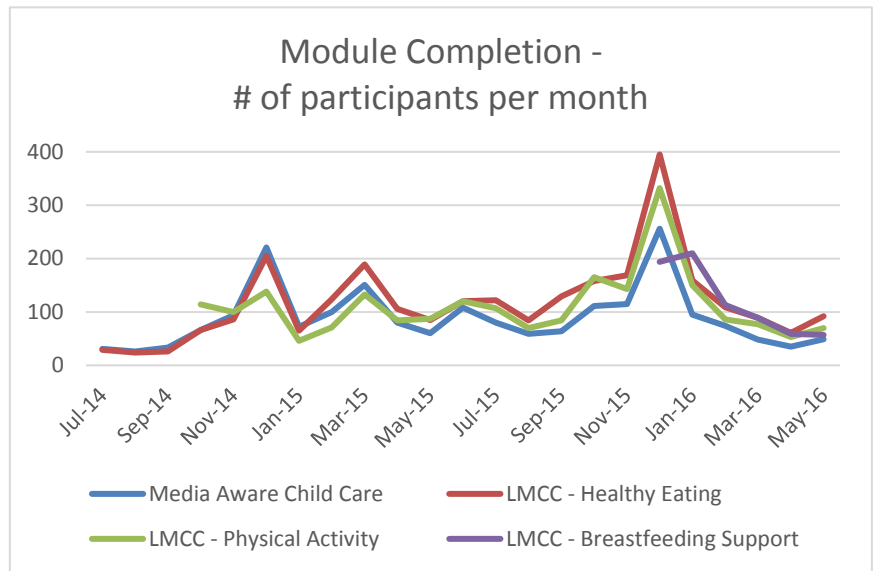


OVERVIEW

The University of Washington Center for Public Health Nutrition (UW CPHN), as a partner with the Washington State Department of Health, creates and manages online training modules for child care providers on topics related to nutrition and physical activity practices. Each training module is **accredited by the Washington State Department of Early Learning**, and child care providers receive continuing education credits for completing the modules. All modules are aligned with the national *Let's Move! Child Care* (LMCC) best practices. The modules were **highlighted by Let's Move! Child Care as a local success story** in February 2016.



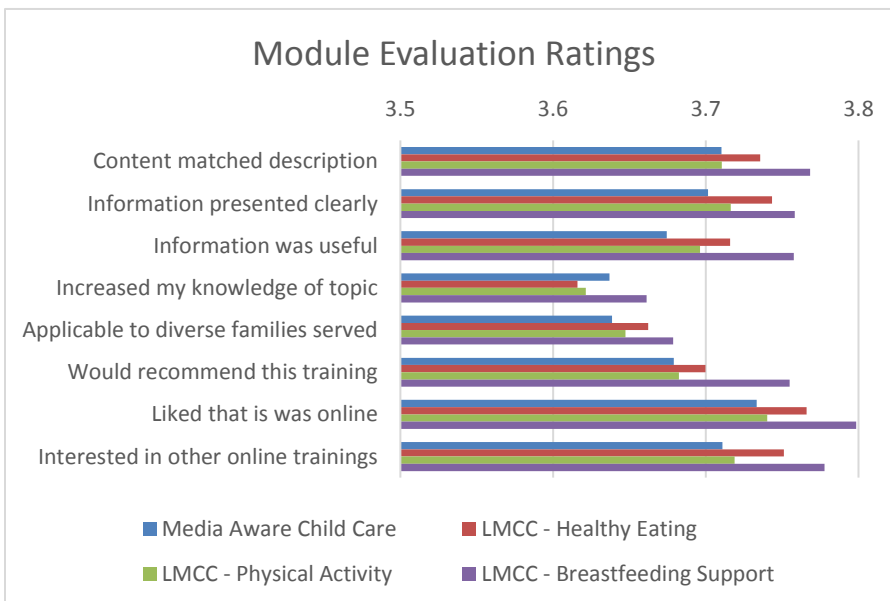
To date, the modules have reached providers throughout the state and beyond.

- *Media Aware Child Care*, 3197 participants since 2011
- *LMCC - Healthy Eating*, 3443 participants since 2013
- *LMCC - Physical Activity*, 2230 participants since 2014
- *LMCC - Breastfeeding Support*, 722 participants since December 2015

Overall, respondents:

- Often take more than one module
- May re-take the modules the following year
- Are more likely to work in center-based child care, compared with family home-based child care
- Are mostly from WA, though about 5% are from outside of WA, including some international

PARTICIPANT RATINGS



UW CPHN receives overwhelmingly positive feedback from participants of the modules. Participants are asked to rate eight statements about the module on a 4-point scale (Strongly agree, Agree, Disagree, Strongly disagree). The most commonly selected response for all statements for all modules is *“Strongly agree.”*

From post-training surveys, we know that participants appreciate the **practical, useful information and tips**, the **convenience** and **accessibility** of taking the training online, the clear and **easy to follow format**, and the **reputable resources** provided. They also appreciate that the trainings are offered for free.

PARTICIPANT FEEDBACK

LMCC - HEALTHY EATING

"I learned some new information that I didn't know. For example chicken nuggets are still considered fried even when they are bought frozen and I bake them." – Assistant Teacher, December 2015

"I like that it was on line. It's hard for me to schedule classes that accommodate my work hours and the work schedule of my employee's." – Center-based Child Care Provider, December 2015

LMCC - PHYSICAL ACTIVITY

"I found the training to be very helpful to my classroom setting. I will use some of the materials from this training to improve my physical activity inside and outside. Thanks for all your information and help. Enjoyed the class." – Center-based Child Care Provider, April 2015

"I found that the activity ideas provided in this training were beneficial to my role as a preschool teacher. It gave me some new ideas on how to keep my children active especially when it is stormy or cold outside!" – Center-based child care provider, October 2015

"Makes me want to be more fit and active as a teacher so that my children have a good role model of physical activities." – Teacher, December 2015

LMCC - BREASTFEEDING SUPPORT

"I recommended this course...for all our staff in order to know more practical points regarding breast feeding." – Assistant Teacher, March 2016

"I liked the examples and pictures of the private space others have created with limited resources. It gave me ideas for our center." – Lead Teacher, June 2016

"Information is really useful to people who are not educated on the benefits of breast feeding. Provides insight on how to discuss breast feeding with parents and how to support it in your classroom." – Lead Teacher, May 2016

FUTURE PLANS

UPCOMING NEW MODULES

Updating *Media Aware Child Care*. This module was first created in 2011, based on in-person screen reduction trainings developed in 2007-2010. Since then, major changes in mobile screen technology and new research on screen time for children have occurred. The updated module will address these developments and include new screen time guidance anticipated to be released by the American Academy of Pediatrics in the fall of 2016. *Expected to be available December 2016.*

Meal time environments. This new training will focus on creating healthy and supportive mealtime environments and providing opportunities for children to learn about food and nutrition. It is currently under development and will cover topics such as best practices in family-style meal service, provider interactions with children during meals, how to be a healthy eating role model for children, paying attention to children's hunger and fullness cues, how to successfully introduce new foods and encourage good attitudes toward food, and how to offer fun and engaging nutrition education to children and parents. *Expected to be available June 2017.*

EXPANSION & SUSTAINABILITY

Other states (NM, KS, OK) have contacted UW CPHN with an interest in Washington's *Let's Move! Child Care* trainings. As a result, we are exploring ways to enable providers in other states to get state-accredited continuing education credits for completing Washington's modules.

As demand for Washington's *Let's Move! Child Care* trainings grows, UW CPHN is investigating other platforms that will enable us to enhance the training format, streamline tracking of provider participation, and deliver continuing education credits more efficiently.

