

# Obesity Care & Education



# Prevention in Early

## 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 Topic:** Please join us on June 24<sup>th</sup> from 3-4 pm EST (Call in line: 1-877-718-2565 Passcode: 67363979). This call will feature our USDA colleague Andrea Farmer. Andrea will present findings from nationwide research conducted in 2014 with Child and Adult Care Food Program (CACFP) centers, homes, sponsoring organizations, and State agencies. Online needs-assessment surveys and telephone focus groups were used to identify: current practices and perceived challenges in implementing nutrition, physical activity, and electronic media use recommendations in ECE settings; training and technical assistance needs; and, preferred delivery formats of training and resources. Please see the slide sets attached. The call will be recorded and archived.

Our April call featured two states (Virginia and Texas) on the topic of building statewide ECE partnerships. Our May call was a DNPAO networking call on professional development. Both presentations were archived. To hear a recording of the call or get the slide sets please email [eceobesity@cdc.gov](mailto:eceobesity@cdc.gov).

**Question to states:** Are you working with the agency that administers your state's child care subsidy program (aka: Child Care Development Fund) on your state's 2016-2019 CCDF plan? If so please let us know at: [eceobesity@cdc.gov](mailto:eceobesity@cdc.gov). We would love to hear from states about how they are partnering with other agencies to provide input on their state CCDF plan and what aspects of obesity prevention states are including.

### **State and Community Highlight**

The goal of the Preventing Obesity by Design (POD) project is to reduce childhood obesity by improving outdoor environments at child care centers and teaching child care providers how to promote physical activity and nutrition. The project is a partnership between Smart Start and the Natural Learning Initiative (NLI) of North Carolina State University ([design.ncsu.edu/research/nli](http://design.ncsu.edu/research/nli)). The POD project takes advantage of Smart Start's existing infrastructure. Smart Start partnerships work closely with child care centers to improve the quality of children's early care and education. POD further improves child care quality by enhancing outdoor play areas and training teachers on how to use these environments to promote physical activity. The NLI works with child care programs and Smart Start quality improvement staff by providing:

\* 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)

- **Training on how to improve outdoor environments**, use these environments to promote physical activity, incorporate outdoor playtime in the child care curriculum, and how to improve children’s nutrition.
- **Design assistance** to improve a child care center’s outdoor space.
- **Grant-writing assistance** to find funding for the cost of design implementation, plant materials, and gardening tools.
- **Ongoing support** to Smart Start quality improvement staff to encourage the continuation of this work locally.

The program is available in 60 of North Carolina’s 4,700 licensed child care centers. Currently, eight child care centers, serving approximately 800 children, in Wake County, North Carolina take part in the initiative. In May, 80 volunteers from a local company visited the eight Wake Forest centers to work on enhancing the facilities’ outdoor areas by creating gardens, developing play areas and planting trees.

Initial results indicate that the programs has health promotion for children, including increased time outdoors during all seasons for all age groups, increased levels of physical activity and a decrease in altercations between children at the participating sites. There has also been an increased willingness among the children to eat fruits and vegetables increase when they have access to gardens. Researchers plan to implement a randomized control trial that will provide evidence about the how the gardens are affecting children. To learn more about Smart Start click [here](#). For more information about the NLI in Wake County click [here](#).

### **ECE News and Resources**

**Now available in Spanish!** Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program (CACFP). Resource provides Tip sheets and other resources for child care providers on:

- Building a healthy plate with fruits, vegetables, whole grains, and beans
- Encouraging physical activity and active play
- Limiting screen time
- Food safety and more
- To download the document click [here](#)

**State Guide for Child Care and Development Block Grant Implementation:** The National Women's Law Center and Center for Law and Social Policy developed the Implementing the Child Care and Development Block Grant Reauthorization: A guide for states. The guide includes strategies for maximizing the opportunities presented by the reauthorization law and for minimizing negative consequences. The guide also provides information on additional resources that can enable states to realize the full potential of the law for helping children and families. To access the guide click [here](#).

**Resources from the Team Nutrition Newsletter** (March 2015). The March 2015 Team nutrition Newsletter had so many great resources from states we decided to include in this newsblast. See the various nutrition and PA resources developed by fellow states.

- **A Dozen Ways to Be Healthy**, Florida Department of Health
- **Rainy Day Physical Activity Ideas**, Georgia Department of Early Care and Learning
- **No to Low Cost Ways to Promote Physical Activity in the Childcare Setting**, Team Nutrition Iowa



- [Power Panther Preschool Implementation Manual](#), Kansas Department of Education
- [Eat Smart, Child Care](#), Missouri Department of Health and Senior Services
- [Infant Meal Patterns](#), State of Washington Office of Superintendent of Public Instruction
- [CACFP Menu Planning Guide](#), Wisconsin Department of Public Instruction

**Play Every Day Campaign Resources:** The Alaska State Health Department has launched a website focusing on active play for children. The website features resources on adaptive physical activity classes and play spaces for children with disabilities. To access the website visit <http://dhss.alaska.gov/dph/PlayEveryDay/pages/Physical-Activity-for-Children-of-All-Abilities.aspx>



### Early Care and Education Research

#### **Modified Abstracts**

**Blaine RE, Davison KK, Hesketh K, Taveras EM, Gillman MW, Benjamin Neelon SE. (2015) Child Care Provider Adherence to Infant and Toddler Feeding Recommendations: Findings from the Baby Nutrition and Physical Activity Self-Assessment for Child Care (Baby NAP SACC) Study.** *Child Obes Jun*: 11 (3):304-13

**Purpose:** The Institute of Medicine has recommended feeding practices for infant and toddler providers in child care centers. This article identifies characteristics associated with the IOM recommendations. In 2009, 29 licensed Massachusetts ECEs completed feeding questionnaires on 57 infants and 109 toddlers. Researchers used to assess provider adherence to six IOM-recommended behaviors using multivariable logistic regression models including provider type (infant or toddler), race, education, and center Child and Adult Care Food Program (CACFP) participation. **Results:** Through their analysis researchers found that CACFP participation was associated with increased odds of providers sitting with children at meals, offering fruits and vegetables and limiting fast food. Additionally, providers at centers serving meals family style were less likely to allow children to leave food unfinished. Infant providers were more likely than toddler providers to sit with children at meals, allow children to eat when hungry, and avoid serving sugary or fast foods. **Take Home Message:** CACFP participation may encourage IOM-recommended feeding practices among infant -and toddler providers. ECE providers may benefit from education about feeding infants and toddlers responsively, especially when offering foods family style. More research is needed to explore ways to promote child-centered feeding practices, while addressing barriers to providing children with nutrient-rich foods.

**Tandon PS, Saelens BE, Christakis DA (2015). Active play opportunities at child care.** *Pediatrics*. 135(6). doi: 10.1542/peds.2014-2750

**Purpose:** The purpose of this study was to examine different physical activity (PA) opportunities at child care and how variation in indoor versus outdoor and free versus teacher-led opportunities relate to children's PA. An observational study of 98 children (mean age 4.5 years, 49% girls) from 10 child care centers. Classrooms were observed for at least 4 full days per center (total 50 days) to categorize time into (1) not an active play opportunity (APO); (2) naptime; (3) APO, outdoor free play; (4) APO, outdoor teacher-led; (5) APO, indoor free play; and (6) APO, indoor teacher-led. Children wore accelerometers during observations. Linear regression models examined the influence of APO categories on moderate-vigorous physical activity (MVPA) and sedentary time. **Results:** Children's activity was 73% sedentary, 13% light, and 14% MVPA. For 88% of time children did not have APOs, including 26% time as naptime. On average, 48 minutes per day were APOs (41% sedentary, 18% light, and 41% MVPA), 33 minutes per

day were outdoors. The most frequent APO was outdoor free play (8% of time); outdoor teacher-led time was <1%. Children were more active and less sedentary outdoors versus indoors and during the child-initiated APOs (indoors and outdoors) versus teacher-led APOs. *Take home message:* Preschoolers do not receive the recommended opportunities for PA at child care. More APOs are needed for children to meet recommendations, particularly those that encourage more outdoor time, and more teacher-led and child-initiated active play.



### Upcoming Conferences

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

- NAEYC's 2015 National Institute for Early Childhood Professional Development. June 7-10, 2015, in New Orleans, LA. See webpage for more details <http://www.naeyc.org/institute/>
- 2015 Quality Rating and Improvement Systems (QRIS) National Meeting: July 15-17, National Harbor, MD. [www.surveymonkey.com/s/2015QRISNationalMeetingWorkshopApplication](http://www.surveymonkey.com/s/2015QRISNationalMeetingWorkshopApplication)
- National Association for Family Child Care National Conference, July 15-18, 2015 in Minneapolis, MN for more information click [here](#)
- 8th Biennial Childhood Obesity Conference in San Diego, CA June 29-July 2, 2015. See their website for registration information <http://www.childhoodobesity2015.com/>