



# Obesity Prevention in Early Care & Education

## *News Blast*

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*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\*: Please join us on November 19<sup>th</sup> from 3-4 pm EST (Call in line: 1-877-718-2565 Passcode: 67363979).** The call will feature CDC ECE team staff member Carrie Dooyema who will discuss a set of worksheets developed by CDC. The worksheets can help states and communities assess their ECE partnerships, document their efforts to date, and determine how this information can be used to help create a state profile to guide their ECE work. There will also be time for state-to-state networking. The slide set and worksheets that will be used during the call are attached to this newsblast.

Last month we had a great session with Emia Oppenheim (Ohio) and Misty Pearson (South Carolina) featuring their work with Quality Rating and Improvement Systems. The call was archived and recorded and can be played back by dialing (866) 392-0478 and slides are available by emailing [eceobesity@cdc.gov](mailto:eceobesity@cdc.gov).

### **State Highlight**

***YMCA Healthy U Program:*** The goal of the Healthy U program is to prevent child obesity through healthy eating, physical activity and family engagement. The CATCH (Coordinated Approach To Child Health) curriculum is used in Healthy U. The preschool CATCH curriculum in particular encourages physical activity, introduces classroom-based gardening and nutrition, and encourages healthy eating. Healthy U has been implemented at 530 YMCA sites across New Jersey, including 400 after-school sites, 80 preschool sites and 50 elementary school sites. The program reaches nearly 40,000 children ages 3 to 13 including approximately 4,500 3-5 year old children in the state at 80 YMCA early childhood/preschool sites.

Healthy U is a collaborative partnership between the New Jersey YMCA State Alliance and the Horizon Foundation for New Jersey. Since 2008, the Horizon Foundation for New Jersey has invested \$3.45 million in the Healthy U program. For more information about the overall Healthy U program in New Jersey YMCAs, including impact evaluation summaries click [here](#).

\* Calls typically occur on the 4<sup>th</sup> 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](mailto:eceobesity@cdc.gov)

## [ECE News and Resources](#)

**Let's Move! Child Care Nominations:** Let's Move! Child Care (LMCC) is excited to announce a call for nominations for child care and early education centers and homes who are participating in the Child and Adult Care Food Program (CACFP) and primarily serve children 0-5 years of age; CACFP sponsoring agencies; and **State CACFP agencies** who are making outstanding efforts to improve child nutrition programs that promote young children's health and prevent childhood obesity. The top nominees and their efforts will be recognized and showcased at an LMCC Recognition Event at the 2015 National CACFP Sponsors Association Conference in Las Vegas, Nevada. Nominations are due by January 23rd, 2015 at 11:59 pm (EST). Click [here](#) to make a nomination for this special recognition and to see the selection criteria.

**Free Copies of Discover MyPlate:** Schools and child care providers participating in the USDA [Child Nutrition](#) programs may request free copies of *Discover MyPlate: Nutrition Education for Kindergarten*. Included in the materials are a teacher's guide with 6 lessons, a student activity workbook, food cards, recipes, and parent handouts among other resources. To request free copies visit: <http://tn.ntis.gov/>.

For those working in the school setting, *Discover MyPlate: Curriculum for Training Teachers* is also available. Please follow this [link](#) for more details.

**Washington State Farm to Preschool Online Toolkit Update:** Washington State in collaboration with the City of Seattle Human Services Department Youth and Family Empowerment (YFE) Division has updated its Farm to Preschool webpage with additional resources. In addition to a [Farm to Preschool overview](#), the new section includes the following pages full of information, links, resources, and ideas to support your Farm to Preschool program:

- [Farm to Preschool Curriculum](#)
- [Engaging Children in Farm to Preschool Activities](#)
- [Health and Safety for Childcare Meals and School Gardens](#)
- [Nutritious Meals and Snacks for Preschoolers](#)

The Farm to Preschool web pages were developed by WSDA in coordination with the City of Seattle Human Services Department Youth and Family Empowerment (YFE) Division as a component of the City of Seattle Human Services Department's "[Farm to Table](#)" project. WSDA's goal is for the Farm to Preschool web pages to be useful to childcare and preschool providers statewide, and for the content to continue to grow over time. They request that you please share your feedback, ideas, recipes, and favorite resources so they can improve the site to meet your needs and share your successes with others!

**Early Learning and Health Report:** The Ounce of Prevention Fund has published a new report titled *Start Early to Build a Healthy Future: The Research Linking Early Learning and Health*. The report highlights recent research on children's physical and mental needs for healthy development and provides recommendations for increasing the impact of educational programs. The positive physical health and health promoting behaviors associated with high quality education and development programs are emphasized. Evidence from key early education research studies are also included. To view the report visit: <http://www.ounceofprevention.org/research/pdfs/start-early-healthy-future.pdf>

**Skilled ECE Workforce Report:** A new report titled *Building a Skilled Teacher Workforce: Shared and Divergent Challenges in Early Care and Education and in Grades K-12* highlights differences between ECE and K-12 teachers in the areas of qualifications, professional development, training, and preparation. Suggestions for developing a skilled and stable ECE workforce are provided. To view the report click [here](#).



### Early Care and Education Research Modified Abstracts

**Ford CN, Wen Ng S, Popkin BM. (2014). Are Food and Beverage Purchases in Households with Preschoolers Changing? A Longitudinal Analysis from 2000 to 2011. American Journal of Preventative Medicine; 47, Issue 3, 275–282.**

*Purpose:* To examine changes in consumer packaged goods (CPG) purchases between 2000 and 2011 after adjusting for sociodemographic factors among households with children 2-5 years of age. *Results:* Data were obtained from the Nielsen Homescan Panel. U.S. households (n=42,753) with one or more children aged 2–5 years were included in the study. It was determined that between 2000 and 2011 calories from purchased foods declined by 182 kcal/day. Calories from purchased beverages also declined by 100 kcal/day. The largest purchase declines were for milk, soft drink, juice and juice drinks, and grain-based desserts. During the same time period, CPG purchases differed by race, female head of household education, and household income. *Take home message:* Trends in CPG purchases suggest that solid fats and added sugars are decreasing in the food supply of U.S. preschoolers. Pronounced differences by race, education, and household income persist.

**Trevino RP, Vasquez L, Shaw-Ridley M, Mosley D, Jechow K, Pina C. (2014). Outcome of a Food Observational Study Among Low-Income Preschool Children Participating in a Family-Style Meal Setting. Journal of Health Education and Behavior. doi: 10.1177/1090198114550823**

*Purpose:* To determine if preschool children participating in family-style meals consumed the minimum food servings according to U.S. Department of Agriculture dietary guidelines. *Results:* Low-income children (n=135), 3 to 4 years of age, were observed by researchers during school breakfast and lunch over three consecutive days. Children’s height and weight measurements were measured. Parents completed demographic questionnaires. Twenty-five percent of children participating in the study were obese. Children did not consume the minimum recommended dietary food servings during school breakfast and lunch and consumed less than 50% of the calories provided for both meals. *Take Home Message:* Family-style meal settings provide opportunities for nutritional education to prevent obesity among preschoolers. Early evidenced-based interventions to promote behavior change among children, child care providers and teachers are needed.

### Upcoming Conferences

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



- The 2015 Child Health, Education, and Care Summit hosted by First 5 California is February 10-12. Registration for the conference opens in November 2014. Conference is held in Sacramento, CA. For more information please [http://www.cafc.ca.gov/about/about\\_annual\\_summit.html](http://www.cafc.ca.gov/about/about_annual_summit.html)
- The conference committee for the 29th Annual National CACFP Sponsors Association is putting together a workshop schedule to address the diverse needs of the CACFP community. Proposals are currently being accepted on a variety of topics. Conference is in Las Vegas, April 21-23, 2015. See webpage for more details. <http://www.cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference/>
- The Southern Early Childhood Association (SECA) 66th annual conference January 15-17, 2015 New Orleans, LA [www.southernearlychildhood.org/seca\\_conference.php](http://www.southernearlychildhood.org/seca_conference.php)
- 2015 Quality Rating and Improvement Systems (QRIS) National Meeting: July 15-17, National Harbor, MD. Workshop applications due January 9<sup>th</sup>  
[www.surveymonkey.com/s/2015QRISNationalMeetingWorkshopApplication](http://www.surveymonkey.com/s/2015QRISNationalMeetingWorkshopApplication)