



Obesity Prevention in Early Care & Education

News Blast

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Issue 37

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, Dec. 18, 2013 from 3-4 pm EST (1-877-718-2565 Passcode 67363979)

This call will serve as a “year in review” and will be an opportunity for states, communities, and organizations to give updates on progress made in the area of obesity prevention in the ECE setting. Please take a moment and think about creating a few key points to share on the call.

Our Nov. 20th call featured Dr. Patricia Risica and her work with the Rhode Island Department of Health. She described the Rhode Island Initiative for a Healthy Weight, a program that engages key stakeholders in discussions about current child care regulations and strategies to improve nutrition and physical activity environment and policies in child care centers across the state. Thanks to all who participated in the call. The call was recorded and can be played back by calling (866) 454-1463.

Save the Date: Our **January 22, 2014** (3-4 pm EST) call will feature colleagues from the University of North Carolina who will provide information on Go NAP SACC. Go NAP SACC puts a new spin on a trusted intervention, the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC).

Update from DNPAO: To ensure our calls meet your needs we will solicit input via Survey Monkey early next year on proposed call topics and gather additional feedback.

Early Care and Education News

Recap: Promoting Physical Activity in Early Child Care and Education Settings Webinar

A webinar was held on Thursday, December 12th from 3-4pm EST and featured the evaluation of changes to New York City (2007) ECE regulations and highlighted resources of promoting physical

* 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

activity in ECE settings. The archive of the webinar will be posted to the [LMCC website](#) in the next few weeks.

[New ECE obesity prevention legislation introduced](#)

On November 14, 2013, Senator Harkin with 17 other Senators introduced the Strong Start for America's Children Act, S. 1697, to increase access to and quality of programs that serve children from birth to kindergarten. The goals of the act include: boosting funding for high quality preschool programs serving low- and moderate-income families; increasing the quality of infant and toddler care offered by providers; supporting broad-scale quality improvements to child care programs; and encouraging continued support for the Maternal, Infant, and Early Childhood Home Visiting program. More specifically, the bill outlines obesity prevention strategies that require:

- nutrition services that align with current CACFP guidelines
- nutrition education for children and their parents
- physical education programs aligned with evidence-based guidelines such as IOM recommendations
- accommodation for children with disabilities for both nutritious services and physical education classes
- high quality pre-kindergarten programs may include . . . childhood nutrition and physical education programs
- performance measures shall track state progress in . . . providing high-quality nutrition services, nutrition education, physical activity, and obesity prevention programs
- screening, referral and provision of . . . nutrition services to participating families; technical assistance to help providers implement nutrition, physical activity or obesity prevention programs.

The act would provide \$2.4 billion in funding over 10 years. For more information see the [PDF](#) of the bill and a [fact sheet](#) about the bill.

[ECE Federal Highlight:](#)

In 2012 CDC awarded a cooperative agreement to Nemours to establish and implement ECE learning collaboratives in states to support ECE programs to make improvements in nutrition, breastfeeding support, physical activity, and screen time. This effort aims to reach 84,500 children in center-based care throughout Arizona, Florida, Indiana, Kansas, Missouri, and New Jersey in the first year and will be scaled up nationally to reach millions of children in subsequent years. Each learning collaborative brings together a small group of staff members from up to 30 different centers for 5 in person learning sessions over the course of about 12 months. Specifically, the model includes: hands on learning sessions for ECE providers, individualized action plan development, materials and resources for staff training and practice change and technical assistance. You can learn more about the project from the infographic below or at their website:

<http://www.healthykidshealthyfuture.org/home/collaborate/ecelcproject.html>



National Early Care and Education Learning Collaboratives (ECELC) Project

Early Care and Education Program Characteristics
2013

Project States



Care Availability



2 out of 5 Programs Participate in **QRIS**



2 out of 3 Programs Participate in **CACFP**



For-Profit



Non-Profit



Private

Program Type



Head Start/
Early Head Start



Faith-Based



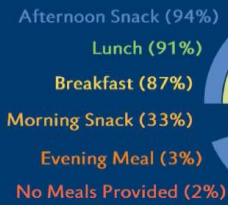
School-Based

59%



Programs **Nationally Accredited** by External Organizations

Meals/Snacks Served



Meal Preparation

Classrooms

13% ARE SCHOOL-AGED CLASSROOMS

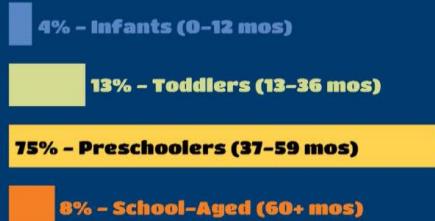
54% ARE PRESCHOOL CLASSROOMS



9% ARE INFANT CLASSROOMS

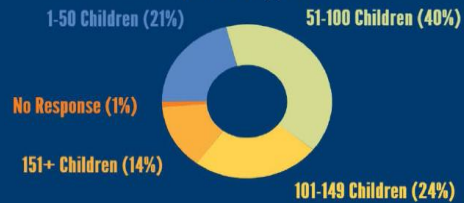
25% ARE TODDLER CLASSROOMS

Enrolled Children by Age Group



Average of **103** Children Enrolled per Program

Number of Children Enrolled per Program



<http://healthykidshealthyfuture.org/home/collaborate/ececlcproject.html>



Source: National ECELC program enrollment data as of 11-04-13



Early Care and Education Research

Modified Abstracts

Holtby, S, Zahnd, E, and Grant, D. Majority of Young Children in California Eat Fast Food Regularly but Drink Less Soda. Policy Brief, UCLA Center for Health Policy Research. 2013 Nov.

Purpose: To examine eating habit among children ages two to five years old. *Results:* Though soda consumption declined steadily among children in this age group, 60% of them eat fast food at least once a week. In addition, one in ten children in the age group eats three or more fast food meals each week. Fruit and vegetable consumption among this age group is quite low, as the majority of children in the study fall short of consuming the recommended daily servings. *Take home message:* Policies aimed at reducing soda consumption among young children seems to have been effective. Similarly policies should be implemented to curtail rising consumption of fast food among and increase consumption of fruits and vegetables among young children.

Pan L, May AL, Wethington H, Dalenius K, Grummer-Strawn LM. Incidence of Obesity Among Young US Children Living in Low-Income Families, 2008-2011. Pediatrics. 2013 Dec;132(6):1006-13

Purpose: To examine the incidence and reverse of obesity among young low-income children and variations across population subgroups. Researchers used data from 1.2 million participants in federally funded child health and nutrition programs who were 0 to 23 months old in 2008 and were followed up 24 to 35 months later in 2010-2011. *Results:* Researchers found that overall, 11% of participants were obese at the follow up period and among children who were obese at baseline 36.5% remained obese at follow-up. Boys had a higher risk for becoming obese than girls. The risk of becoming obese was also 35% higher among Hispanics, 49% higher among American Indians/Alaskan Natives, but 8% lower among African Americans. *Take home message:* This study underscores the importance of early-life obesity prevention in multiple settings for low-income children and their families and due to the variability between subgroups culturally appropriate intervention efforts should be focused on Hispanics and American Indians/Alaska Natives.

Upcoming Conferences

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

- The Partnership for a Healthier America will hold its annual summit, [Building a Healthier Future](#), March 12-14, 2014 in Washington, DC. More information about the sessions and speakers can be found [here](#).
- The National CACFP Sponsors Association (NSA) will hold its 28th annual conference, [Nutrition, Wellness, and All that Jazz](#), April 22-24, 2013 in New Orleans, LA. More information about the sessions and speakers can be found [here](#).

