Learning Session 1: Why Should We Change?

Early Childhood Health Promotion and Obesity Prevention
National Early Care and Education Learning Collaboratives (ECELC) Project

Acknowledgements

A special thank you to:

- **Centers for Disease Control and Prevention (CDC)**
  - For generous funding support and expertise
- **Nemours**
  - For their expertise, materials, support, and time spent on the project’s implementation
- **Gretchen Swanson Center for Nutrition**
  - For the evaluation component of this national effort
Part A:
The ECELC Project

Early Care and Education Learning Collaboratives (ECELC)

- Community of learners for childhood obesity prevention
  - Network of shared ideas and mutual support
  - Resources for healthy practice and policy changes
  - Research on best ways to implement best practices
Early Care and Education Learning Collaboratives (ECELC)

- Aligned with national best practice guidelines from:
  - *Lets Move! Child Care* (LMCC)
  - Preventing Childhood Obesity in Early Care and Education Programs (2nd Edition)
  - Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)

- Focus on quality ECE, and children’s health as the foundation for life-long success

- Obesity prevention in the context of health promotion and wellness made possible by the power of ECE providers

How are ECE Providers Powerful?

- Unique position to impact children and their families
- Influence on knowledge, attitudes and healthy habits
- Opportunities to create healthy environments
- Families look to providers as a resource
- We know you make a difference!
Learning Sessions

- **Why Should We Change?**
  - Go NAP SACC*

- **Celebrating Success:**
  - Our Plans in Action!
  - Continue Long-Term Action Plan

- **What is Our Role in Making Healthy Changes?**
  - Pilot Action Plan
  - Pilot Storyboard

- **How Can We Engage Families as Partners?**
  - Continue Long-Term Action Plan
  - (Emphasis on Family Engagement)

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing their current practices with a set of best practices.

U.S. First Lady Michelle Obama

First Lady Michelle Obama’s welcome and thank you message!
**Complete LMCC Registration and Quiz**

Complete the registration/quiz:

**Let’s Move! Child Care Website**

[Website Link: www.healthykidshealthyfuture.org]
Physical Activity Break

Part B: Healthy Development
The Obesity Epidemic’s Impact

- Overweight and obesity increased rapidly in a short period of time among children, youth and adults in the U.S.

- The upcoming video will show how adult obesity rates changed in the U.S. since 1989

Video Module 1
Take Away Messages

- 27% of children are overweight or obese in the U.S.

- 33% of Hispanic children ages 2-5 years are overweight or obese

- 5 times as likely as children at a healthy weight to be overweight or obese as adults

- 1 in 3 low-income, preschool aged children is overweight or obese
Kansas-County Level Overweight/Obesity Prevalence
Low-income, ages 2 to < 5 years (PedNSS; 2009-2011)

Long-Term Impact of Obesity

- **Health problems in children formerly seen only in adults:**
  - Heart disease
    - High blood pressure (hypertension)
    - High cholesterol
  - Type 2 diabetes
  - Hip and joint problems
- **Serious long-term risks:**
  - Increased risk of developing co-morbid conditions
  - Negative impact on mental health
  - Shortened life expectancy
Discussion:

What Has Contributed to Childhood Obesity Over the Past Thirty Years?

Changes in Our Society and Environment

More Calories In
- Higher caloric foods
- Large portion sizes
- Consumption of soda & sweetened beverages
- More meals away from home
- Growth of food industry and advertising

Less Calories Out
- Less physical activity
- Lack of sidewalks
- Automobile travel
- Perception of safety
- Watching more TV
- More labor assisting devices
The New Social Norm?

Screen Time: What Do Children See?
Our Food Environment:
Sugar, Salt, and Fat

Drive-Through Makes It Easy
What is Healthy Development?

- Healthy development is the capability of children, with appropriate support, to:
  - Develop and realize their potential
  - Satisfy their needs
  - Interact successfully with their physical and social environments

- Multidimensional and cross-domain
- Influenced by responsive relationships, safe and engaging environments to explore, good nutrition
- Foundation for success in learning and life
Foundations of Healthy Development

- Safe, Supportive Environments
- Stable, Responsive Relationships
- Appropriate Nutrition & Health Behaviors

Physical Activity Break
Part C: ABC’s of a Healthy Me
ABC’s of a Healthy Me Handout

ABC’s of a Healthy Me

A - active play
Every day, inside and out

B - breastfeeding
Support and access to a private space

C - cut down on screen time
None for children under age 2
No more than 30 minutes a week for children ages 2 years and older

D - drink milk and water
Offer milk at meals and make water always available to quench thirst

E - eat healthy foods
Fruits, vegetables, whole grains, lean meats and proteins, low-fat dairy

Testing Your Knowledge

ABC’s of a Healthy Me
Active Play, Every Day

1. In terms of indoor and outdoor play, all are correct except:
   a) Active play outdoors 2-3 times per week
   b) Opportunities to practice age-appropriate motor and movement skills
   c) Structured play is the only type of acceptable play
   d) Engage in moderate to vigorous physical activity (MVPA)

2. Preschoolers should enjoy at least ______ minutes of active play per day.

3. Toddlers should enjoy at least ___ - ___ minutes of active play per day.

4. Infants should enjoy “tummy time” every day for ___ - ___ minute periods, with longer periods as enjoyed.

Benefits of Active Play

- Supports exploration, development and learning
- Helps manage weight and maintain a healthy body mass index (BMI)
- Builds and maintains healthy bones and muscles
- Increases strength, coordination and fitness
- Lowers risk of chronic disease
- Improves self-esteem
- Lowers stress
Breastfeeding Support

1. American Academy of Pediatrics recommends:
   – Exclusive breastfeeding for the first ___ months of life
   – Continued breastfeeding for ___ year(s) or longer

2. ECE programs provide important support by providing:
   a) A private, quiet, comfortable place to breastfeed or pump
   b) Encouragement
   c) Information on breastfeeding
   d) All of the above

Benefits of Breastfeeding

- Reduces risk for chronic diseases
- Provides developmental benefits
- Encourages maternal-infant bonding
- Improves child and maternal health
  – Child:
    ▪ Reduced risk for diarrhea and respiratory tract infection
  – Mother:
    ▪ Faster rate of returning to pre-pregnancy weight
    ▪ Decreased risk of breast and ovarian cancer
Cut Down on Screen Time

1. Screen time includes all of the following, except:
   a) TV, DVDs, videos
   b) Computer time
   c) Smart phone, tablets
   d) Music and movement

2. No screen time for children under age ___ years

3. Limit or eliminate screen time for children ages 2 years and older
   – No more than ___ minutes per week in ECE setting
   – No more than ___ hours per day from all sources

Benefits of Cutting Down on Screen Time

- Increases time for physical activity
- Decreases exposure to food and beverage advertisements
- Decreases snacking and consumption of high caloric foods
Drink Water or Milk

1. Which beverage should be visible and accessible for self-serve, inside and outside?

2. Choose milk for meals
   - ______ milk for ages 12-24 months
   - _____ or ____ milk for ages 2 years and older

3. Limit or eliminate fruit juice
   - ___ -___ ounces per day (between home and ECE setting)
   - If offered, serve only _____ juice

Benefits of Drinking Water and Milk

- Do not contribute to childhood obesity
- Do not contain added sugars
- Do not contribute to dental cavities
- Milk provides calcium, protein, and vitamin A & D (if fortified)
Eat Healthy Foods

1. Serve ______ and/or ______ at every meal and snack
2. Serve fried/pre-fried foods only ___ time per month or ____
3. Make _____ of grains whole grains
4. Choose low-fat dairy (____ or ____)
5. Choose ____ meats and protein
6. Providing meals “_______” is considered best practice

Benefits of Eating Healthy Foods

- Fruits and vegetables provide vitamins and minerals that are essential for a child’s growth
- Low-fat dairy contains calcium and protein to help build strong bones and muscles
- Whole grains, fruits, and vegetables contain fiber to help:
  - Increase fullness
  - Maintain a healthy weight
  - Decrease risk for developing chronic conditions
- Eating healthy foods at a young age helps children develop life-long healthy habits
Partnering with Families to Support Healthy Habits

- Teach parents to learn and follow the ABCs of a Healthy Me!
  - Spruce up your parent bulletin boards to include flyers on healthy habits
    - Ask parents to share how they prepare healthy foods at home
  - Send home weekly or monthly newsletters that include healthy recipes
  - Send home information regarding screen time
- Invite parents to participate in meal time on site

You are the Key to Helping Kids Grow Up Healthy!

The healthy habits you model and teach will last a lifetime!  
Have fun being active with your children!

Remember: We are here to help you and the program’s families on your journey!
Preventing Childhood Obesity

Preventing Childhood Obesity in Early Care and Education Programs
Second Edition

Nutrition Standards from

Lunch
ABCs of a Healthy Me Idea Exchange

Video Module 1

The National Early Care and Education Learning Collaboratives Project:
VIDEO TO ACCOMPANY LSI
Go NAP SACC

- Go NAP SACC is an evaluation tool used to:
  - Assess programs’ strength and areas of improvement in the areas of:
    - Child nutrition
    - Infant feeding & breastfeeding
    - Infant & child physical activity
    - Outdoor play & learning
    - Screen time
  - Guide programs to identify improvement areas they would like to focus on throughout the Collaborative
  - Create Pilot Action Plans (LS2) around the findings
Facilitating Change in Your Program: LS1 Action Period

- Opportunity to identify program strengths and areas for improvement
  - Program will complete action tasks related to making healthy change
- Trainers provide technical assistance (TA)

Questions?