



Obesity Prevention in Early Care & Education

News Blast

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Issue 40

References to non-federal organizations are provided solely as a service to the audience. These references do not constitute an endorsement of these organizations, their programs and policies, or their research data by CDC or the Federal Government, and none should be inferred.

Next Call*: Wednesday, March 26, 2014 from 3-4 pm EST (1-877-718-2565 Passcode 67363979)

This call will feature an update on the Public Health Law Center's recent study of all 50 states' statutes to assess the extent to which local governments have the authority to establish their own standards to promote healthy eating and physical activity in the ECE setting.

Our February 26th call featured the Texas Department of Agriculture's Farm to Preschool Initiative. Thanks to all who joined us for the call and thanks to Linda Simmons for presenting the great work of the Texas Department of Agriculture. The call was recorded and can be played back by calling 1-866-391-4453.

Save the Date: In lieu of our **April 23rd, 2014** (3-4 pm EST) call we encourage people to join the DNPAO monthly networking call on **April 10th from 1:30-2:30pm EST**. The Center for Nutrition & Promotion at California State University, Chico has agreed to provide a presentation on efforts state health departments can take on to enhance physical activity for low income children. We will send along a reminder with the call in instructions in the next few weeks.



Community Highlight: Miami-Dade County

A local ABC affiliate recently featured the great work going on around obesity prevention in child care centers in Miami-Dade County, Florida. The featured child care center, Sheyes Academy, has participated in Quality Counts, Miami-Dade's quality rating improvement system for four years and during that time has progressed from a 2 Star to a 4 Star provider. The Early Learning Coalition has been implementing Quality Counts for 6 years and is working intentionally to align the National Early Care and Education Learning Collaborative framework with its ongoing quality improvement efforts. Watch the clip here: <http://local10.com/news/s-fla-daycare-center-helps-battle-childhood-obesity/24814788>

* Calls typically occur on the 4th Wednesday of the month, subject to change due to speaker availability and federal holidays. To join the CDC Obesity Prevention in ECE listserv please e-mail: eceobesity@cdc.gov

Federal Highlight: Let's Move! Child Care

In celebration of the fourth anniversary of the First Lady's Let's Move! campaign, Learning Care Group, the nation's second largest child care provider committed to the Partnership for a Healthier America to align all of its over 900 child care centers, with the best practices of Let's Move! Child Care. This commitment will reach nearly 100,000 children.

In addition, at the recent Partnership for a Healthier America (PHA) summit (March 12-14th) Knowledge Universe, the largest for-profit childcare provider in the country committed to creating healthier environments for children by implementing early childcare guidelines in 85% of their centers within 18 months and 95% of centers within 3 years. These established guidelines address physical activity, screen time, food, beverages, infant feeding and parent engagement and are consistent with previous PHA early childcare commitments. Knowledge Universe has operates over 2,000 centers serving over 160,000 children.

In addition to these new commitments, as of February 28, 2014 Let's Move! Child Care has:

- 14,312 participants registered
- 12,165 providers registered
- 8,287 (68%) providers have completed the online Checklist Quiz
- 8,234 (67%) of providers are meeting \geq 50% best practices
- 1,530 (13%) of providers are meeting \geq 75% best practices
- 664 (5%) of providers are meeting all best practices

Early Care and Education State News

Congratulations to the state of Maryland who recently announced the formation of Sugar Free Kids, a new multi-partner state coalition to reverse the twin epidemics of childhood obesity and teen diabetes. The new coalition announced its legislative agenda for 2014, which includes 2 bills applying to the ECE setting:

- "Child Care Centers – Healthy Eating and Physical Activity Act" (HB 1276, SB 716), would implement improved health standards in child care centers requiring them to serve healthier drinks to children in their care, better support mothers who are breastfeeding, and reduce non-educational screen time.
- "Food Service Facilities – Meals for Children" (HB 1255, SB 750), would require restaurants to serve healthy beverage items (e.g., bottled water and low-fat or no-fat milk) as part of their bundled kids' meal price but would preserve a parent's ability to separately purchase an unhealthy option for their children if they wish. From what we understand, this is the first bill of its kind introduced in the US.
- For more information please go to <http://www.sugarfreekidsmd.org> or <http://baltimore.cbslocal.com/2014/02/26/new-group-combats-childhood-obesity-by-taking-on-drinks/> for more information

[ECE News and Resources](#)

The National Resource Center for Health and Safety in Child Care and Early Education (NRC) recently released [Caring for Infants and Toddlers in Early Care and Education \(I/T\)](#). I/T is a collection of 232 nationally recognized health and safety standards applicable to the infant and toddler population in early care and education settings. This compilation does not contain any new standards; however it does put the standards for the infant and toddler age group in one publication.

The National Farm to School Network (NFSN) recently released a fact sheet called “Getting Started with Farm to Preschool” (PDF attached).

The National Food Service Management Institute (NFSMI), in partnership with USDA, has developed food allergy training videos for schools and [child care centers](#). The videos focus on strategies that foodservice staff can use to manage food allergies in USDA’s Child Nutrition Programs. These videos can be accessed through the direct links below. For more food allergy information, visit www.nfsmi.org/foodallergy.

The USDA’s Team Nutrition Two Bite Club, an educational storybook introduces MyPlate to young children, is now available in both English and Spanish print copies from the USDA. To request print copies, use the online order form: <http://tn.ntis.gov/>

Penn State University and the Centers for Disease Control and Prevention recently launched four of six Let’s Move! Child Care (LMCC) training modules. The free online training modules provide practical strategies for implementing best practices in ECE settings for promoting healthy weight in young children. The modules provide an opportunity for ECE providers to obtain CEUs from Penn State and professional development credits from many states’ licensing and/or quality improvement systems and CDA certification. The remaining two modules (serving healthy food and serving health beverages) will be released this spring. The four modules that are available include:

Childhood Obesity Prevention: Let’s Move! Child Care Introduction Child care providers play an important role in helping to develop healthy eating and physical activity habits in young children. This lesson provides an overview of childhood obesity and an introduction to the LMCC.

Childhood Obesity Prevention: LMCC – Increase Physical Activity (PA) Research shows that PA provides many benefits and that it is important for parents and care providers to be good role models. This lesson will help ECE providers learn the most up to date recommendations for PA levels for infants, toddlers and preschoolers.

Childhood Obesity Prevention: LMCC—Limit Screen Time. Screen time refers to all digital media including TV and can interfere with cognitive development for children under the age of two. In this module ECE providers will learn the best practice recommendations and gain an understanding for why it is important to limit screen time for young children.

Childhood Obesity Prevention: LMCC—Support Infant Feeding Breastfeeding benefits mothers and babies in many ways, including helping to prevent childhood obesity. Continuing to breastfeed for the recommended amount of time can be challenging, especially when children are in child care. ECE providers can learn practical solutions for encouraging and supporting mothers to breastfeed their babies.

The training modules will soon be posted on [Let's Move! Child Care Free Online Trainings](#). To access the first four modules please follow these instructions:

- 1.) Access these lessons at: <http://extension.psu.edu/youth/betterkidcare>
<<http://extension.psu.edu/youth/betterkidcare>>
- 2.) Click on: "On Demand Web Lessons" button on the left menu bar
- 3.) Create an account and sign in
- 4.) Select the title of the LMCC lesson

Note: All of Better Kid Care's On Demand lessons are free. However to receive professional development credit and be issued a certificate of completion there is a small fee (\$5). Better Kid Care also has more than 150 online modules for ECE and school-age professionals in the areas of child growth and development, curriculum, family engagement and communication, nutrition, health and safety and professionalism. All resources can be accessed from their website.



[Early Care and Education Research](#)

Modified Abstract

Ogden, C.L., Carroll, M.D., Kit, B.K., Flegal, K.M. Prevalence of Childhood and Adult Obesity in the United States, 2011-2012. JAMA, 2014; 311 (8): 806-814.

Purpose: To provide recent national estimates and trends on the prevalence of childhood and adult obesity in the United States using data from the National Health and Nutrition Examination Survey (NHANES). *Results:* Between 2003-2004 and 2011-2012 there was no significant change in obesity among 2-19 year olds or adults; however, there was significant decrease in obesity among 2-5 year olds (from 13.9% to 8.4%) and a significant increase among women aged 60 years and older (from 31.5% to 38.1%). *Take home message:* While a decline in obesity among 2-5 year olds is promising, obesity among youth (2-19) and adults remains high and warrants continued surveillance and obesity prevention efforts.

Alkon, A., Crowley, A.A., Neelon, S.E.B., Hill, S., Pan, Y., Nguyen, V., Rose, R., Savage, E., Forestieri, N., Shipman, L., Kotch, J.B. Nutrition and physical activity randomized control trial in child care centers improves knowledge, policies, and children's body mass index. BMC Public Health, 2014; 14 (215): 1-13.

Purpose: To assess the effect of the Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) intervention on increasing: knowledge of nutrition and physical activity among providers and parent, center-level nutrition and physical activity policies and practices, and children's body mass index (BMI). *Results:* Significant increases in providers' and parents' knowledge of nutrition and physical activity, center-level improvements in policies, and child-level changes in zBMI based on 209 children in

the randomized control trial. *Take home message:* When delivered by trained child health professionals, the NAP SACC intervention can have an important impact on knowledge of providers and parents, child care center policies, and the weight status of children served by those centers.

Upcoming Conferences

Please let us know about your upcoming conferences (email to eceobesity@cdc.gov)

- The [CACFP National Professional Association \(NPA\)](#) will hold its 2014 conference April 1-3, 2014 in St. Louis, MO.
- The National CACFP Sponsors Association (NSA) will hold its 28th annual conference, [Nutrition, Wellness, and All that Jazz](#), April 22-24, 2014 in New Orleans, LA. More information about the sessions and speakers can be found [here](#).
- The [7th National Farm to Cafeteria Conference](#) will be held in Austin TX April 15-17, 2014.

