

# ABCs of Obesity Prevention in Early Care and Education



# Session Goals

1) Understand basic ECE terminology and rationale for obesity prevention

2) Learn how to implement and/or promote the Preschools SHINE program.

3) Gain tips for partnering with Head Start sites to implement Harvest of the Month.

4) Explore ECE curriculum that has been approved for SNAP-Ed funded partners

# Introductions



What's your name?

Which county are you from?

Which organization do you represent?



# Early Care and Education 101



**How do you define  
early childhood education?**



# Early Care and Education 101

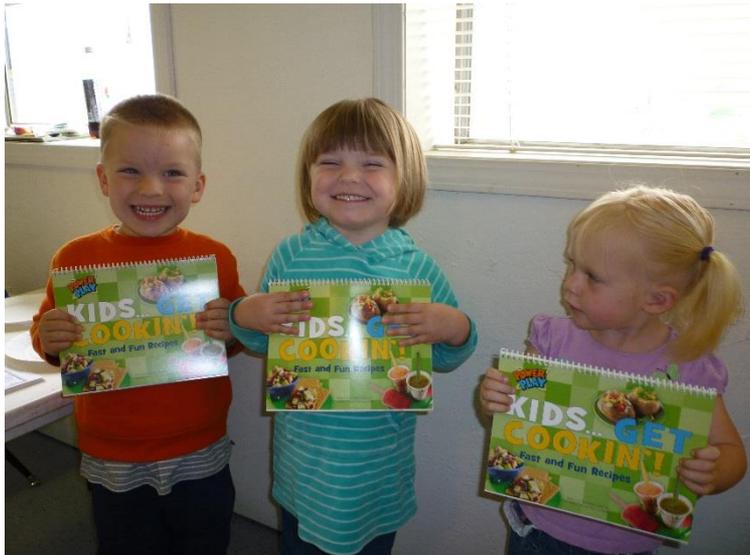
## Types of Settings

- **Family childcare**
- **Head Start**
- **State Preschools**
- **Center based**
- **Home visitation**

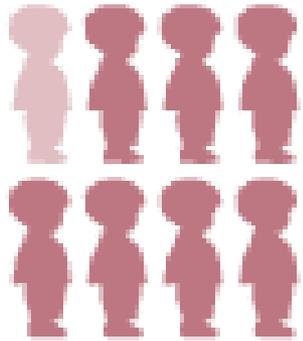


# Early Care and Education 101

## Why should we focus on obesity prevention in Early Care and Education settings?



# Early Care and Education 101



**About 1 in 8  
preschoolers are obese**

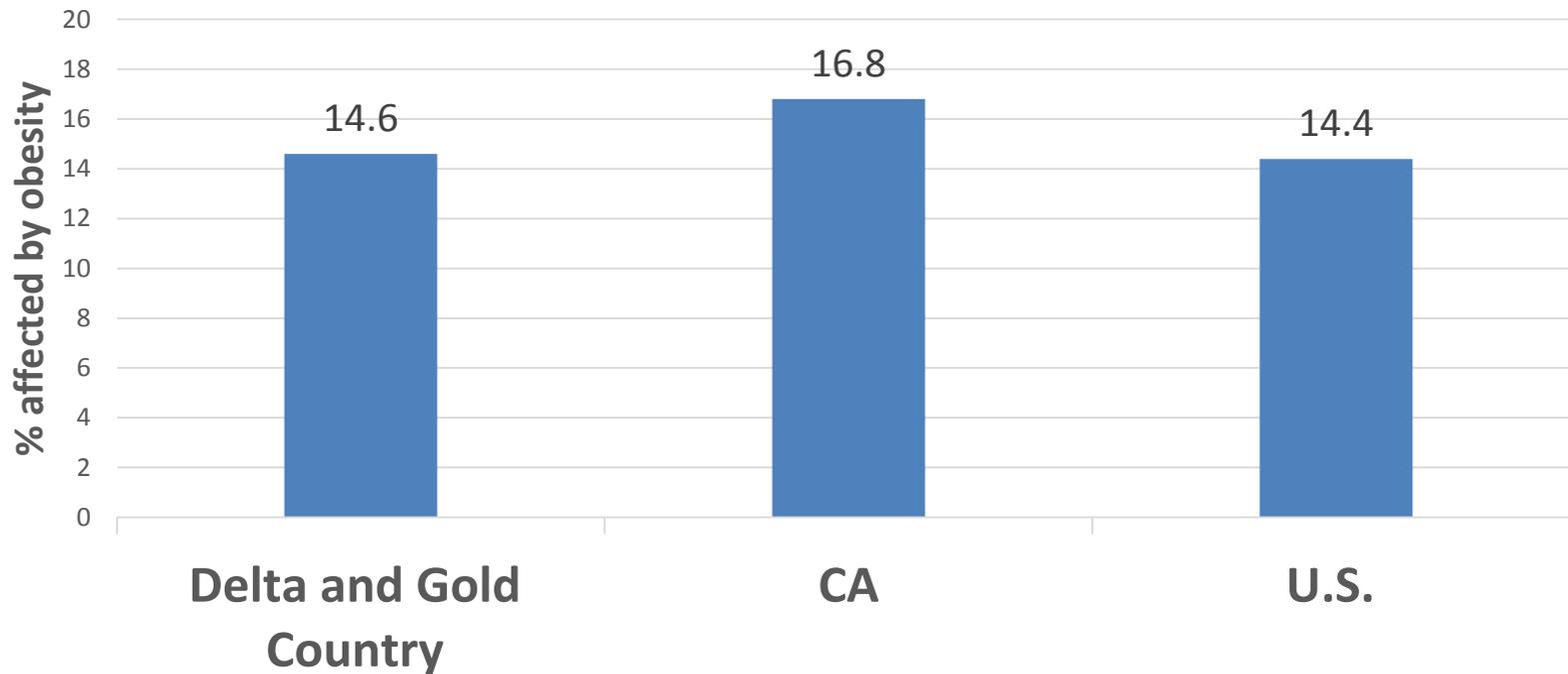
**Children who are overweight or obese as preschoolers are 5 times as likely as normal-weight children to be overweight or obese as adults.**



# Early Care and Education 101



**% Low Income 2-4 year olds affected by Obesity**

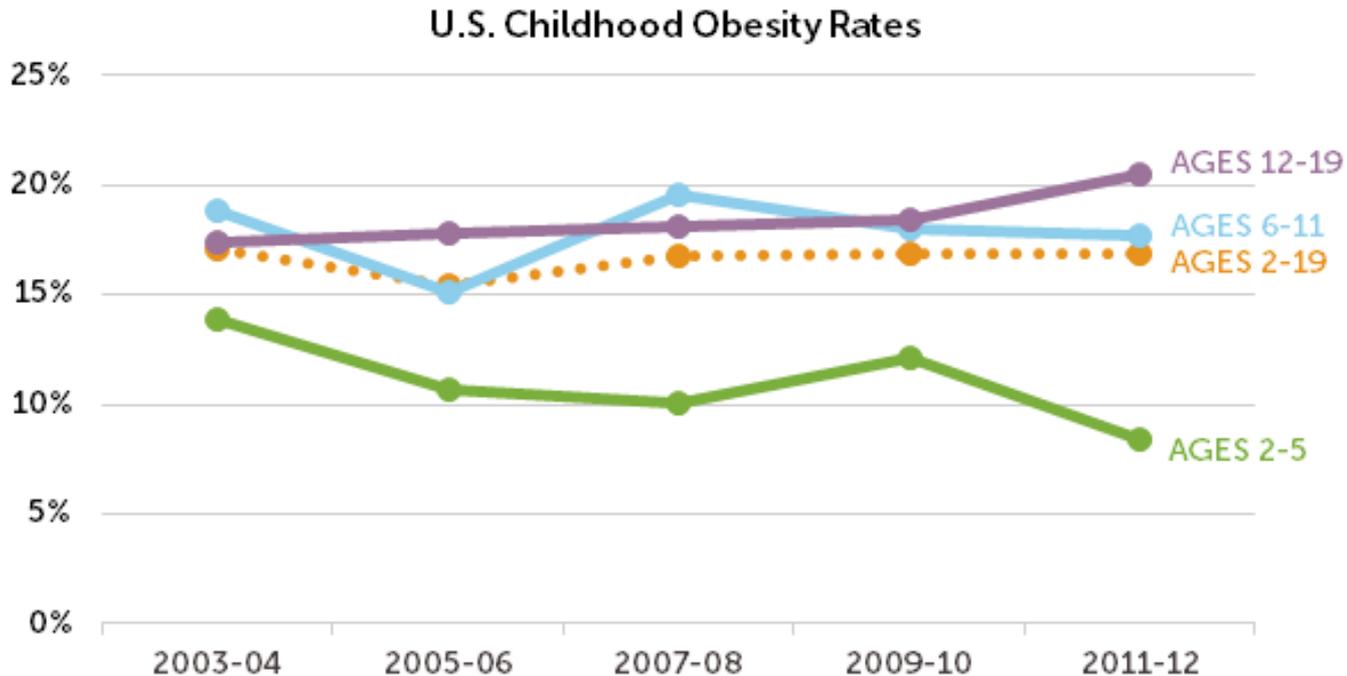


Source: SNAP-Ed county profiles, Robert Wood Johnson Foundation State of Obesity rates



# Early Care and Education 101

**Obesity rates among preschoolers are improving, but there is more work to be done...**

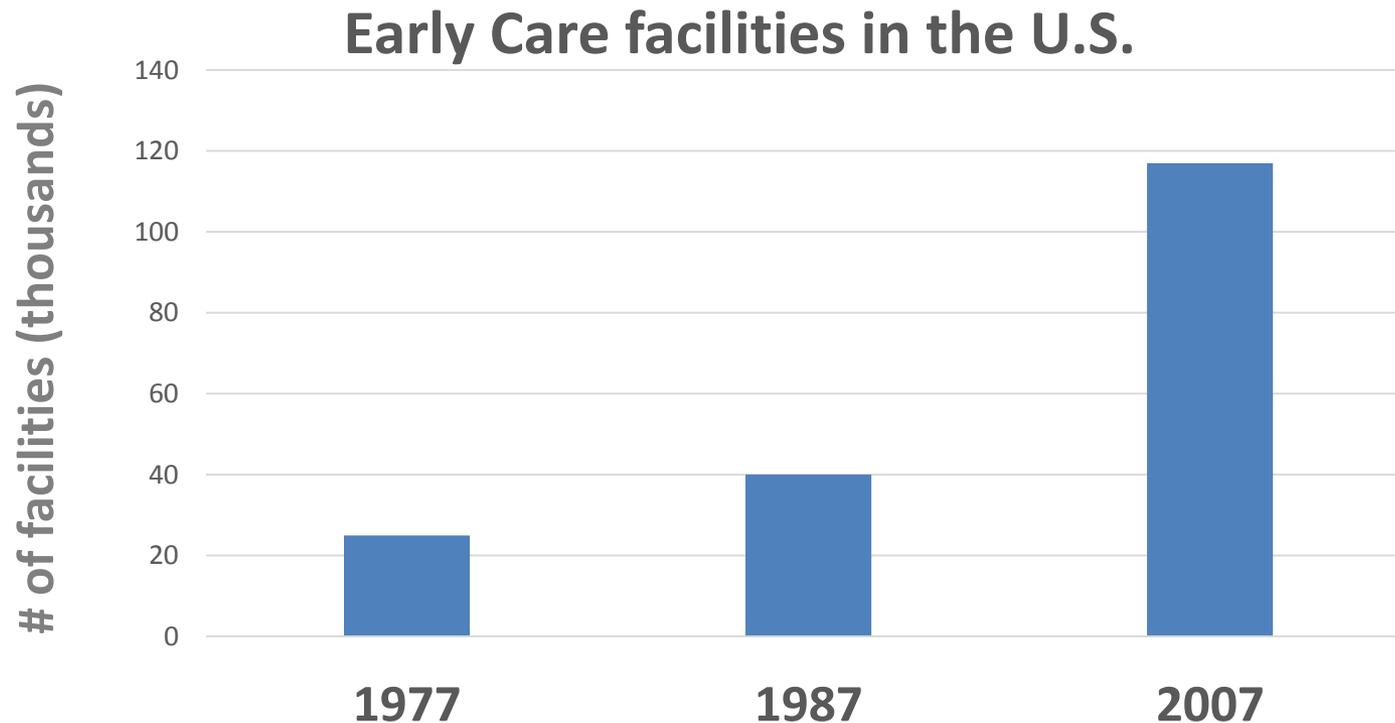


Source: Journal of the American Medical Association



# Early Care and Education 101

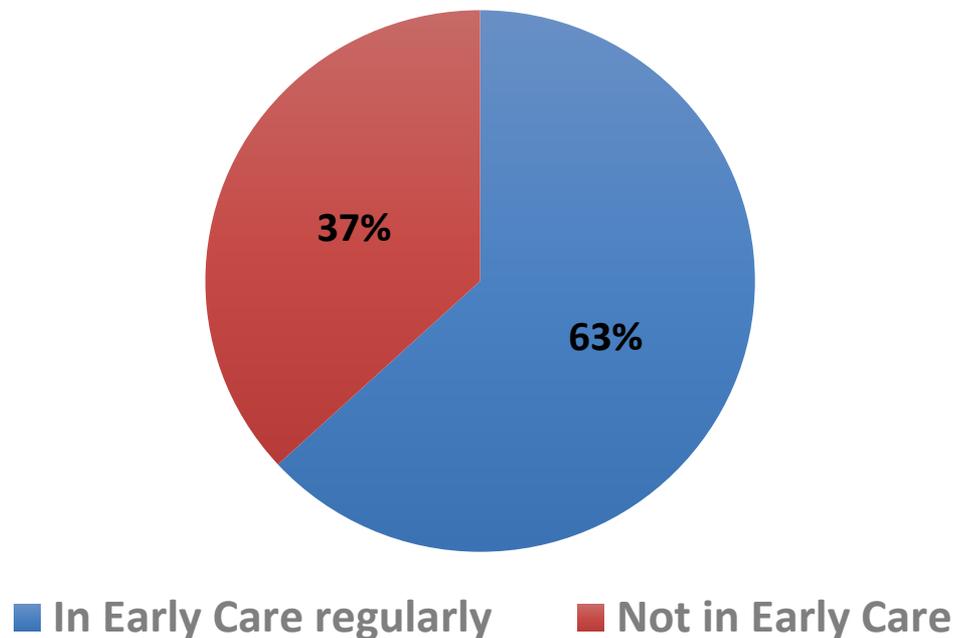
## Increasing number of Early Care facilities



# Early Care and Education 101

## Utilization of Early Care is high

% of U.S. children in some form of Early Care regularly



# Early Care and Education 101

**Early Care and Education settings provide good opportunities to engage family members**



# Early Care and Education 101

## **Why should we focus on obesity prevention in Early Care and Education settings?**

- **Preschools can positively influence children's diets and physical activity levels (and parents too!)**
- **Obesity prevention in ECE settings is a smart, upstream investment in our children**



# Early Care and Education 101

## **What agencies support Early Care and Education?**

- **Child Care Planning Councils**
- **First 5 Commissions**
- **Resource and Referral agencies**
- **California Preschool Instructional Network**



# Early Care and Education 101

## Legislative Updates

- ***AB 290: Foundations for Healthy Nutrition in Childcare*** (will be implemented in 2016)
- **Race to the Top Early Learning**





HEALTH  
EDUCATION  
COUNCIL

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