

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 February 24th from 3 to 4 pm for our next DNPAO ECE networking call (Call in line: 1-877-718-2565 Passcode: 67363979). The call will feature Natasha Frost from the Public Health Law Center to discuss Child Care Licensing and state licensing related to forthcoming CACFP revisions. The call will be recorded and archived and details of how to access the recording will be sent out after the call. Our March call will be on March 23rd.

Our January call was a joint call with CDC's Breastfeeding network on the topic of supporting breastfeeding in ECEs. The call featured Brenda Bandy from the state of Kansas and Kathleen Anderson from The Carolina Global Breastfeeding Institute. If you would like to hear a recording of the call please dial 1-866-391-5652

State Highlight: Alabama Focus on Children.

VOICES for Alabama's Children, announced its top policy priorities last week, focusing on clear-cut solutions to issues affecting Alabama's children and families. This policy agenda urges lawmakers to prioritize Alabama's children during the 2016 legislative session that promises to present several fiscal and political challenges. VOICES' policy priorities are aligned with key findings from the 2016 Alabama Kids Count Data Book, which has served as a roadmap and benchmark for policy making to improve the landscape for the state's children since 1992. Each year, the organization determines priority advocacy efforts based on a solid foundation of research and the pressing needs of Alabama's children.

VOICES for Alabama's Children's key policy initiatives for the 2016 legislative session include:

- Increase Healthy Food Access for Children and Families
 - Support public and private seed dollars to support full implementation and operationalization of Alabama's Healthy Food Financing program to bring healthy food retailers to communities where they are needed most.
- Require Uniform Regulation and Inspection for Child Care in Alabama
 - Support the full implementation of new federal policy aimed in part at strengthening health and safety requirements as well as uniform regulation and inspection by the Department of Human Resources of for all child care programs operating in the state of Alabama.

* 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

- Promote Healthy Early Childcare Education (ECE) Settings
 - Support improved and standardized standards for early childhood education settings statewide for nutrition, physical activity, screen time and other core obesity prevention strategies in child care settings that promote healthy weight.
- Expand Funding for High-Quality Pre-K
 - Support the increase of First Class Pre-K funding by \$20 million in the 2016 session with the intent of fully funding high-quality pre-k by the 2022-2023 school year if not before.
 - Monitor the General Fund and Education Trust Fund Budgets to ensure state appropriations for child-serving programs and services impacting child health, safety, education, economic security and school readiness are protected

To learn more about the 2016 policy initiatives visit: <http://www.alabamaneews.net/2016/02/15/voices-for-alabamas-children-urges-lawmakers-to-prioritize-children-at-2016-legislative-session/>

ECE News and Resources

Team Nutrition MyPlate ebooks. *The Two Bite Club* and *Discover MyPlate: Emergent Reader Mini Books* are now available as eBooks on the Team Nutrition website! These free eBooks teach young children about the *MyPlate* food groups and include interactive features to test comprehension and make learning fun. Each eBook includes audio narration that highlights the text as it's read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes. These books are recommended for use with preschool or kindergarten age children. To download the books visit: <http://www.fns.usda.gov/tn/myplate-ebooks>

Roadmap for Early Childhood and K-12 Data Linkages. The Early Childhood Data Collaborative, in partnership with the Data Quality Campaign, is pleased to announce the release of a new brief, *Roadmap for Early Childhood and K-12 Data Linkages*. Research shows that quality early childhood care and education experiences provide a strong foundation for success in school. Both the early childhood and K-12 sectors can benefit from high-quality data linkages. Securely linked data between the two systems can help public schools use information on a child's prior experiences to help tailor curriculum and instructions to meet individual students' needs. It also allows early childhood providers to receive feedback on how well children from their programs progress after they enroll in public school so they can improve services and support the success of future students. This brief describes key focus areas in developing a high-quality link between early childhood and K-12 data systems, including six case studies of states working to ensure that all children enter school kindergarten-ready. To access the brief visit: <http://ecedata.org/files/ckfinder/files/ECDC-DQCEarlyChildhoodK12Linkage.pdf>

Child Trends Public Policy Agenda 2016-2017: High-quality child care gives children the access they need to succeed in school and gives parents support to be productive at work — but only if they have access to the care they need. Over the past several years, Child Care Aware® of America has surveyed and conducted focus groups with parents of young children, grandparents, national child advocacy organizations, and state and local Child Care Resource and Referral (CCR&R) agencies. The public policy priorities represented in this agenda and agenda in brief serves as our roadmap for advocating for a quality child care system for all families. The report can be found at: <http://usa.childcareaware.org/advocacy-public-policy/resources/reports-and-research/policyagenda/>

Evaluation of Success by 6 Report. The Success by 6 (SB6) initiative is designed to support early care and education centers in improving and sustaining quality in Pennsylvania's Keystone STARS Quality Rating and Improvement System (QRIS). Achieving high quality early care and education is a critical activity to promote positive development of children in Philadelphia and the nation, particularly for children from low-income families. SB6 was launched in 2007 by the United Way (UW) of Greater Philadelphia and Southern New Jersey with funding from the William Penn Foundation, United Way, and other community partners. Centers engaged in the 18 – 24 month initiative receive intensive technical assistance, program improvement funds, and other resources that target movement in Keystone STARS from a STAR 2 to a STAR 3. In addition, SB6 supports sustainability at the centers by offering leadership development as well as financial awards for centers that achieve a STAR 3 or 4. The SB6 evaluation report examined implementation and outcomes, describes key findings and offers recommendations for SB6 stakeholders to consider for improvement. The findings have implications for SB6 continuous quality improvement process and can inform the broader field of ECE quality improvement. To view the report click [here](#).



Early Care and Education Research

Modified Abstract Schwartz MB, O'Connell M, Henderson KE, Middleton AE, Scarmo S. Testing Variations on Family-Style Feeding To Increase Whole Fruit and Vegetable Consumption among Preschoolers in Child Care. [Child Obes.](#) 2015 Oct;11(5):499-505. doi: 10.1089/chi.2015.0038.

Purpose: National data show that preschool-age children in the U.S. do not eat the recommended amount of whole fruit and vegetables (FV). Child-care settings are an important place to influence children's diets, since over 80 percent of preschool-age children receive care outside the home, and many children eat most of their meals while in child care. This study aimed to test two strategies to increase FV consumption in one Head Start preschool in Connecticut: 1) serving fruit, vegetables, and milk before the main meal (first course), and 2) serving fruits, vegetables, and milk before the main meal and removing the meats and grains from the table after the first serving (combination). *Results:* Data were collected on the dietary intake of eighty-five children during lunch in five classrooms, three days per week, over a three-week period. The investigators found that the interventions led to significant increases in milk consumption, which was the only under-consumed meal component. FV consumption was at CACFP-recommended levels at baseline and remained consistent across the study conditions. *Take home message:* The researchers conclude that these strategies should be tested with children who have lower baseline intake of FVs.

Modified Abstract: Kharofa RY, Kalkwarf HJ, Khoury JC, Copeland KA, Are Mealtime Best Practices Guidelines for Child Care Centers Associated with Energy, Vegetable and Fruit Intake? *Child Obesity.* Feb 2016 vol 12:(1) *Purpose:* Mealtime time best practices for obesity prevention exist and the objective of this study was to determine adherence to best practice recommendations in child care centers and evaluate the association between best practices and children's dietary intake. Researchers conducted an observational study of preschoolers 36 to 72 months of age in 30 child care centers in Ohio. They used mixed models to evaluate the association between the practice and children's total caloric consumption, fruit and vegetable consumption. *Results:* Adherence to different mealtime best practices was variable (0-77%). Family style dining was only present in 12% of lunches, having at least 1 staff member sitting with children occurred in 29% of lunches and eating the same food in 66% of lunches. Overall children consumed an average of 349 kcal, 0.4 servings of vegetable and 0.5 servings of fruit at lunch. Researchers also examined which practices were associated with higher and

lower intakes of fruits and vegetables. *Take home message:* Few mealtime best practices were associated with dietary intake and efforts to identify mealtime practices that improve children's dietary intake are needed for obesity prevention.



Upcoming Conferences

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

- **National CACFP Conference** in Orlando, FL, April 21-23, 2016. To register visit: <https://www.cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference/>
- **Young Child Expo & Conference** in New York City in April 13-15, 2016. To register visit: <http://youngchildexpo.com/nyc-conference/>
- **National Association for Family Child Care Conference** in San Diego, CA, July 6-9. To register visit: <https://www.nafcc.org/institute>
- **ACF National Research Conference on Early Childhood** in Washington, DC, July 11-13. To register visit: <http://rcec2016.net/index.htm>
- **2016 QRIS National Meeting** in New Orleans, LA, July 12-14, 2016. For more information visit: <http://qrisnetwork.org/conference/2016-qris-national-meeting>