

## Maryland

### **Let's Move! Child Care Checklist Quiz is Incorporated into Maryland's Quality Rating Improvement System (QRIS) and CACFP Programs**



The Maryland Department of Health and Mental Hygiene and the Maryland State Department of Education have a long history of partnership in supporting early childhood obesity prevention strategies in child care settings. Past and current collaborative efforts include [Maryland's Community Transformation Grant \(CTG\)](#), the Centers for Disease Control and Prevention's (CDC) [State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health FOA \(1305\)](#), [Team Nutrition Grants](#) and [Race to](#)

[the Top Early Learning Challenge](#) initiatives.

In January 2012, state agency representatives including the Director of the Office of Child Care and the CTG Program Manager attended "A Comprehensive Approach to Address Childhood Obesity in the Early Care and Education Setting" Region III & IV Training in Atlanta, Ga. This training helped facilitate a dialogue between state agency representatives regarding early childhood obesity prevention in child care and opportunities to implement strategies from the [CDC's Spectrum of Opportunities for Obesity Prevention in Early Care and Education Settings](#) (e.g.: Licensing & Administrative Regulations, QRIS, Professional Development, Technical Assistance).

As a result of the ongoing collaboration, the [Let's Move! Child Care \(LMCC\) checklist quiz](#) and action plan have been included in the Maryland EXCELS (Quality Rating and Improvement System) Recognition of Additional Achievements: Health and Wellness. Maryland EXCELS recognizes child care and public prekindergarten programs that provide services over and above those outlined in the standards. Programs that select additional recognitions will be acknowledged on the Maryland EXCELS website and supported to make program improvements to achieve these recognitions.



In addition to incorporating [LMCC best practices](#) into their QRIS, 218,698 Maryland children now have access to improved nutrition standards in licensed child care settings. In Maryland, child care providers are required to follow [Child and Adult Care Food Program \(CACFP\)](#) nutrition guidelines. Due to federal changes to these nutrition guidelines, Maryland's regulations have been enhanced to include four Caring for our Children: National Health & Safety Performance Standards for Early Care and Education Programs (3rd Ed.) nutrition standards. The updated standards include:

1. Making water available both inside and outside.
2. Serving skim or 1% pasteurized milk to children 2 years of age and older.
3. Serving whole, pasteurized milk to 12 to 24-month old children who are not on breast milk or prescribed formula, or serving reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity.
4. Developing a plan for introducing age-appropriate solid foods (complementary foods) in consultation with the child's parent/guardian and primary care provider.

The state of Maryland has taken steps to institutionalize LMCC best practices in an effort to prevent childhood obesity in the ECE setting.

Much of Maryland's success is attributable to:

- A collaboration between the state's education and health departments: State agency representatives participate in advisory groups and strategic planning efforts to align and coordinate initiatives. Statewide collaborative partnerships also include the University of Maryland Extension, Maryland Family Network and local child care resource and referral agencies.
- Health and safety information and resources are disseminated routinely to providers through the Office of Child Care's Partners newsletter and other statewide communication mechanisms.

Maryland EXCELS became available to all licensed child care providers on July 1, 2013. [Learn more about Maryland EXCELS.](#)

We want to feature your story of progress and success working on the five *Let's Move!* Child Care goals. Please email a brief description of your story with your contact information, including program name, city and state, to [ceobesity@cdc.gov](mailto:ceobesity@cdc.gov) with the subject heading "Program Success Story."