



# Increasing Physical Activity and Active Play in ECE – Updates from Washington State

**CDC ECE Networking Call  
August 24, 2016**

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Healthy Eating Active Living (HEAL) Program  
Washington State Department of Health



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ALWAYS WORKING FOR A SAFER AND  
HEALTHIER COMMUNITY

# Outline

- Snapshot of professional development work on active play and physical activity in ECE
- Diane Craft site visit in Washington, outcomes and next steps

# Training for ECE Professionals on Physical Activity and Active Play


Let's Move! Child Care Breastfeeding Support	722 participants since Dec. 2015
<b>Let's Move! Child Care Physical Activity Module</b>	<b>2230 participants since 2014</b>
Let's Move! Child Care Healthy Eating Module	3443 participants since 2013
Media Aware Child Care	3197 participants since 2011

- Free, online, on-demand
- Aligned with national LMCC best practices
- Accredited by Washington State Department of Early Learning
- Developed by [University of Washington Center for Public Health Nutrition](#) with support from Department of Health's CDC 1305 grant



# Diane Craft Site Visit in Washington

## Day 1: Stakeholder Meeting



### SAVE THE DATE

**More than Child's Play – Physical Activity in Early Learning Settings**  
Tuesday, September 29<sup>th</sup>, 2015  
9 am – 12 pm in Greater Seatac area\*

Hosted by the Childhood Obesity Prevention Coalition's Statewide Early Learning Workgroup and Washington State Department of Health, with support from the Centers for Disease Control and Prevention.  
\*MORE DETAILS COMING SOON | Questions now? Please contact: [bridget.igoe@doh.wa.gov](mailto:bridget.igoe@doh.wa.gov)

**What's happening?**  
*More than Child's Play – Physical Activity in Early Learning Settings* is a forum aimed at fostering collaboration to enhance children's physical activity in early learning settings through shared learning, facilitated discussion and action planning.

[Diane Craft](#), PhD, State University of New York at Cortland will facilitate the meeting. Dr. Craft is a nationally renowned expert in early childhood physical activity with a specialty in creating activities and environments accessible to all children.

Dr. Craft and other keynote speakers will facilitate a conversation to address the following questions:


- What does local and state data tell us about how much physical activity our young children get?
- Why is there so much emphasis on children's physical activity in early learning settings?
- How can organizations help (or hinder) children's physical activity in early learning settings?
- What are the challenges and perceived barriers to providing more physical activity in early learning settings? What can we do about them?
- What models are used in other states to build the capacity of early learning settings to provide quality physical activity to children? What might work best for Washington?

**Who should attend?**  
We are looking for a diverse group of early learning leaders and stakeholders, with an interest in collaborating to help our young children have the healthiest early learning settings possible, to attend this high-level, statewide forum. Representatives from state and local health, education, social and civic service agencies; tribes; community-based, faith-based, and philanthropic organizations; universities; businesses; state policy-focused organizations; and civic and social networks who can make a difference are invited to join in this dialogue.

**Why have this forum?**  
Washington has a significant focus on improving child health. Creating early learning environments where children eat well and have plenty of opportunities to be physically active is a major goal of the Governor's [Healthiest Next Generation Initiative](#). However, a 2013 [statewide survey](#) showed that licensed childcare providers are not providing ample time for toddlers and preschoolers to be physically active. This is concerning. Physical activity promotes social, mental, and physical development, keeps children's bodies and brains healthy, and prepares children to enter kindergarten ready to learn.

The capacity to increase children's physical activity does not sit with early learning providers alone. All child-serving organizations or institutions have a role to play—even if physical activity is not their primary focus.

## Day 2: TTT Workshop



### SAVE THE DATE

**Active Play! Preschool Physical Activity Train-the-Trainers Workshop**  
Wednesday, September 30<sup>th</sup>, 2015  
9 am – 4 pm in Greater SeaTac area\*

Hosted by the Childhood Obesity Prevention Coalition's Statewide Early Learning Workgroup and Washington State Department of Health, with support from the Centers for Disease Control and Prevention.  
\*MORE DETAILS COMING SOON | Questions now? Please contact: [bridget.igoe@doh.wa.gov](mailto:bridget.igoe@doh.wa.gov)

**Who should attend?**  
This FREE [Train-the Trainers workshop with Diane Craft](#), PhD is designed for coaches, educators, licensors, trainers, and professional development providers who design and/or deliver trainings and technical assistance in early learning settings. [Dr. Craft](#) is a nationally renowned expert in early childhood physical activity with a specialty in creating activities and environments accessible to all children.


**Workshop description**  
Coaches, educators, licensors, trainers, and professional development providers who work in early learning settings could play a vital role in supporting childcare providers to increase physical activity opportunities for our youngest children. Even if children's physical activity is a subject you normally do not address in your day-to-day work, this workshop is a prime opportunity to get interdisciplinary training on an important topic related to child health and school readiness. Dr. Craft's enthusiastic presentation style provides for plenty of interesting and fun hands-on, practical experiences for participants.

In this workshop, participants will:

- Learn how to provide high-quality technical assistance on fun, inclusive, developmentally appropriate physical activities that use inexpensive equipment, small spaces, and work well in home-based and center-based childcare and preschool settings.
- View short video clips of children 18 months to five years old in childcare settings enjoying moderate to vigorous physical activities in order to illustrate strategies, promising practices, and innovative ideas for physical activity for all ages and abilities.
- Discuss and learn about the importance of physical activity to the physical, emotional and cognitive development of young children.
- Learn how to incorporate technical assistance on physical activity into existing curricula and assessments.

**Why physical activity, why now?**  
Washington has significant focus on improving child health. Creating early learning environments where children eat well and have plenty of opportunities to be physically active is a major goal of the Governor's [Healthiest Next Generation Initiative](#). However, a 2013 [statewide survey](#) showed that licensed childcare providers are not providing ample time for toddlers and preschoolers to be physically active. Physical activity is important because it promotes social, mental, and physical development, keeps children's bodies and brains healthy, and prepares children to enter kindergarten ready to learn.

# Day 1: Stakeholder Meeting

- **Purpose**
  - Share results from [local](#) and [state](#) studies on active play (AP)/PA in ECE 
  - Discuss ways to overcome challenges and commonly perceived barriers to providing more AP/PA in ECE
  - Discuss how we can support increased AP/PA in ECE through our agencies and organizations
- **33 people attended, including reps from**
  - State agencies that run CACFP, license ECE, run QRIS
  - Local public health and school districts
  - NGOs focused on health, child health, ECE
  - Experts in child nutrition, PA, health and development
  - Governor Jay Inslee's office & *Healthiest Next Generation*

# Day 2: Train-the-Trainer Workshop

- **Purpose**
  - Learn how to provide high-quality physical activities using inexpensive equipment and a variety of play spaces
  - View short video clips of young children in ECE settings enjoying moderate to vigorous physical activities
  - Discuss and learn about the importance of AP/PA for young children
  - Learn how to incorporate TA on AP/PA into existing curricula and assessments.
  
- **78 people attended, including**
  - ECE licensors, QRIS and Head Start coaches, ECE trainers
  - CACFP program specialists
  - Home- and Center-based providers
  - TA specialists from public and private entities that work in ECE

# Outcomes

- **Both events very well-received**

*Dr. Diane Craft's work, and the research included, can be a rallying point for change in Washington.* –Stakeholder Meeting participant



*This was by far the most helpful class I've been to in years. It really answered many challenges that an in-home provider has.* – TTT Workshop participant

- **All key ECE stakeholders attended**

- Widespread support for promoting AP/PA in ECE
- Opportunities and action steps for collaboration identified
- Ad hoc extended meeting to discuss further how WA can build an infrastructure to support AP/PA in ECE

# One year later...

## what's happening now

- **ECE Standards Alignment in WA**
  - WA working to align licensing and Head Start standards under the state's QRIS
  - Opportunity to integrate nutrition and PA best practices into standards
  - Statewide Early Learning Workgroup, led by the Childhood Obesity Prevention Coalition, closely monitoring and providing input
- **DOH partnering with Harvard on a [CHOICES project](#)** 
  - Modeling cost effectiveness of integrating NAP SACC into state QRIS
- **Local researchers continue to publish on AP/PA in WA ECE** 
  - [Pooja et al. Physical Activity Practices, Policies and Environments in Washington State Child Care Settings: Results of a Statewide Survey. \*Matern Child Health J.\* 2016 Jul 22.](#)



# Acknowledgements

## Our many ECE partners, including:

...American Heart Association, CDC, Diane Craft, Child Care Aware of Washington, Childhood Obesity Prevention Coalition, Department of Early Learning, *Healthiest Next Generation* Initiative, Office of Superintendent of Public Instruction, Public Health – Seattle & King County, Puget Sound Educational Service District, Seattle Children’s Hospital, Spokane Regional Health District, University of Washington Center for Public Health Nutrition, YMCA...

**-End-**

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