Healthy Kids Healthy Future
Physical Activity Learning Session (PALS) Project

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AGENDA

PALS Project Overview

PALS Training Package

Role and Expectations

Next Steps
The Basics...

Healthy Kids, Healthy Future TAP
Technical Assistance Program

5 years
Cooperative Agreement
August 2018 - July 2023
(6 NU38OT000304-01-02)

$2.5m
Awarded for Year 1
August 1, 2018 - July 31, 2019

3
'Projects'
1) ECE Organizations
2) National Program
3) T/TA for Physical Activity

1
Target Population:
Statewide ECE Organizations

10
Technical Assistance and Partnership Support (TAPS) States

United States
What are we trying to do?

- Implement and integrate nutrition, physical activity, breastfeeding, and screentime standards into statewide ECE systems
- Improve ECE facility level policies, practices, and environments related to nutrition, breastfeeding support, physical activity and screen time
- Implement best practices related to nutrition, physical activity, breastfeeding support and screentime
- Improve state capacity to train and provide support on physical activity in ECE settings
What is PALS?

PALS is an 'out-of-the-box' training package designed for Training and Technical Assistance staff to use with Early Care and Education providers. The PALS training combines content learning with facility-level self-assessments, policy development opportunities, resources and materials, aimed at supporting practice change in ECE programs leading to healthier, more active children.
PALS Project Goals

- Implement best practices for physical activity into program practices and policies
- Increase access to daily physical activity in indoor and outdoor settings
- Empower early care and education (ECE) providers in action planning, quality improvement and ongoing assessment
- Engage families as partners in supporting children’s optimal development and acquisition of healthy habits
PALS PROCESS

Develop an Action Plan
Identify opportunities in your state to improve obesity prevention practices around physical activity

Engage Stakeholders
Inform and communicate PALS goals and messaging to health and early childhood state organizations

Partner with T/TA Staff
Identify staff who provide direct support to ECE providers to implement the PALS training

Train ECE Providers
Utilize the PALS training to increase provider knowledge around physical activity best practices in ECE settings

Provide Follow-up TA
Provide ongoing support to ECE providers to implement practice and policy changes around physical activity

Integrate into State Systems
Add the PALS training into state systems to create lasting, sustainable changes
What we did

- Partnered with the Center for Disease Control and Prevention (CDC), Infant and Toddler and Physical Activity Subject Matter Experts for PALS training and content development
- Launched individual state partner meetings to identify opportunities to integrate PA best practices into state-level systems
- Provided a comprehensive training for state Training and Technical Assistance (T/TA) staff on PA best practices and the PALS training package
- Provided states with the PALS training materials
Year 1 PALS Locations

Michigan Department of Health and Human Services, Physical Activity and Nutrition Unit

South Carolina Department of Health and Environmental Control, Division of Diabetes and Heart Disease Management

Iowa Department of Public Health, Bureau of Nutrition and Physical Activity
PALS Evaluation

Identify common goals for physical activity action plan

Identify topics related to physical activity which Trainers need support

Identify topics related to physical activity which ECE providers need the most support

Pre and Post Survey for Trainers who participate in PALS
Year 1 Results

1. Trained over 75 state health and early childhood T/TA staff on the best practices for physical activity and the PALS training

2. Provided states with an evidence-based training for ECE providers on best practices for physical activity for states to integrate into their professional development systems

3. Informed and communicated the PALS project and messaging to health and early childhood state organizations

4. Provided ongoing support and technical assistance to state T/TA networks on physical activity best practices
PALS Training Package Overview
Why is the PALS Training Powerful

Brings together a community of Learners

Provides access to high quality resources for quality improvement

Creates a network of shared ideas and support

Supports long-term sustainability by engaging ECE providers as partners in support of children's health development and well-being
Content Development Team

Dr. Diane Craft
Preschool Physical Activity Consultant

Katherine Falen, MEd
Infant and Toddler Consultant
What is in the PALS Training Package?

**PALS Presentation**
PowerPoint presentation with speaker notes

**Facilitator Guide**
Training instructions including handouts and resources

**USB Drive**
Electronic copy of training materials

**Resource Kit**
Materials to support the PALS training
PALS Training Components

Icebreaker

Self Assessment Go NAPSACC

PALS Training Components

Small and Large Group Discussions

Activity Breaks

Goal-setting and Action Planning

Training Videos

Nemours. Children’s Health System
PALS Resource Kit

- Used for activities in PALS training
- Available for purchase through Kaplan
- Includes resource books, activity cards and materials
Nemours/CDC Role

- Conduct PALS project launch meeting and Train the Trainer
- Provide PALS Training Package with resources and materials
- Provide On-going Technical Assistance

State Partner's Role

- Coordinate and participate in project launch meeting and Train the Trainer
- Recruit Training and Technical Assistance Staff
- Participate in an evaluation survey and develop a state Action Plan
Year 2 PALS Project Goals

- Expand to five additional states
- Include PALS Training materials on Healthy Kids Healthy Future website
- Integrate PALS training into state ECE systems
Welcome to the Healthy Kids Healthy Future Physical Activity Learning Session (PALS)

PALS is an out-of-the-box training package for early care and education (ECE) and health training and technical assistance (T/TA) staff on the best practices for physical activity.

PALS trains and coaches state early care and education (ECE) and health training and technical assistance (T/TA) staff working directly with ECE providers (Head Start, Early Head Start, Child Care Centers, family child care, prekindergarten). The goal is to increase their knowledge of best practices for physical activity in children.

LEARN MORE ABOUT PALS:
- PALS 1-Pager
- PALS Infographic (coming soon)
PALS TIMELINE

Initial Project Launch
Meeting
Initial meeting with ECE partners to provide a PALS Overview and identify T/TA staff to attend PALS training.

Four to Six Weeks

Train the Trainer Session
In-person training with T/TA staff on the PALS training package

Four to six months

Evaluation
State partners and T/TA staff will complete a post-survey to identify areas of PALS integration and support.
Next Steps

1. PALS Introductory Webinar
   Nemours/CDC will review the PALS project, activities, roles and responsibilities

2. PALS State Calls
   Nemours/CDC will conduct individual state calls to discuss project implementation

3. Partner Meeting
   Nemours/CDC will work with the state agency to schedule a meeting to introduce the PALS project to stakeholders

4. Train the Trainer Session
   Nemours/CDC will conduct a PALS training for T/TA staff
Questions?
PALS Project Team

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THANK YOU