Keeping All Of Us Healthy

Why We Value Physical Activity and Nutrition in Early Care and Education

Today’s Presenters

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Session Objectives

- Identify the status of childhood obesity in the USA
- Learn some of the factors that impact childhood obesity
  - Earliest start (infant feeding)
  - Access and culture
  - Influence of adults
- Reinforce your belief that healthy eating and physical activity is important in ECE programs

The state of weight for young children

- Since 1980, 3X more childhood obesity
  - 28% 2-5 year olds overweight/obese
- Obesity seen earlier
- Racial, ethnic, socio-economic disparities
- Rise in childhood diabetes (1/3 adults by 2050), other chronic diseases
- Obesity linked to attendance & performance
Early Care Environments and Childhood Overweight and Obesity

- 12-13 million children in child care settings
- Research identifies opportunities for healthier child care
- Health habits established early
- Overweight in kindergarten = 5X obesity rate
- Early childhood educators want to help!

Children Under One

- What are some of the challenges to feeding infants under 12 months?
  - Barriers to breastfeeding
  - Understanding infant behavior
  - Inconsistent messaging on when to start solids
### Children’s Early Experiences

**How does access to healthy food impact families?**

<table>
<thead>
<tr>
<th>Key to Access</th>
<th>How does it impact families?</th>
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<tbody>
<tr>
<td>Availability</td>
<td>Families can get to a store with healthy food</td>
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<tr>
<td>Pricing</td>
<td>Healthy food is priced competitively</td>
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<tr>
<td>Choice</td>
<td>Families can find healthy food that tastes good</td>
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<tr>
<td>Resources</td>
<td>Families can afford healthy food</td>
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**How does access to safe spaces for physical activity impact families?**

- Physical health benefits
- Mental health benefits
- Community benefits
Children’s Early Experiences

- How can a family’s culture impact healthy eating and physical activity?
  - Culture determines the food choices and physical activity opportunities available
  - Feeding practices by adults influence a child’s relationship with food
  - Exposure to marketing

The Role Adults Play

What kind of impact do adults make through their own behaviors?
Adults Influence Children

Through attitudes, words, and actions

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How does it work?

- What you do:
  - You spend many hours with children in your care
  - You engage in educational activities
  - You demonstrate through your words and actions what is important
  - You reinforce children’s behaviors
  - You influence their parents

- You are important!
The Role Adults Play

How can a family’s understanding of health (or *health literacy*) support healthy weight for the entire family?

How does it work?

- Families create the environments where children spend the most time
- These environments influence both eating and physical activity
  - **Physical environments** are what kinds of food/beverages, TV and video/computer screens, and active play areas provided
  - **Social environments** are how talking, modeling, and encouragement are used
- Information can improve what parents know
What can you do to help parents?

- You are important sources of information to parents
- Families look to you to inform them about their children and provide guidance
- Give little tips about food, drinks and snacks; this will help (even if you don’t think they will!)
- Add mini-lessons on healthy eating and make your classroom more active by moving to music or adding action to books read
- Share what you do in the classroom with parents

The Role Adults Play

What is the role of self-care for both adult family members and teachers and how can it support healthy eating and physical activity?
1st rule: Take care of yourself before you can take care of others!

Think about:
- Getting enough sleep (7-9 hrs): Watch less TV!
- Eat your veggies (and some fruit)!
- Move your body everyday – at least some (20-30min)
- Watch the sugar beverages (sneaky calories!)
- Breathe and try to relax when stressed
- Use your work to eat/drink better and move around

What you can do to help parents

- Talk about healthy behaviors with your children
- Act the part: don’t eat unhealthy foods in front of kids (candy, soft drinks, salty snacks)
- Show your active self: be willing to move with the kids!
- Be enthusiastic for health: will help you and your parents!
Look for the next webinar!

- Keeping All of Us Healthy: *What You Can Do At Your Program*
- Coming in March 2017

Webinar Evaluation

- Let us know what you think of what you heard today!
- [https://www.surveymonkey.com/r/VW5Y8TG](https://www.surveymonkey.com/r/VW5Y8TG)
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