

The Spectrum of Opportunities Framework for State-Level Obesity Prevention Efforts Targeting the Early Care and Education* Setting



NOTES:

1. Both standards and support for ECE providers to achieve them can be embedded into a state's ECE system.
2. The focus is on system-level changes, as these have the greatest potential for statewide impact.
3. The many interrelationships among opportunities at the state-level should be mapped to inform decisions.
4. Each opportunity includes multiple sub-options, which are briefly described on the back.
5. Engaging families is an important aspect of rolling out any changes made to a state's ECE system.

The Spectrum of Opportunities Sub-options in Brief (See the Quick Start Action Guide for full descriptions)



Licensing & Administrative Regulations

1. Improve licensing standards for obesity prevention
2. Include obesity prevention content in licensing approved trainings
3. Provide incentives for providers to exceeding licensing standards
4. Enhance content in licensing commentary/support materials
5. Use licensing monitors as a technical assistant touch-point
6. Collect and use data from licensing monitors
7. Support enhanced local standards (if not pre-empted by the state)



Child Care Food Program (CACFP)

1. Increase CACFP participation and retention rates
2. Promote enhanced standards within CACFP
3. Support a specific obesity prevention facility-level intervention
4. Include full obesity prevention content in CACFP trainings
5. Build technical assistance competencies for obesity prevention
6. Partner with Sponsoring Organizations to incorporate obesity prevention into their work
7. Address barriers to full utilization of federal CACFP funds



Quality Rating & Improvement System (QRIS)

1. Include obesity prevention standards
2. Require/support assessments of policies and practices
3. Require/support action planning
4. Strengthen expertise of QRIS coaches/TA providers
5. Offer incentives to support implementing obesity prevention strategies
6. Update training and education requirements



ECE Funding Streams (Subsidy, Pre-K, Head Start)

1. Require obesity prevention standards (Subsidy)
2. Require preservice training on obesity prevention (Subsidy)
3. Require annual clock-hour training on obesity prevention (Subsidy)
4. Require parent education and engagement on obesity prevention topics (Subsidy)
5. Promote enhanced standards within state funded programs (Pre-K and Head Start)



Pre-service & Professional Development Systems

1. Ensure availability of on-demand trainings for CEUs
2. Require core content in ECE certification/degree programs
3. Ensure optional training in ECE certification/degree programs
4. Ensure that state-approved trainers are qualified to train on current obesity prevention standards and best practices for achieving them



Statewide Technical Assistance Networks

1. Standardize expertise among existing TA network providers
2. Assess and address the need for additional TA providers in the state



Statewide Recognition and Intervention Programs

1. Maintain an ongoing, statewide recognition program
2. Promote a specific obesity prevention intervention statewide
3. Make intervention participation incentives available statewide



Statewide Access Initiatives (Farm2ECE)

1. Organize stakeholders statewide to develop access initiatives
2. Launch or strengthen statewide Farm to ECE initiative
3. Develop guidance, tools, and incentives for central kitchens
4. Strengthen fresh food procurement and distribution chains



Early Learning Standards

1. Include standards for obesity prevention content areas
2. Create guidance materials for meeting ELS using obesity prevention strategies