

National Recommendations for Healthy Weight Development at Child Care Settings

Dianne S. Ward

Professor, Department of Nutrition

Gillings School of Global Public Health

University of North Carolina, Chapel Hill



Caring for Our Children

Caring for Our Children, 3rd Edition
Steering Committee

Danette Swanson Glassy, MD, FAAP

Jonathan B. Kotch, MD, MPH, FAAP

Barbara U. Hamilton, MA

Marilyn Krajicek, EdD, RN, FAAN

Phyllis Stubbs-Wynn, MD, MPH

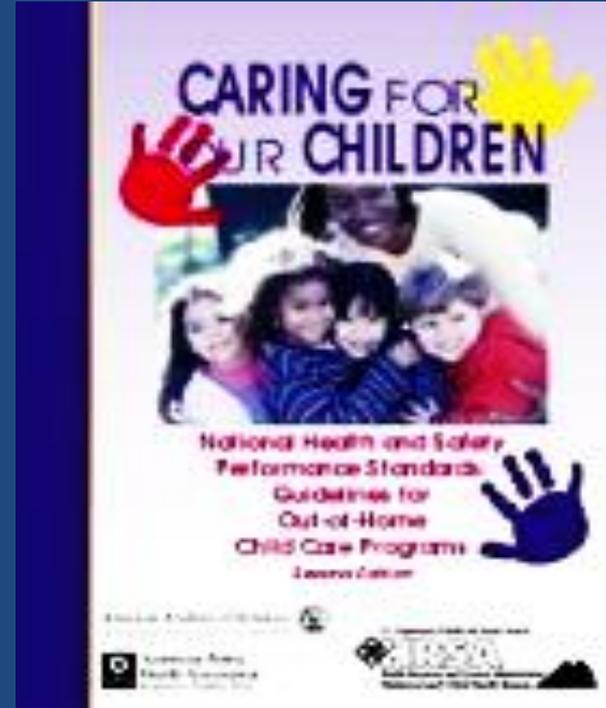
National Resource Center for
Health and Safety in Child Care
and Early Education



American Academy Of Pediatrics
American Public Health Association

With support provided by the Maternal and Child Health
Bureau, Health Resources and Services Administration, U.S.
Department of Health and Human Services

In summer of 2010,
the National Resource
Center published
Preventing Childhood
Obesity in Early Care
and Education
Programs



Research produced through the NAP SACC program
influenced several of the *Caring for our Children*
performance standards.



Caring for Our Children: National Health and Safety Performance Standards and Safety Performance Standards

Caring for Our Children

**National Health and Safety Performance Standards
Guidelines for Early Care and Education Programs**

Third Edition



- 3rd edition
- Released August, 2011
- <http://nrckids.org>.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



American
Public Health
Association



National Resource Center
for Health and Safety
in Child Care and
Early Education

Nutrition Standards (1)

General:

- Feeding Plans
- Use of USDA–CACFP Guidelines
- Meal Pattern
- Written Menus
- Drinking Water and 100% Fruit Juice
- Care of Children with Food Allergies
- Vegetarian/Vegan Diets

Meal Service and Supervision:

Meal Service and Supervision:

- Socialization
- Numbers of Children Fed Simultaneously by One Adult
- Adult Supervision
- Familiar and New Foods
- Use of Nutritionist/Registered Dietitian

Nutrition Standards (2)

Requirements for Infants:

- Breastfeeding
- Feeding by a Consistent Caregiver/Teacher
- Preparing, Feeding, Storing Human Milk or Formula
- Techniques for Bottle Feeding
- Introduction of Age-Appropriate Solid Food
- Use of Soy-based Products

Requirements for Toddlers and Preschoolers:

- Meal and Snack Patterns
- Serving Size
- Encouraging Self-Feeding

Nutrition Standards (3)

Food Brought from Home:

- Nutritional Quality of Food Brought from Home
- Selection and Preparation of Food Brought from Home

Nutrition Education:

- Nutritional Learning Experiences for Children and Parents/Guardians
- Health, Nutrition, Physical Activity, and Safety Awareness.

Policies

- Infant Feeding Policy
- Food and Nutrition Service Policies and Plans

Physical Activity and Screen Time

Active Opportunities for
Physical Activity and
Playtime: Indoors and
Outdoors

Policies and Practices

Caregivers/Teachers'
Encouragement of
Physical Activity

Screen Time Standard:
Limiting Screen Time –
Media, Computer Time.



Suggested Uses (1)

- Families can join caregivers/teachers in planning programs to prevent childhood obesity and encourage healthy living. Families may also want to incorporate some of these same strategies and practices at home.
- Caregivers/Teachers can develop practices, policies, and staff training to ensure that children's programs include healthy, age-appropriate feeding, abundant physical activity, and limited screen time.
- Health Care Professionals are able to assist families and are givers/teachers to choose feeding plans, develop active playtimes, and limit screen time that encourage children's development of healthy habits.

Suggested Uses (2)

- Regulators have evidence-based rationale to develop regulations that support the prevention of obesity and promote healthy habits.
- Early Childhood Systems can build integrated nutrition and physical activity components into their systems that promote healthy lifestyles for all children.
- Policy-makers are equipped with sound science to meet emerging challenges to children's development of lifelong healthy behavior and life styles.
- Academic Faculty of early childhood education programs can instill healthy practices in their students to model and use with children upon entering the early childhood workplace.



FIRST LADY'S INITIATIVE: LET'S MOVE



In the White House report, the NAP SACC program was identified as one of three innovative early childhood programs to address obesity prevention in child care (p.20).

The other program noted were from Nemours Health and Prevention Services and I am Moving, I am Learning , developed for Head Start.



*America's Move to Raise a
Healthier Generation of Kids*



Let's Move! Child Care



Let's Move!

- Many efforts under the Let's Move! umbrella
 - Settings stretch across cities, towns, and counties across the country



Public/Private Partnerships

Public/Private Partners coming together for
Let's Move! Child Care:



- **Child care community**
 - NACCRRRA, Nemours, UNC-Chapel Hill
 - AAP, FRAC, other stakeholders
 - Bright Horizons
- **Federal partners**
 - US Department of Health & Human Services (CDC, HRSA, ACF Office of Child Care, Office of Head Start)
 - First Lady's Office, Domestic Policy Council
 - Department of Defense, General Services Administration

START EARLY
 Let's Move! Child Care

MAKE NUTRITION FUN
 Healthy Eating

GET KIDS MOVING
 Physical Activities

BE INSPIRED
 Ideas and Resources

CHANGE YOUR WORLD
 Healthy Kids, Healthy Future

Welcome | [Start Early](#)

SEARCH SITE 

- START EARLY**
- [How to Sign Up](#)
 - [The 5 Main Goals](#)
 - [Why Participate?](#)
 - [FAQs](#)

How Do I Sign Up?

The Let's Move! Child Care initiative is simple:

If you want to make the commitment to start instituting healthy choices in your center or program today, just sign up using this form. It's as quick and easy as that.

Once you sign up, we'll send you an email when the online version of the Let's Move! Checklist is available. You'll be able to complete an online checklist and receive a customized Action Plan designed exclusively for you to help you reach your goals.

So how much does it cost? Nothing. Signing up and participating are totally free.

 **Sign up for Let's Move! Child Care.**

All fields are required.

Center or Program Name:

Your Name:

Zip Code:

Contact Email:

Confirm Email:

Send

TOOLS & RESOURCES



- [Let's Move! Child Care Checklist Quiz](#)
- [Healthy Habits for Life Resource Kit](#)
- [Menu Planning](#)
- [Let's Move! Child Care Webinar](#)

[... and more](#)

Let's Move! Online:



START EARLY, START SMART



Join Let's Move! Child Care today. And give your kids a healthier future.

[Sign Up](#)

[Invitation for Parents](#)

Let's Move! Child Care Basic Steps

1. Register online.
<http://www.healthykidshealthyfuture.org/start-early/signup.html>
2. Receive **welcome email** with description of *Let's Move! Child Care (LMCC) 5 goals*. Future emails with instructions for *LMCC Checklist Quiz*, resource highlights, success stories showcase, and helpful webinars.
3. Take the 14-item **Checklist quiz** to see where you are and make action plan for improvement.
4. **Access online tools and resources** to achieve *LMCC Goals*.
5. Document meeting the *LMCC* goals (using Checklist Quiz) and receive **LMCC Provider Recognition Certificate**



5 Goals

1. Physical Activity

Provide 1-2 hours of physical activity throughout the day, including outside play when possible.

2. Screen Time

No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by AAP).

3. Food

Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.

4. Beverages

Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.

5. Infant Feeding

For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding



TOOLS AND RESOURCES

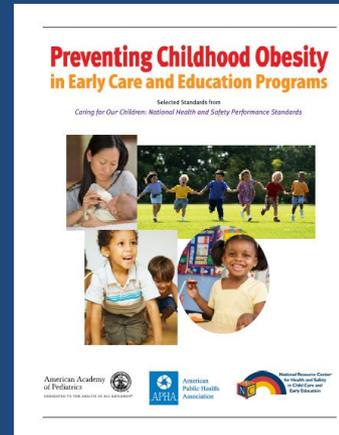
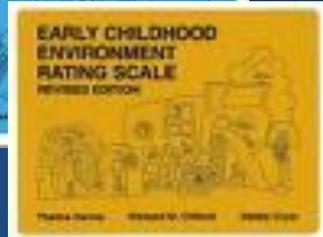
What are Let's Move! Child Care Tools?

- Checklist Quiz
- Quizzes
- Action Planning



Evidence-Based Quizzes

- Using the NAP SACC program as a resource, the quizzes are based on recommendations that were developed from existing national recommendations, research literature, and expert panels.



LMCC Checklist Quiz

- 2 Parts: Assessment and Action Planning
(English and Spanish Versions)
- Fun way to see where you are and make a manageable action plan to achieve the 5 goals
- Provider chooses where to start
- Means to an end: empower providers to make positive changes to support children's health in the areas of nutrition, physical activity, and screen time
- Encourage self-reflection

Checklist Quiz

| Let's Move Checklist Quiz | | | | |
|--|---|--|--|--|
| Water | | | | |
| Drinking water is available: | <input type="checkbox"/> Upon request | <input type="checkbox"/> Upon request or during designated water breaks | <input type="checkbox"/> Inside only, where it is visible and freely available | <input type="checkbox"/> Inside and outside, where it is visible and available for self-serve |
| Fruit Juice | | | | |
| 100% fruit juice is offered: | <input type="checkbox"/> In unlimited portions more than once a day | <input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion | <input type="checkbox"/> No more than 4-6 oz. per day provided at child care | <input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support this limit |
| Sugary drinks (Kool-Aid™, fruit drinks, sports drinks, sweet tea, soda) are offered: | <input type="checkbox"/> More than once a month | <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> Rarely, 1-2 times per year | <input type="checkbox"/> Never |
| Milk | | | | |
| Milk served to children ages 2 years and older is: | <input type="checkbox"/> Whole or regular | <input type="checkbox"/> Only 2% reduced fat | <input type="checkbox"/> Always 1-2% low-fat | <input type="checkbox"/> Always 1% or skim/ non-fat |
| Fruits and Vegetables Provisions | | | | |
| Fruit (not juice) and/ or a vegetable (not including French fries, tater tots, hash browns, or dried beans) is offered to toddlers and preschoolers at every meal: | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> Some of the time | <input type="checkbox"/> Most of the time | <input type="checkbox"/> All of the time |
| Meats and Fats Provisions | | | | |
| Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers : | <input type="checkbox"/> 2 or more times per week | <input type="checkbox"/> 1 time per week | <input type="checkbox"/> Less than 1 time a week | <input type="checkbox"/> Never |
| Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers: | <input type="checkbox"/> 2 or more times per week | <input type="checkbox"/> 1 time per week | <input type="checkbox"/> Less than 1 time a week | <input type="checkbox"/> Never |
| Feeding Environment | | | | |
| Preschooler meals are served family style (children are encouraged to serve themselves with limited help): | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> Some of the time | <input type="checkbox"/> Most of the time | <input type="checkbox"/> All of the time |
| Active Play Time Provisions | | | | |
| Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs: | <input type="checkbox"/> 45 minutes or less each day | <input type="checkbox"/> 46-90 minutes each day | <input type="checkbox"/> 91-120 minutes each day | <input type="checkbox"/> More than 120 minutes each day |

| | | | | |
|---|--|--|--|---|
| Active play time (indoor and outdoor) is provided to all toddlers , including children with special needs: | <input type="checkbox"/> 15-30 minutes each day | <input type="checkbox"/> 31-45 minutes each day | <input type="checkbox"/> 46-60 minutes each day | <input type="checkbox"/> 60-90 minutes each day |
| Screen Time Provisions | | | | |
| For preschool children, the amount of screen time allowed is: | <input type="checkbox"/> More than 2 hours per week of total screen time at child care | <input type="checkbox"/> 2 hours or less per week of total screen time at child care | <input type="checkbox"/> 1 hour or less per week for total screen time at child care | <input type="checkbox"/> 30 minutes per week or less for total screen time at child care |
| Toddlers and infants are allowed to watch television/videos: | <input type="checkbox"/> 1 or more times each day | <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 1 time per week or less | <input type="checkbox"/> Never |
| Screen Time Education | | | | |
| Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets): | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> Less than 1 time per year | <input type="checkbox"/> 1 time per year | <input type="checkbox"/> 2 times per year or more |
| Infant Feeding | | | | |
| A designated area for mothers to breastfeed their infants, other than a bathroom, is: | <input type="checkbox"/> Not available | <input type="checkbox"/> Only available upon request | <input type="checkbox"/> Always available, has appropriate seating, but lacks either privacy or an electrical outlet | <input type="checkbox"/> Always available, has appropriate seating, provides complete privacy, and has an electrical outlet |

- 14 items address the Let's Move! Child Care Checklist



Food



Best practice recommendations for Food served to toddlers and preschoolers at child care:

- Serve a fruit (no juice) and/or a vegetable at every meal
- Serve all meals family style
- Never serve fried foods





Beverages



Best practice recommendations for Beverages served at child care for toddlers and preschoolers 1-5 years:

- Water is freely accessible both indoors and outdoors
- 100% juice is limited to 4-6 oz. daily
- Sugar-sweetened beverages are never served
- Milk served to children over the age of 2 is low-fat or nonfat milk



Physical Activity

Best practice recommendations for Physical Activity:

- Preschoolers: should receive/ be offered at least 120 minutes of active time each day
- Toddlers should be offered at least 60 minutes of active time each day





Screen Time



Best practice recommendations for Screen Time:

– For Preschoolers:

- Screen time should be limited to 30 minutes a week for preschool children in child care
- Screen time at home for preschool children should be limited to 1-2 hours of quality viewing

– For Infant and Toddlers:

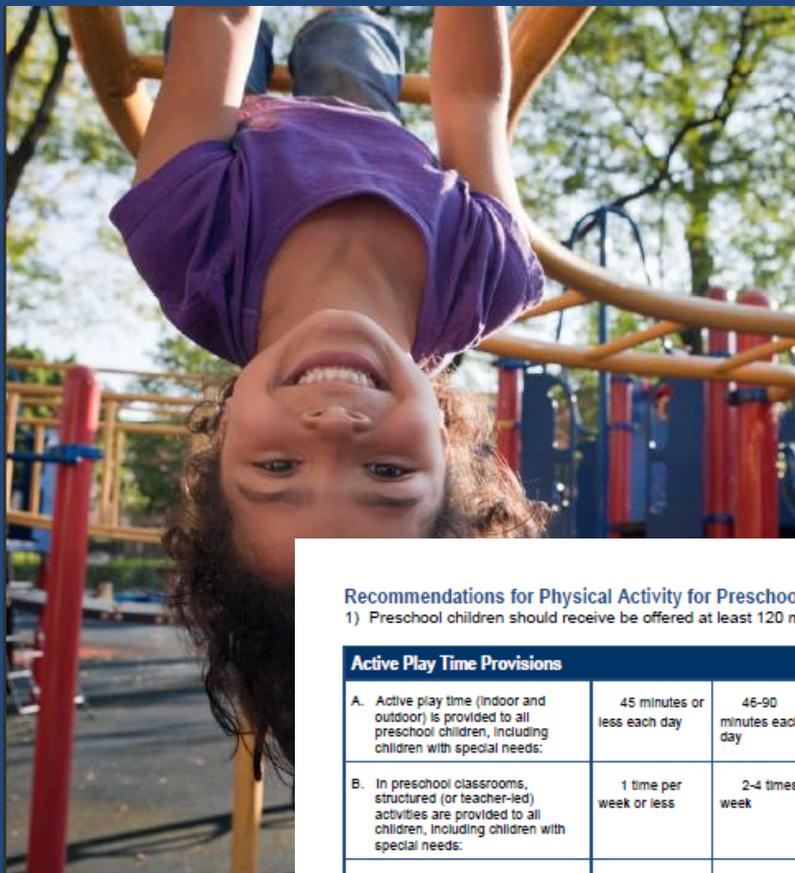
- No Screen time

Infant Feeding

Recommendations for Infant Feeding at Child Care:

- Support all new parents in their decisions about infant feeding





Let's Move! Quizzes

Areas of Focus:

- Beverages
- Food
- Physical Activity
- Screen Time
- Infant Feeding

Recommendations for Physical Activity for Preschoolers:

1) Preschool children should receive be offered at least 120 minutes of active time each day

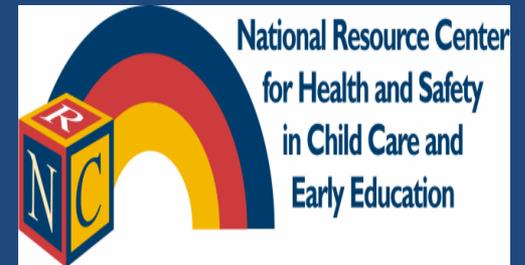
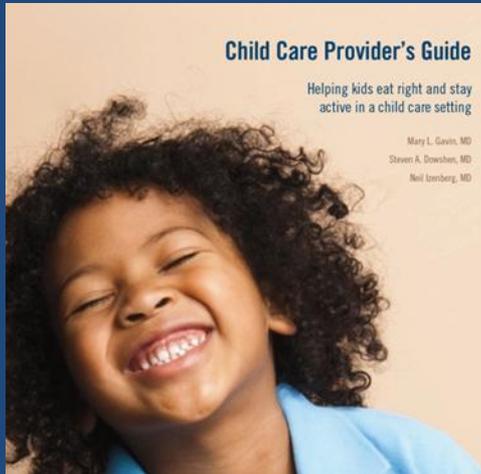
| Active Play Time Provisions | | | | |
|---|---|--|---|---|
| A. Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs: | 45 minutes or less each day | 46-90 minutes each day | 91-120 minutes each day | More than 120 minutes each day |
| B. In preschool classrooms, structured (or teacher-led) activities are provided to all children, including children with special needs: | 1 time per week or less | 2-4 times per week | 1 time per day | 2 or more times per day |
| C. Outdoor active play time is provided to all preschool children, including children with special needs: | 1 time a day for 30 minutes or less | 1 or more times a day for a total of 30-45 minutes | 1 or more times a day for a total of 45-60 minutes or more | 2 or more times each day for a total of 60 minutes or more |
| D. During a typical day, excluding naps and meals, preschool children are expected to remain seated: | More than 30 minutes at a time, or 15-30 minutes on 3 or more occasions | 15-30 minutes on 2 occasions | 15-30 minutes but only 1 occasion | <input type="checkbox"/> No more than 15 minutes at a time |
| Environment | | | | |
| A. Indoor gross motor play area for preschool children, including those with special needs, consists of: | <input type="checkbox"/> Space only suitable for quiet play | <input type="checkbox"/> Space for limited movement (jumping and rolling) | <input type="checkbox"/> Ample space for some active play (jumping, rolling, and skipping) | <input type="checkbox"/> Space for all activities, including running |
| B. Outdoor play areas for preschool children including those with special needs, consists of: | <input type="checkbox"/> 1-2 different play areas (e.g., sandbox, swing set) but no open space for running or track/path for wheeled toys | <input type="checkbox"/> 2-3 different play areas, but limited space for running and use of wheeled toys | <input type="checkbox"/> Multiple play areas, and either an open space for running or a track/path for wheeled toys | <input type="checkbox"/> Multiple play areas, open space for running, and a track/path for wheeled toys |
| C. Portable play equipment (e.g., wheel toys, balls, hoops, ribbons) for preschool children consists of: | <input type="checkbox"/> Limited variety and children must take turns | <input type="checkbox"/> Some variety but children must take turns | <input type="checkbox"/> Good variety both indoors and outdoors but children must take turns | <input type="checkbox"/> Lots of variety both indoors and outdoors for children to use at the same time |

Let's Move! Child Care Check
Physical Activity

Recommendations for Preschoolers

Tools and Resources

<http://www.healthykidshealthyfuture.org/resources.html>



Questions?

Dianne Ward
napsacc@unc.edu
www.napsacc.org

