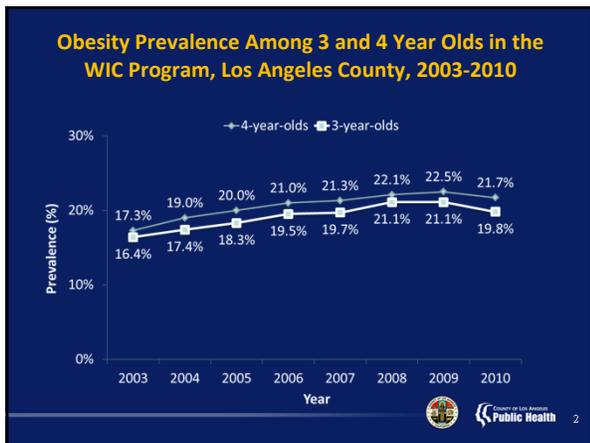


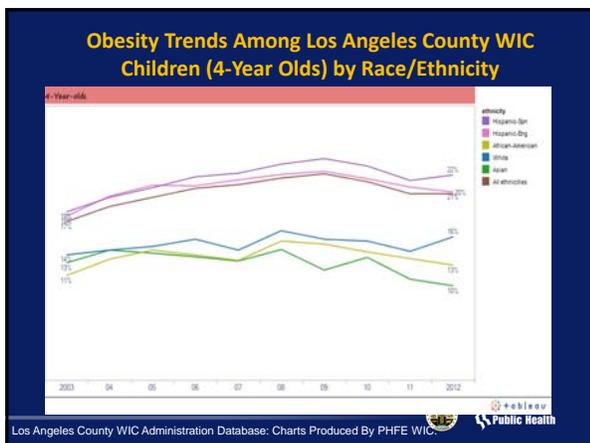
Improving the Nutrition and Physical Activity Environment in Licensed Child Care in Los Angeles County



Robert Gilchick, MD, MPH
 Director, Child and Adolescent Health Programs and Policy
 Maternal, Child and Adolescent Health Programs
 Los Angeles County Department of Public Health







Why Focus on Child Care Settings?

- 40% of 0-5 children in LAC (350,000) spend most of their day in child care.
- Opportunity to made a significant impact on daily caloric balance and to establish healthy food preferences/behaviors early in life.
- Observational study by PHFE-WIC (2008)¹ demonstrated significant need for improvement in nutrition policies and practices in licensed child care in LAC.



1: WIC report available at: <http://cfpa.net/ChildNutrition/ChildCare/CFPAPublications/Gilbert-LA-ChildCareLunchAssessment-2008.pdf>

Child Care Nutrition - California Legislation

- **AB 627 – Child Care Nutrition Environment** (Vetoed 2009)
 - Would have established basic nutrition and physical activity (PA) requirements as a condition of licensure.
- **AB 2084 – Healthy beverages in Childcare** (Chaptered 2010)
 - Standards for beverages in CCC. Maximum of 4 – 6 ounces of 100% fruit juice served. Only low fat milk served. No natural or artificially sweetened beverages. Water accessibility at all times.
- **AB 1872 - Child Day Care Facilities: Nutrition** (Vetoed 2012)
 - Would have Required that family day care homes provide meals and snacks that meet nutrition standards specified by the state.



Service Planning Area (SPA) 6 Child Care Study

Research Question:

Was a limited training/education intervention sufficient to improve the nutrition and physical activity environment in licensed child care settings?



Study Description

- SPA 6 was chosen as the target area due to the high prevalence of childhood overweight and obesity.
- 120 CCC were enrolled, from a population of 345 CCC.
- Nutrition and physical activity environment was assessed at baseline and six months after the intervention.
 - Validated assessment tools published in the Nutrition and Physical Activity Self- Assessments for Child-Care (NAP SACC) ².
 - A written self-assessment survey questionnaire tool was given to the directors to self-assess their perceptions of nutrition and physical activity practices in their child care centers.

2) Ward DS, Hales D, Haverly K, Marks J, Benjamin SE, Ball SC, Trost S. An instrument to assess the obesogenic environment of child care centers. Am J Health Behavior. 2008 Jul-Aug;32(4):380-6.



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Study Design

- Randomized controlled design – 120 CCC were randomly assigned to:

1) Control (no intervention)	2) Receive nutrition and physical activity policy and practice toolkit (limited intervention)
3) Receive nutrition and physical activity policy and practice toolkit with training on implementation (full intervention)	



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Proposed Nutrition Recommendations

- Non-fat or 1% Milk for 2 years and older
- Fruit at each meal and snack
- Two colorful vegetables at lunch
- At least 2 servings of whole-grain products a day such as oatmeal, brown rice, whole-grain pasta or whole-grain tortillas.
- Eliminate deep-frying or fat frying
- Limit fried potatoes
- Promote family-style serving with each meal to teach portion control
- Restrict processed meats (luncheon meats, hotdogs, bologna, sausage) to reduce unhealthy fats and sodium



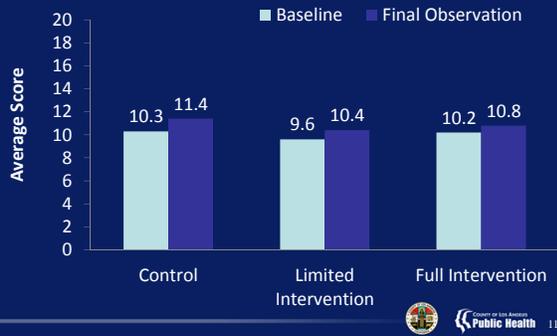
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Proposed Physical Activity Recommendations

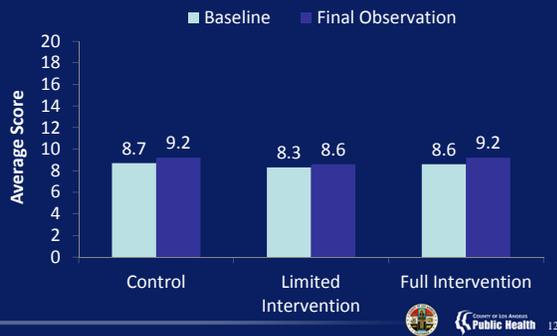
- Ensure at least 60 minutes or more of structured and unstructured physical activity a day.
- Children should not be sedentary for more than 30 minutes at a time, except when sleeping.
- Limit television (screen time) to no more than 1-2 hours a day.



Average Baseline and Final Observation Nutrition Scores



Average Baseline and Final Observation Physical Activity Scores



Study Limitations

- One four-hour training
- No technical assistance provided to participating centers
- Lack of parent involvement
- Training was for the directors of the centers
- One post observation after six months
- Lack of health status and obesity indicators measures



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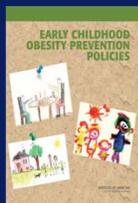
Lessons Learned

- Need a multi-sector, multi-strategy approach – Romp and Chomp (Australia) as a successful model
- Single point of contact (training or mailing) was insufficient to have a significant improvement in practice
- Train multiple audiences
 - Staff, cooks, and teachers
 - Parents
 - Children (may become instrumental in change)
- Essential to partner with community organizations (Resource and Referral Agencies)



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What's Next



- Utilize lessons learned to inform future projects
 - LA ROCCS (Reducing Obesity in Child Care Settings), a countywide approach funded by First 5 LA
 - A multi-component project targeting children 0-5 and their families
 - \$41 M over 4 years (\$6.2 for LA ROCCS)



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Contact Information

Robert Gilchick, MD, MPH
(213) 639-6402

rgilchick@ph.lacounty.gov

www.publichealth.lacounty.gov



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