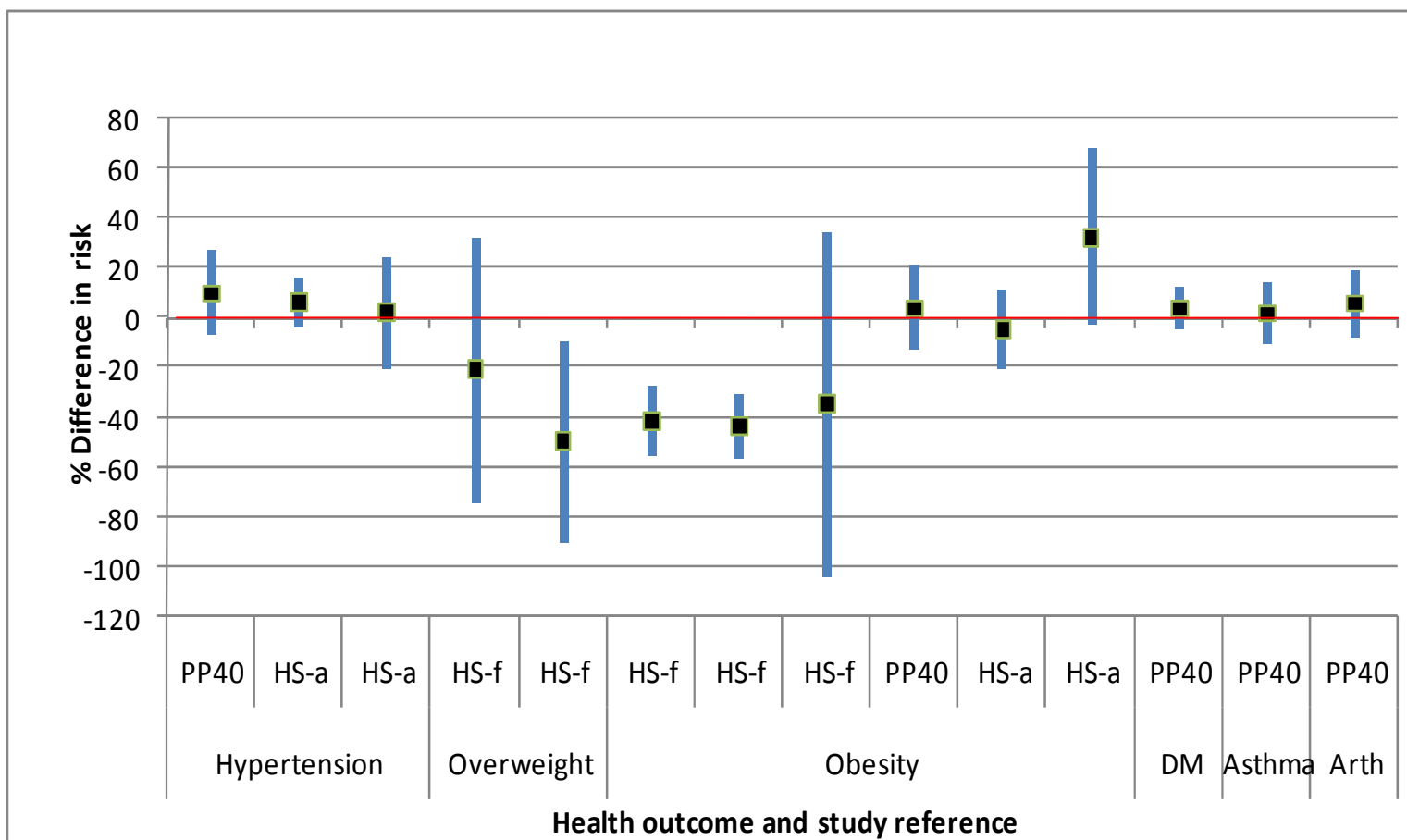
# Drug and alcohol



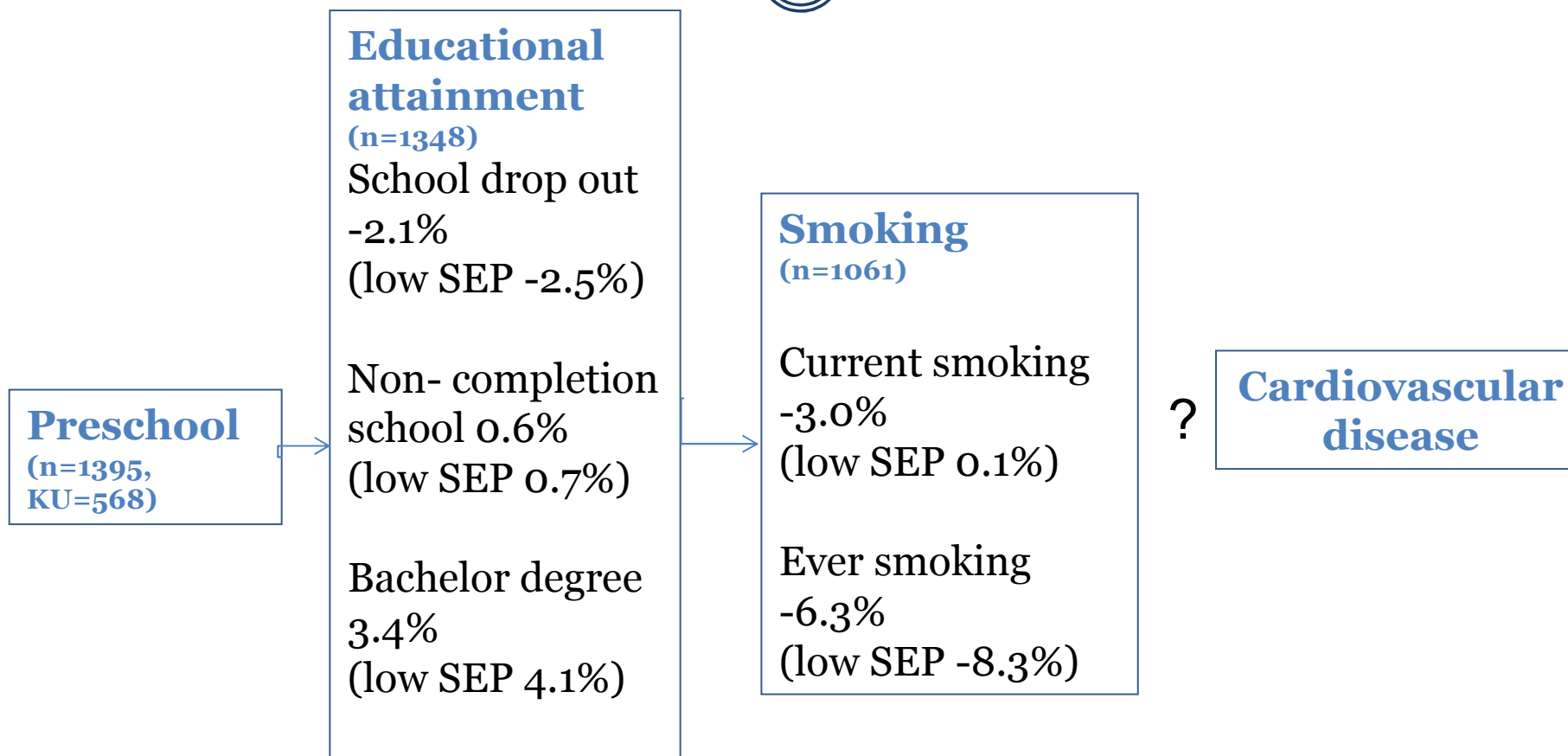
# Health behaviours



# Chronic disease



# Preliminary results: Kindergarten Union study



Total follow up 62 830 person years

# Conclusions



- Important work for public health
  - Potential for great population health benefit
- Published literature to date provides limited evidence re health effects of ECDIs
  - Mostly null effects but mostly in the beneficial direction
  - Uncertain effects on chronic disease risk
- Current research on ECDIs has a stronger health focus

# Funding



- Dr Katina D'Onise: National Health and Medical Research Council and National Heart Foundation
- Prof John Lynch: National Health and Medical Research Council

Ethics approval: University of SA Human Research Ethics Committee