

The Spectrum of Opportunities for Obesity Prevention in Early Care and Education Settings

A **Spectrum of Opportunities** exists by which states, and to some extent communities, can support ECE facilities in their jurisdictions to achieve recommended standards and best practices for obesity prevention. Each opportunity, described below, represents a unique avenue for changing the ECE environment directly to improve breastfeeding support, nutrition and physical activity and reduce screen time in ECE facilities. Not all opportunities need to be pursued in each state to achieve impact; however, it is likely that multiple opportunities pursued as part of a coordinated approach will be most effective at achieving desired goals concerning improved nutrition, breastfeeding support, physical activity and reduced screen time. A number of factors should be considered to help determine which opportunities are viable options to pursue at a specific point in time.

