

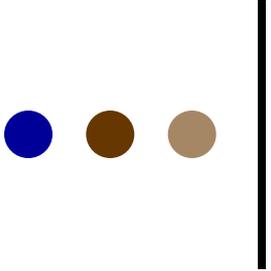
Promoting Healthy Weight for Young Children: A Blueprint for Preventing Early Childhood Obesity in North Carolina

Community Engagement

Breakout Session

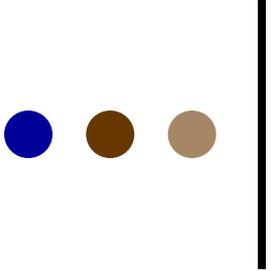
2:15 pm – 3:30 pm





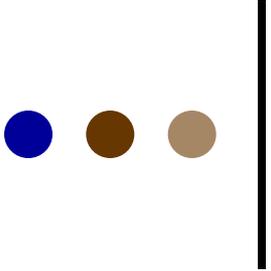
Community Engagement

- The Task Force recognized the importance of community-based interventions to help foster healthy eating and active living among our youngest children and their families.
 - Another break-out session is focusing on improving healthy eating and active living in child care and early education settings.
 - Not all children attend these settings, so broader-based efforts to reach young children and their families is important.



Community Engagement

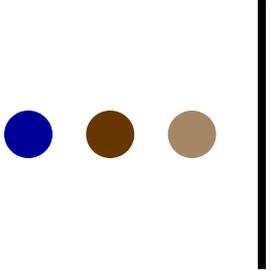
- The Task Force recommended that Eat Smart, Move More (ESMM) take the lead on community engagement strategies.
 - ESMM has more than 80 partner organizations across the state.
 - ESMM has community coalitions in 78 counties across the state.
- In addition, the Task Force recognized the important role of the faith community and other community partners in also promoting healthy eating and active living.



Community Engagement

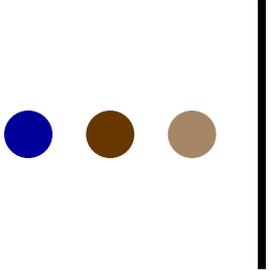
COMMUNITY/ENVIRONMENT STRATEGY 4: INCREASE THE FOCUS OF EAT SMART, MOVE MORE NORTH CAROLINA ON YOUNG CHILDREN AND THEIR FAMILIES. FUNDING AMOUNT: \$100,000.

- Eat Smart, Move More North Carolina (ESMM) should increase the focus of its community engagement efforts to implement evidence-based and evidence-informed strategies to promote healthy weight among young children and their families.
 - ESMM should survey member organizations to collect information on existing early childhood initiatives and programs.
 - ESMM should also work with other appropriate organizations to identify and create an inventory of evidence-based and evidence-informed tools, policies, programs, and practices to improve healthy nutrition and physical activity for young children.



Community Engagement

- ESMM should educate member organizations about the importance of intervening to improve nutrition and physical activity among young children ages 0-5 years and their families, and should promote the availability of evidence-based and evidence-informed tools, policies, programs, and practices across the state



Community Engagement

- ESMM should provide member organizations information and resources on:
 - Obesity trends among infants and young children
 - The impact of obesity on health
 - Infant feeding and signs of satiety
 - Healthy food preparation and best nutrition practices
 - Strategies to promote healthy sleep
 - The importance of reducing screen time
 - Age appropriate movement and physical activity
 - Outdoor learning environments and edible landscapes
 - Effective strategies to educate parents and other caregivers about best practices to implement at home in order to promote healthy weight
 - Breastfeeding support