

# QUICK START ACTION GUIDE WORKSHEETS CDC DNPAO ECE NETWORKING CALL



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CDC/DNPAO/ECE TEAM

## Presentation Outline

- **CDC ECE Updates**
- **Review Spectrum of Opportunities**
- **Discuss 5 ECE Worksheets**
- **Time for discussion and networking**

## ECE as a DNPAO Priority Area

- **Strategic planning within DNPAO**
  - ECE is a priority area that helps get kids off to a healthy beginning
- **CDC's support of the ECE setting**
  - DNPAO now has a team dedicated to the ECE setting: Meredith Reynolds (team lead), Nancy Williams (50%), Ashleigh May (80%), Carrie Dooyema (50%), Rachel Powell (Orise Fellow), Nora Geary (Orise Fellow)
  - DNPAO also has an ECE workgroup with staff across DNPAO co-leads: Margaret West, Meredith Reynolds
  - CDC ECE obesity prevention webpage  
<http://www.cdc.gov/obesity/strategies/childcareece.html>
- **Currently developing a logic model and workplan to guide our work**
  - High quality TA, development of resources, work with partners to help shape the field of obesity prevention in ECE, highlight/share your work

# CDC ECE Website

- Strategies to Combat Obesity
- Adult Overweight and Obesity
- Childhood Overweight and Obesity
- Data and Statistics
- State and Community Programs
- Resources and Publications

## Other Healthy Living Topics

- [Nutrition](#)
- [Physical Activity](#)
- [Breastfeeding](#)
- [Healthy Weight](#)

## Other Chronic Disease Topics

- [Diabetes](#)
- [Heart Disease](#)
- [Stroke](#)

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## Child Care and Early Education (ECE)

### Why is this setting important?

- With more than 1 in 4 U.S. children ages 2 – 5 years already overweight or obese, prevention efforts must target our youngest children. <sup>1, 2</sup>
- Most young children spend time in care outside of their home, making ECE setting one of the best places to reach young children with obesity prevention efforts. The use of ECE facilities – including child care centers, day care homes, Head Start programs, preschool and pre-kindergarten programs – has become the norm in the U.S. <sup>3</sup>
  - More than 60% of children under 6 years of age are in a non-parental care arrangement on a weekly basis
  - More than 11 million children under age 6 spend an average of 30 hours in non-parental care, with children of working mothers spending almost 40 hours a week in such care
- Improving the environment of child care and early education facilities will directly impact what children consume and how active they are, as well as help them develop a foundation of healthy habits for life.
- ECE is identified as a priority setting for obesity prevention in the “Surgeon General’s Vision for a Healthy and Fit Nation and the White House Task Force on Childhood Obesity Report to the President”, and is a core component of First Lady Michelle Obama’s national Let’s Move! campaign



### What is CDC's framework for obesity prevention in the ECE setting?



CDC's framework for obesity prevention, in the ECE setting is known as the [Spectrum of Opportunities \[PDF-174KB\]](#). The Spectrum identifies ways through which states, and to some extent communities, can support child care and early education facilities to achieve recommended standards and best practices for obesity prevention. Each opportunity represents a unique avenue by which states or communities have worked successfully to change the ECE environment to improve nutrition, breastfeeding support, physical activity, and reduce screen time in ECE facilities.

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# Spectrum of Opportunities for Obesity Prevention in the Early Care and Education Setting





# What does a state or community need to do to be successful within the ECE setting?

- **Address standards comprehensively**
  - Nutrition, breastfeeding support, physical activity, and screen time
- **Work in partnership with state offices, key stakeholders**
  - Regulation/Licensing, QRIS, CACFP, Head Start, Cooperative Extension, WIC, Dept. of Ed., MCHB, SNAP, etc.
  - Community Colleges, Vocational Schools, Birth to #/early Intervention Programs, CCR&Rs, Child Care Professional Organizations, CACFP Sponsor Organizations, Child Care Health Consultants, etc.
- **Consider and assess feasibility for full range possible strategies**
  - ‘Spectrum of Opportunities’ for obesity prevention in ECE
- **Be prepared to take advantage of windows of opportunity**

# Worksheets

- **Worksheets contained in ‘Quick Start Action Guide’**
- **Worksheets can be helpful in**
  - Developing and understanding of the ECE system from the federal, state, and local perspective
  - Starting a new or strengthening existing state /community-level efforts in the ECE setting
- **5 worksheets in total**
  - Partnership Assessment Worksheet (#1)
  - Spectrum of Opportunities Assessment Worksheet (#2)
  - State Profile Template Worksheet (#3)
  - Spectrum of Opportunities Rating Worksheet (#4)
  - Action Plan Worksheet (#5)
  - Worksheets
    - Available multiple places including: as Word Documents attached to Newsblast, Quick Start PDF document, web links at <http://www.eceobesityprevention.org/> or LMCC State and Local Leaders Tab (<http://www.healthykidshealthyfuture.org/content/hkhf/home/collaborate.html>)

# Worksheets

- **Completing the worksheets can help you answer the following questions**
  - What are the gaps in current policies and programs in our state or locality?
  - Are there fixed timelines or funding cycles that make an opportunity timely to pursue now?
  - What resources are currently available or might be reasonably obtained in the near future? Is there one opportunity for change that requires the least amount of resources but may provide a big yield?
  - What is the political will in your state? Are some opportunities off-limits from the standpoint of current political and agency leadership?
  - Are key stakeholders more interested in making improvements on a single focus area or are they willing to engage in changes that are more comprehensive?



# #1 Partnership Assessment Worksheet

- **Partnership Assessment Worksheet: Assess partnerships to date**
  - Help to identify who should be at the table for planning state efforts
  - Learn key players in the ECE system
  - Learn about other agencies priorities

Partnership Assessment Worksheet						
Potential Key <u>ECE</u> Stakeholders	What agency administers the program? Who are the executive leaders?	Are you already working with them?	What are the agency's priorities? Any related to obesity prevention?	Is the agency doing anything about obesity prevention? Is it part of an existing coalition?	Opportunities to leverage resources? Readiness to become involved?	Challenges or barriers to working with the agency? What issues need to be addressed?
<b>State Early Childhood Advisory Councils</b> The councils are meant to provide state coordination and collaboration among all of the early childhood stakeholders to improve education and quality.						
<b>Regulation/Licensing</b> Regulations and licensing agencies have authority to make changes to the policies governing ECE in the state and to enforce those policies. Visit <a href="http://www.nrckids.org">www.nrckids.org</a> to download current regulations for your state. See how well obesity prevention terminology is included in your state's ECE regulations by reviewing the most recent 'Achieving a State of Healthy Weight' annual report at: <a href="http://nrckids.org/index.cfm/products/achieving-a-state-of-healthy-weight1/">http://nrckids.org/index.cfm/products/achieving-a-state-of-healthy-weight1/</a>						
<b>Quality Rating and Improvement System (QRIS)</b> A statewide system to assess and improve quality of ECE services operates in about 25 states; the						

## #2 Spectrum of Opportunities Assessment Worksheet

- **Spectrum of Opportunities Assessment Worksheet: Assess efforts to date**
  - Help determine what is working well and allows to identify gaps or areas for improvement
  - For each spectrum opportunity captures activities that are completed or underway for obesity prevention

	Description of Prior Work Completed / In Progress	Materials, Resources, & Persons Involved	Time Frame of Work	Evaluation Results (Prior Work)/ Plans (Work in Progress)	Challenges & Benefits Encountered
Licensing & Administration Regulations					
Child & Adult Care Food Program					

## #3 State Profile Template Worksheet

- **State Profile Template: Creates a State Profile**
  - To summarize background information needed for your state to make informed decisions
  - Use the information from Partnership and Spectrum of Opportunities Assessment Worksheets
  - Allow you to create a State Profile document for stakeholders and package relevant information

### State Profile Template for Obesity Prevention in Early Care and Education

Use this template to help create a background profile for your state. *Use the Partnership and Spectrum of Opportunities Assessment worksheets* to summarize obesity related ECE activity in your state. This profile can be used as a tool for stakeholders to provide background information need to inform action planning. (Identify assets, needs, and previous or complementary work)

**Overweight and Obesity Prevalence among young children in your state** – Provide most current prevalence estimates along with data source. \_\_\_\_\_

**Child Care Advisory Councils and Workgroups**—List any workgroups or task forces that focus on or include nutrition, physical activity, screen time reduction, and breastfeeding support as part of their work. (Include leaders, funding streams and length of time the group has been in existence)

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# #4 Spectrum Rating Worksheet

- **Spectrum of Opportunities Rating Sheet: Helps Determine Feasibility of Opportunities**
  - Determine new opportunities worthy of consideration
  - Determine current efforts that might be improved
  - Allows stakeholders to rate feasibility and helps develop consensus on what to pursue

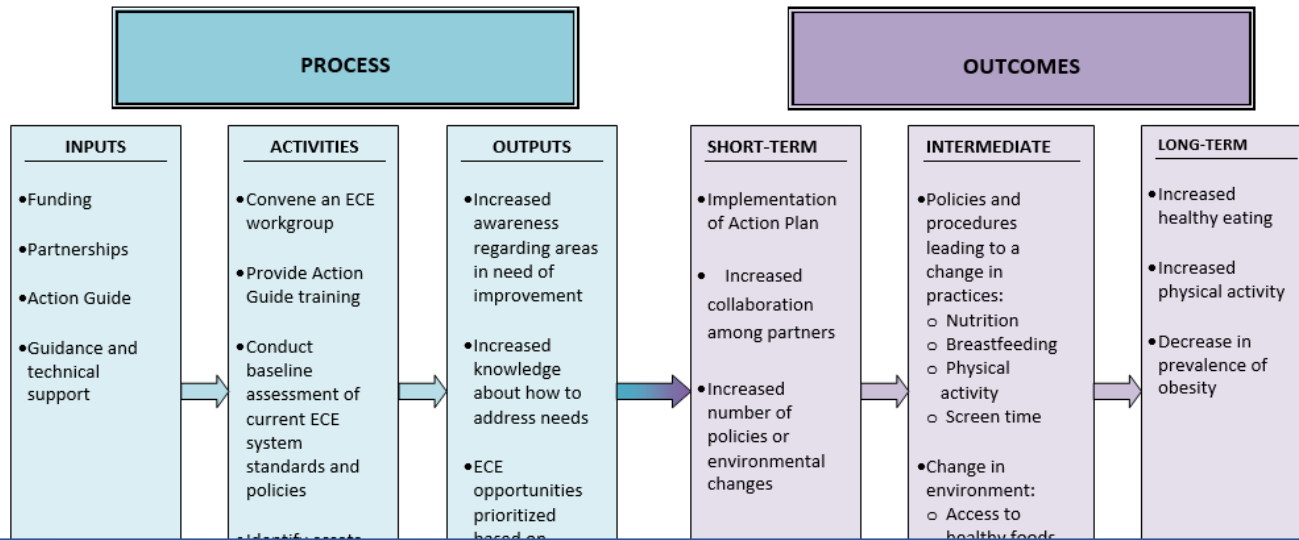
**Timeliness:** How timely is this opportunity right now? Take into consider any inherent time cycles, as well as political will.  
**Cost:** How expensive would it be to plan and implement this opportunity?  
**Effort:** How much effort and time would be needed to pursue this opportunity?  
**Commitment:** How enthusiastic would people be about implementing the opportunity?  
**Reach:** How many children would be impacted by this opportunity if successfully implemented?

Opportunity	Description of potential option(s) to pursue	Timelines 1= low 3 = moderate 5 = high	Cost 1= high 3 = moderate 5 = low	Effort 1= high 3 = moderate 5 = low	Commitment 1= low 3 = moderate 5 = high	Reach 1= low 3 = moderate 5 = high	Total Points	Notes
Licensing and Administrative Regulations								
Child and Adult Care Food Program								
Quality Rating Improvement Systems								

# #5 Action Plan and Logic Model Worksheet

- **Action Plan Worksheet: Will help develop an Action Plan and Logic Model**
  - logic model to create a specific plan to pursue new opportunities or strengthen existing efforts

Example Logic Model for Early Care and Education Action Plan



# Some “Go To” ECE Resources

[www.cdc.gov/obesity/strategies/childcareece.html](http://www.cdc.gov/obesity/strategies/childcareece.html)

- **Opportunities and planning**
  - CDC Project officers and ECE SMEs
  - Obesity Prevention in ECE TA Briefing and Quick Start Action Guide and worksheets
- **Assessment and action planning tools**
  - Let’s Move Child Care (LMCC) website, LMCC TA Guide and LMCC trainer slide sets [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)
  - Nutrition and Physical Activity Self-Assessment for Child-Care (Go NAP SACC [www.gonapsacc.org](http://www.gonapsacc.org))
- **State and Community Success Stories**
  - New NACDD template, Newsblast, Networking call
- **Additional information on ECE spectrum areas**
  - Weight of the Nation Paper (Reynolds et al)
  - Achieving State of Healthy Weight (2012) Report (licensing regs) and licensing toolkits for Water/Juice, Screen Time, Infant Feeding, Foods high in Sugar ([www.nrckids.org](http://www.nrckids.org))



## Discussion and Networking Time!

- **Have you used these worksheets?**
- **What is the utility of these worksheets in light of the work that you are doing?**
  
- **Next networking call**
  - Year in Review- so gather your highlights and accomplishments to share on Dec 17, 2014

# Contact Information

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

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Division of Nutrition, Physical Activity, and Obesity

