

Obesity Prevention in Child Care

Overview of Intervention Points,
Barriers and Gaps

North Carolina Institute of Medicine
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Target Population

Number of regulated Child Care Centers:

4,902

Number of regulated Family Child Care Homes:

3,338

Number of Children 0-5 in regulated care:

240,000

Recommendations

The North Carolina Association for the Education of Young Children and other statewide associations working to improve the education, health and care for young children in NC should consider the benefits of adopting policies and programs that promote the **benefits of proper nutrition and increased physical activity.** (NCHWTF)

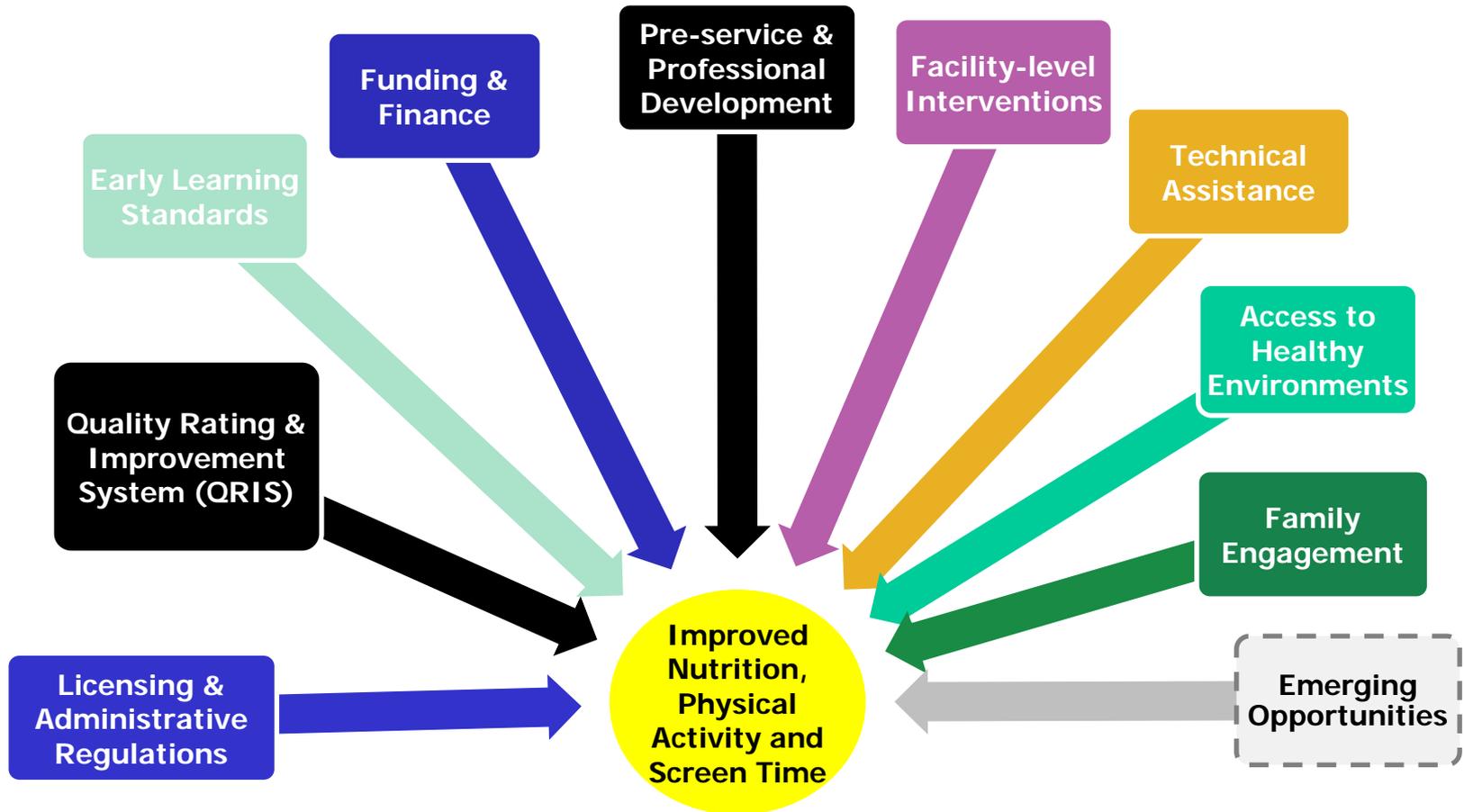
The community and its built environment should **promote physical activity** for children from birth to age five. (IOM)

Recommendations

The American Academy of Pediatrics (AAP) guidelines on screen time should be made more available in early childhood settings. Early childhood settings should be encouraged to adopt standards consistent with AAP recommendations **not to expose children two years of age and under to television**, as well as to limit media exposure for older children by treating it as a special occasion activity rather than a daily event. (WHTF)

Adults working with children should **limit screen time**, including television, cell phone, or digital media, to less than two hours per day for children aged two-five. (IOM) activity and nutrition. (NCHWTF)

Spectrum of Opportunities



Facility-level Interventions

Nutrition and Physical Activity Self Assessment in Child Care (NAPSACC)

- A research-tested intervention developed by the Center for Health Promotion and Disease Prevention at UNC-CH, designed to enhance policies, practices, and environments in child care by improving nutrition, amount/quality of physical activity and staff-child interactions.
- NAPSACC Dissemination
 - Over 400 centers have participated through Smart Start support.
 - Data is not available regarding the number of centers that participate/d outside of Smart Start.

Facility-level Interventions

Be Active Kids®

- This program, supported by the Blue Cross and Blue Shield of North Carolina Foundation, is an innovative, interactive physical activity, nutrition, and food safety curriculum for North Carolina preschoolers ages four and five.
- Be Active Kids® Dissemination
 - Approximately 900 volunteers have been trained.
 - Volunteer trainers and Be Active staff have trained approximately 6000 child care providers in 1300 child care centers.

Facility-level Interventions

Shape NC: Healthy Starts for Young Children

Shape NC uses the Smart Start infrastructure to bring together three proven program models:

- NAPSACC: Nutrition and Physical Activity Self Assessment in Child Care
- POD: Preventing Obesity by Design
- Be Active Kids[®]
- Shape NC Dissemination
 - Regional specialists train local technical assistance staff in the three models. Local technical assistance staff disseminate the models to neighboring child care centers.
 - 18 centers are being developed as model early learning centers for best practices in nutrition, physical activity and screen time. These centers will serve as demonstration sites for neighboring child care centers.
 - 12 additional model early learning centers are scheduled to be added.

Facility-level Interventions

I am Moving I am Learning (IMIL)

- The program seeks to increase daily moderate to vigorous physical activity, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day.
- The program is delivered by Head Start staff who are trained in the model and act as facilitators in Head Start Centers in their regions
- I am Moving I am Learning Dissemination
 - IMIL support is available to the 106 Head Start programs in North Carolina.

Facility-level Interventions

Color Me Healthy

- Program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating.
- Partnership between NC Cooperative Extension and NC Division of Public Health's Physical Activity & Nutrition Branch.
- Color Me Healthy Dissemination
 - Provided training for over 10 years
 - Delivered by ~90 Cooperative Extension agents across NC
 - Estimate that 500-1000 child care providers are trained each year

Facility-level Interventions

Sustainability can be a challenge.

Is there:

- Incentive to continue delivering the program?
- Opportunity to build the program into the daily routine and curriculum?
- Ongoing support to assure model fidelity?
- Coordination among the programs offered?

Technical Assistance

Technical Assistance (TA) in child care is the intentional use of various strategies (e.g., support, coaching, consultation) over time to improve the quality of provider practices through visits to child care programs.

- Examples of agencies/professionals providing TA in NC:
 - Licensing Consultants (Division of Child Development & Early Education)
 - Quality Enhancement Consultants (Child Care Resource and Referral and Smart Start)
 - Child Care Health Consultants (Smart Start)
 - Staff with the Child and Adult Care Food Program (CACFP)

Technical Assistance

Challenges in using Technical Assistance Staff to address obesity prevention:

- Technical Assistance staff train and support child care staff in compliance with the rules and regulations that apply to their programs.
- Technical Assistance staff are not required to train in best practices related to nutrition, physical activity and screen time.

Healthy Environments

Preventing Obesity by Design (POD)

- Program developed by the NCSU, School of Design aimed at reversing the trend toward childhood obesity by improving outdoor environmental diversity of childcare centers.
- POD Dissemination
 - 29 child care centers participated.
 - Data is not available regarding the number of child care centers that have replicated the program and improved their outdoor environments.

Healthy Environments

Preventing Obesity by Design (POD)

- Challenges to programs like this:
 - Limited incentives through licensing and star-rated system for installation of a best practice outdoor learning environment.

Emerging Opportunities

Healthy Futures Starting in the Kitchen

- Program that teaches childcare cooks basic nutrition and how to prepare healthy, delicious foods that appeal to young children. Training is done in a culinary school using a hands-on approach.
- Dissemination
 - 112 participants from 90 centers have participated
 - Projected to reach an additional 51 centers in the next 4 months.

Emerging Opportunities

Healthy Futures Starting in the Kitchen

- Challenges for programs like this
 - Cooks in child care are not required to participate in continuing education classes.
 - Hands-on classes like this can be expensive.

Questions

