Taking Steps to Healthy Success:
Promoting Physical Activity and Healthy Eating in Child Care Centers

2009 Anti-Hunger Public Policy Conference
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We Now Know: No Time to Lose

Past public health experiences cause us to expect a slowing down in the increase, a leveling off and then a decrease.
NHPS Intervention Strategy

POPULATION BASED CHANGE for CHILDREN

COMMUNITY & ORGANIZATIONAL CHANGE
RESULTING IN SUSTAINABLE SYSTEMS & ENVIRONMENTS

COMMUNITY COALITION

SCHOOL DISTRICT
COMMUNITY
CHANGE AGENT
PRIMARY CARE
CHILD CARE

EVALUATION, KNOWLEDGE DISSEMINATION & CAPACITY BUILDING
for POLICY & PRACTICE CHANGE
360° of Child Health Promotion
Helping Children Live 5-2-1-Almost None

– Integrated into 4 sectors
  • Community
  • School
  • Child Care
  • Primary Care

– The focus of:
  • Policy and practice changes
  • Social marketing
Policy Changes In Child Care

- Reaching 54,000 children
- 2007 Office of Child Care Licensing (OCCL) regulations update – reducing screen time and increasing physical activity in licensed child care centers
- OCCL also requires that all licensed child care providers use the CACFP guidelines to provide adequate nutrition to children
- Policy changes in support of 5-2-1-Almost None
Child and Adult Care Food Program

- NHPS and CACFP worked together to create a best practices guide in 2007
- The Guide resulted in policy regulations implemented in July
- Guide endorsed by the USDA
Infants Requirements:

- **Juice:** No juice for infants under 12 months of age

- **Meat/Meat Alternative:** Only real cheese may be served no cheese product or cheese food

- **Grains:** All grain products must contain not more than 6 grams of sugar

- **Whole grains are highly encouraged**
Children Requirements (1 to 18 years old):

- **Juice:**
  - No more than one serving/day of 100% juice
  - Non-100% juice (juice drink or cocktail) is not allowed.

- **Milk:**
  - Children one to two years of age: whole milk
  - Children over two: 1% or fat-free milk

- **Fruits/Vegetables:**
  - No baked pre-fried or fried fruits and vegetables (e.g. French fries and tater tots) unless fat content is less than 35%
Delaware CACFP Standards - 2008

• **Meat/Meat Alternative:**
  – *Processed meats (e.g. hot dogs, sausage, baloney etc.) only one time per cycle (1 X in 2-week)*
  – *No baked pre-fried or fried food items allowed (e.g. chicken nuggets, fish sticks) unless no more that 35% total fat*
  – *Only real cheese may be served; no cheese product*

• **Grains**
  – *A whole grain product must be served at least 1x per day where a whole grain is listed as the first ingredient*
  – *Grain products (inc. cereals) must be no more that 6 grams of sugar*
  – *Sweet grains/baked goods (cookies, cakes, donuts) may only be served one time per cycle*
Healthy Eating

- Environment
  - Infants
  - Toddler and preschoolers
- Healthy Choices
- Portion sizes
- Hunger and feeding cues
- Adults as role models
Physical Activity

- Create space for infant; toddlers; preschoolers
- Offer structured, fun, quality physical activity
- Offer unstructured physical activity
- Help children make active choices
- Limit sedentary choices
- Watch for signs of fatigue and frustration
- Have adults as role models
CACFP Workshops and Child Care Learning Collaborative

- Imbedding moderate to vigorous physical activity into the day
- Increasing fruits and vegetables on the menus
- Creating policies for what parents and staff can bring into the center
- Increasing access to water

“I really enjoyed these training sessions and look forward to implementing these ideas in our school. Thanks for everything!”

- Collaborative participant
Child Care Tools to Support Healthy Habit

• NAPSACC
  – Child Care Directors collect baseline data on current state of practices in their centers

• Child Care Collaborative DVDs
  – Interactive instruction for center directors to implement healthy eating and physical activity best practices
Tools to Support Healthy Habits

• Sesame Workshop Preschool Toolkit (3 - 5 year olds)
  – Nemours partnering with Sesame Workshop
  – Influencing practice change with concrete healthy eating and physical activity lessons and activities
  – Distributed 705 kits in Delaware through workshops; available or order on-line

• University of Delaware Toolkit
  – Infant and toddlers
  – Influencing practice change with concrete healthy eating and physical activity lessons and activities
Comprehensive Approach

- Partner with policy makers
- Change policy and regulations
- Bring licensing and CACFP together
- Create and use tools for practice change
- Offer variety of training activities
- Support practice change with on-site skill building
- Celebrate partnerships
Thank You

• Our progress could not happen without our partners
  – CACP: Beth Weatherbee; David Bowman;
  – OCCL: Patricia Quinn
  – Chief materials author: Elizabeth Walker

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