

Taking Steps to Healthy Success:

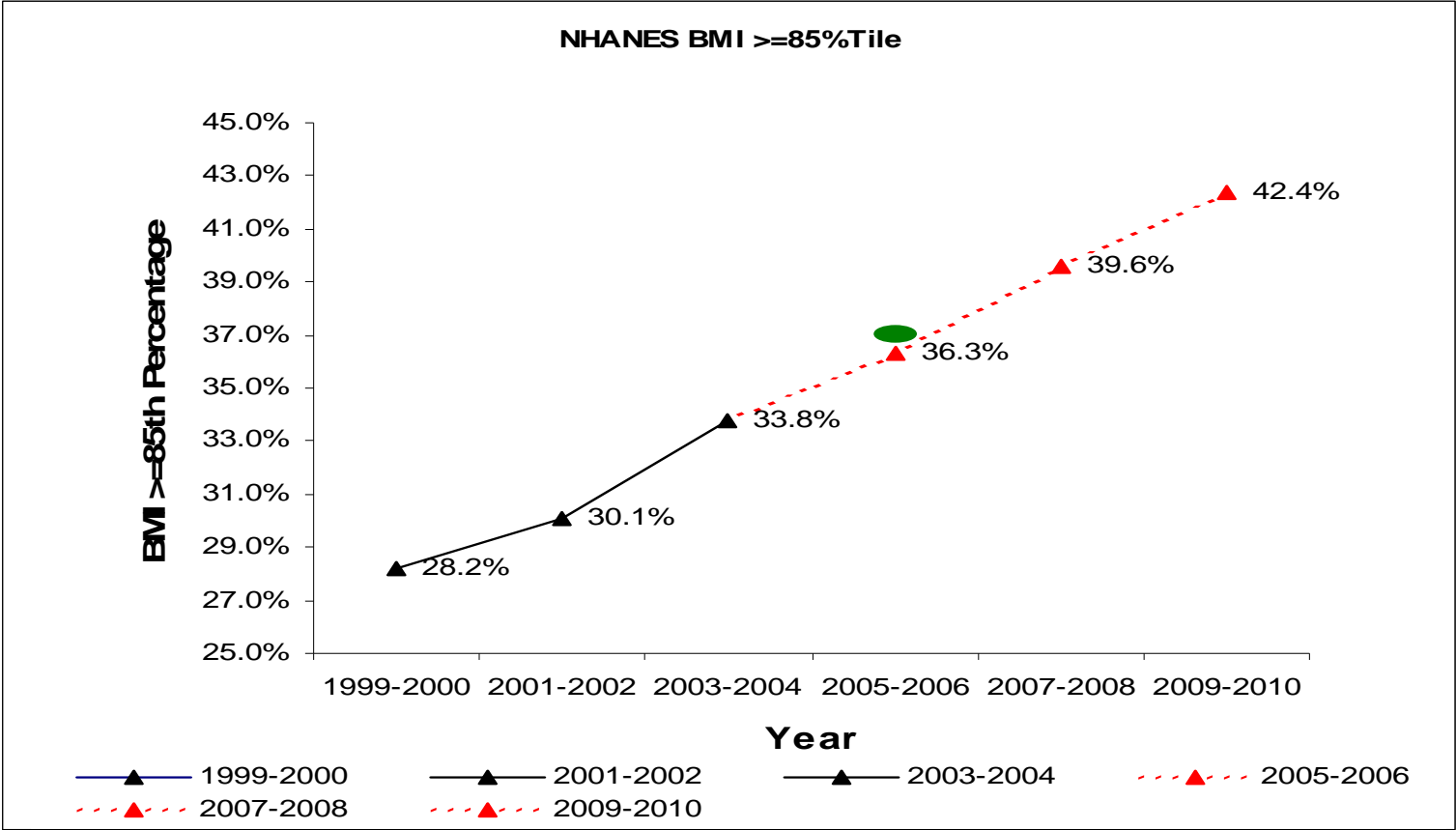
Promoting Physical Activity and Healthy Eating
in Child Care Centers

2009 Anti-Hunger Public Policy
Conference

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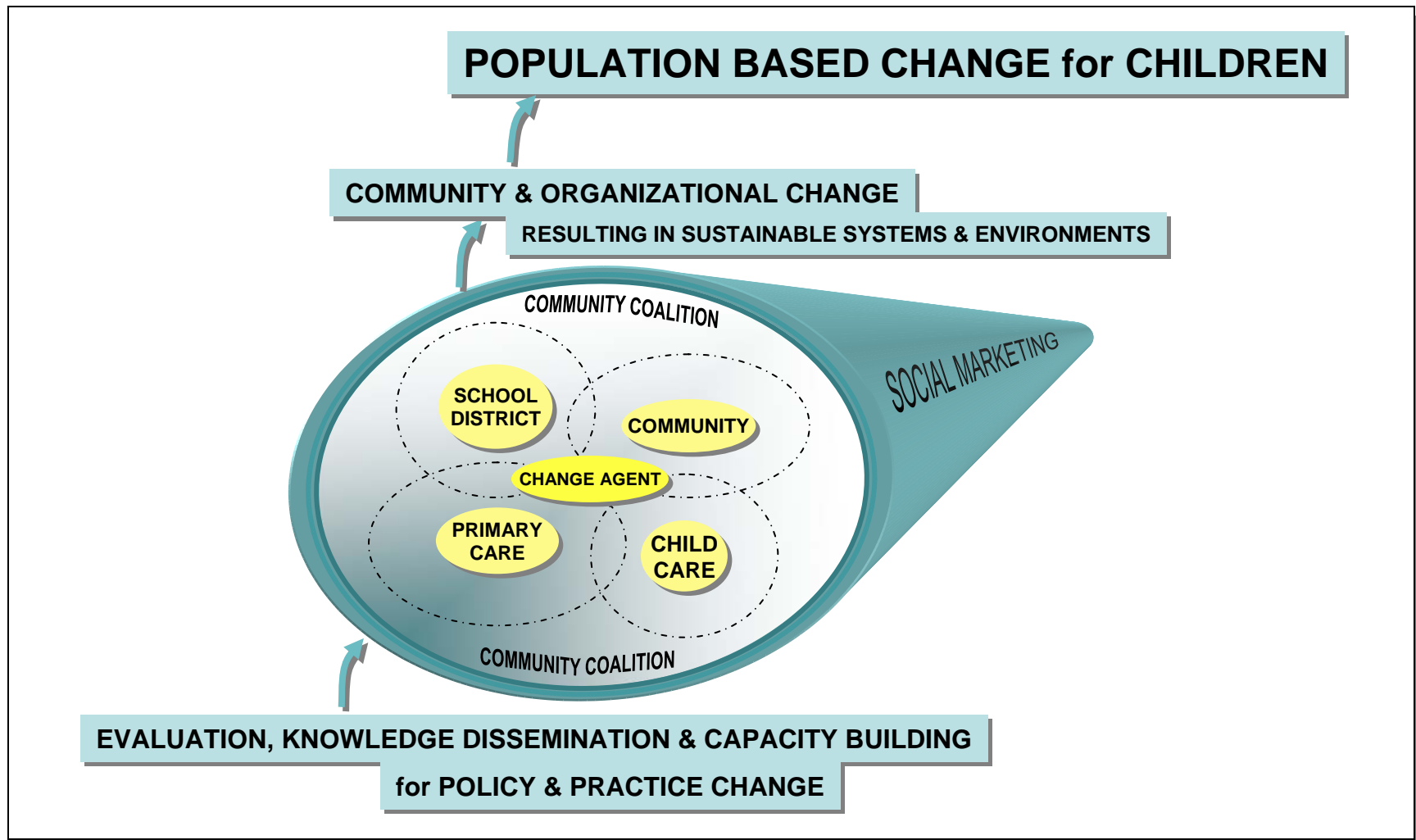


We Now Know: No Time to Lose

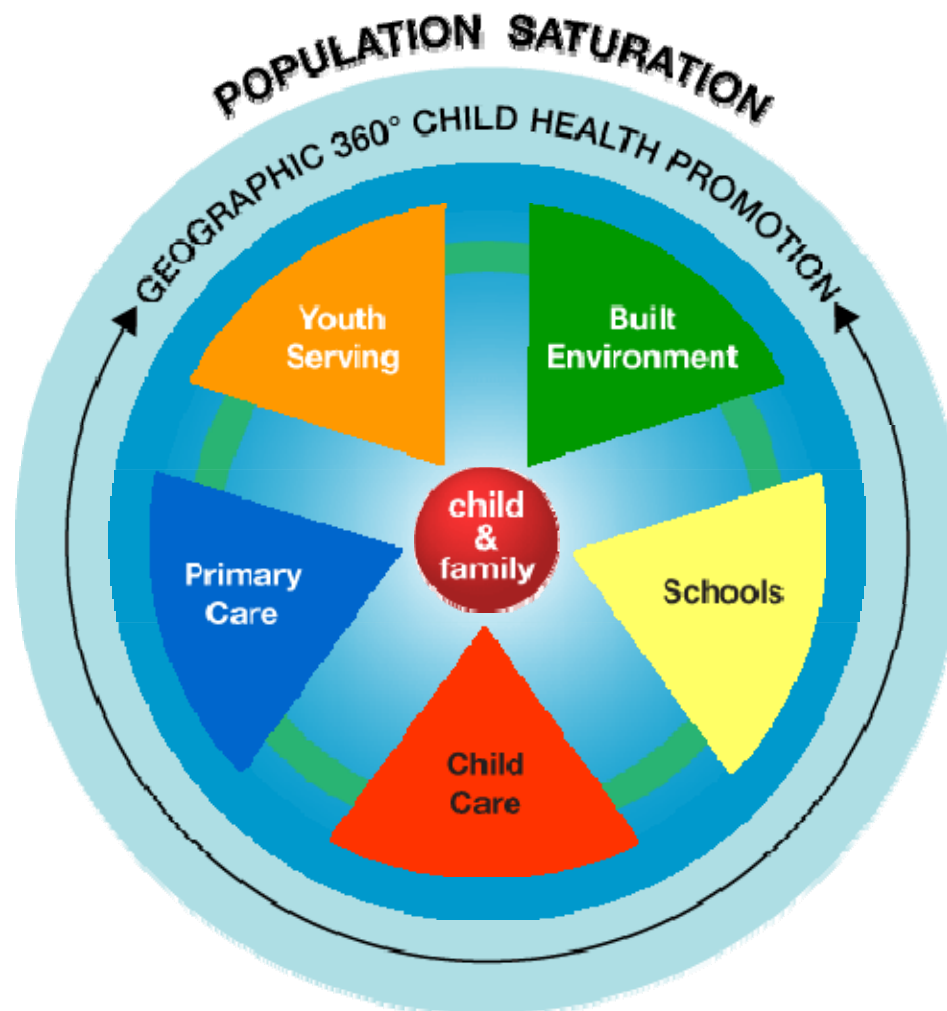


Past public health experiences cause us to expect a slowing down in the increase, a leveling off and then a decrease

NHPS Intervention Strategy



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

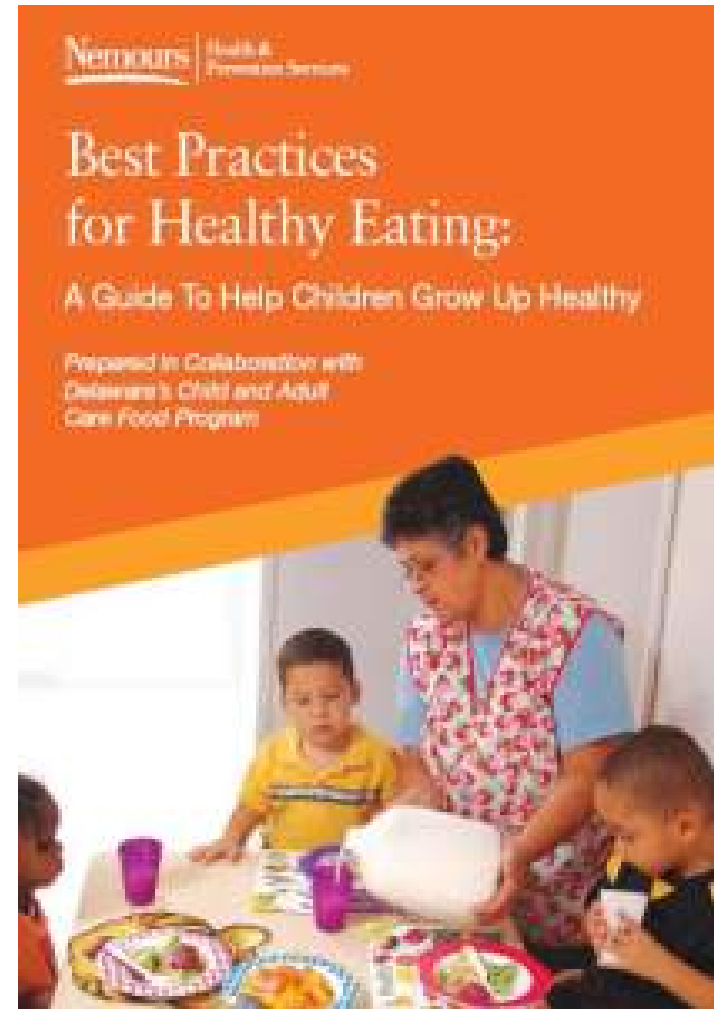


Policy Changes In Child Care

- 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



Delaware Child and Adult Food Care Program Standards - 2008

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*

Delaware CACFP Standards - 2008

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
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 - OCCL: Patricia Quinn
 - Chief materials author: Elizabeth Walker
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 - Nemours.org; GrowUpHealthy.Org