

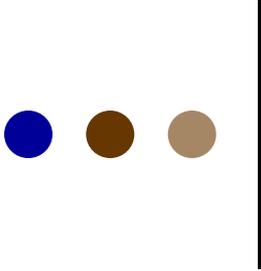
Promoting Healthy Weight for Young Children: A Blueprint for Preventing Early Childhood Obesity in North Carolina

Enhanced Childcare Standards

Breakout Session

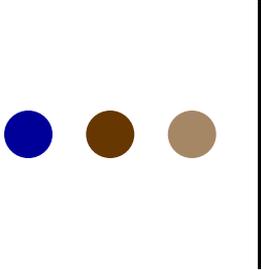
2:15 pm – 3:30 pm





Recommendations for Child Care and Early Education

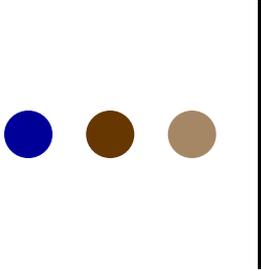
- At any point in time, one-in-four children ages 0-5 are in a licensed, regulated child care program.
 - Many other children cycle through child care programs sometime during the year.
- National data suggest that ~64% of young children spend some time in formal early care and education programs before entering school.



Enhanced Child Care Standards

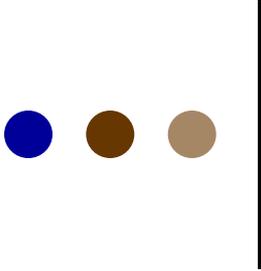
POLICY STRATEGY 1: CREATE A VOLUNTARY RECOGNITION PROGRAM FOR CHILD CARE PROGRAMS AND EARLY EDUCATION PROGRAMS THAT MEET ENHANCED PHYSICAL ACTIVITY AND NUTRITION STANDARDS.

- The North Carolina Division of Child Development and Early Education (DCDEE), Division of Public Health Child and Adult Care Food Program (CACFP), the North Carolina Partnership for Children (NCPC), and other partners should develop a voluntary recognition program for licensed child care programs, family care homes, Head Start, NC Pre-K, and other early care and education settings that meet enhanced physical activity and nutrition standards.



Enhanced Child Care Standards

- The standards for recognition should include:
 - Enhanced nutrition standards (including breastfeeding), physical activity, and naturalized outdoor learning environment standards for infants and young children.
 - Evidence-based or other validated measures that have been shown to improve nutrition, physical activity, and overall health, and promote a healthy weight for young children, beginning in infancy.
 - Requirements that teachers have received enhanced training and certification on health and wellness, including training on how to educate parents about early childhood nutrition and physical activity.



Enhanced Child Care Standards

- NCDEE, CACFP, and NCPC should seek public input into the voluntary recognition standards before implementing the program.
- NCPC should seek additional funding to provide financial incentives to child care programs that meet the voluntary standards for enhanced health and wellness recognition.