



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 Topic: Please join us on August 24th from 3 to 4 pm (EST) for our next DNPAO ECE networking call (Call in line: 1-877-718-2565 Passcode: 67363979). The call will feature four presentations about physical activity (PA) in early care and education settings (ECE). First, Diane Craft, PhD, a consultant for the CDC ECE team and subject matter expert on PA in ECE will highlight her work with states. Her work with states includes providing technical assistance, facilitating ECE stakeholder meetings, and training ECE providers on the benefits of PA for our youngest children. Following Dr. Craft, we will have three states discuss how they are leveraging the technical assistance provided by Dr. Craft to advance PA in ECE within their state. Our state presenters include Denise Padilla, M.Ed. from Wyoming, Linda Cowling, MPH, RD from California, and Bridget Igoe, MPH, RD from Washington.

Our July call featured Drs. Betty Geer and Gerri Steinke from the National Resource Center for Health and Safety in Child Care and Early Education (NRC). They discussed NRC's 2015 *Achieving a State of A Healthy Weight* report. The presentation provided an overview of state's child care licensing related to obesity prevention. If you would like to hear a recording of the call please dial (866) 552-7841.

Federal Highlight:

The Child Care and Development Block Grant (CCDBG) Act of 2014 made several important changes that will improve the quality of child care and education for more than 1.4 million children and families receiving child care subsidies. To support licensing administrators and CCDF administrators, the National Center on Early Childhood Quality Assurance (ECQA Center) has developed [nine briefs](#) addressing the health and safety topics included in CCDBG. In addition to supporting licensing administrators and CCDF administrators, the briefs can also help ECE and school-age care and education providers looking to improve health and safety within their learning environments.

* 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

[ECE News and Resources](#)

Relationship-Based Care Practices in Infant-Toddler Care

Sensitive and responsive relationships are important to infants' development and can influence children's growth and development. [This brief](#) highlights two relationship-based care practices, primary caregiving and continuity of care, and the evidence base behind them. The brief also presents practice considerations for child care directors and discusses the implications of state standards for incorporating relationship-based care practices into programs (e.g., professional development, licensing and QRIS).

Water First: A Toolkit for Promoting Water Intake in Community Settings

The University of California, San Francisco developed a [toolkit](#) and [fact sheet](#) to promote the consumption of water instead of sugary drinks in child care facilities and other community-based settings. Several strategies for child care facilities are highlighted, such as incorporating regular scheduled water breaks, reading "[Potter the Otter](#)" book to children, and [incorporating music](#) that encourages children to drink more water. The CDC has free copies of "Potter the Otter," please e-mail eceobesity@cdc.gov for more information.

State QRIS Validation Studies

Several states released validation studies about their respective QRIS. Wisconsin's [YoungStar](#), Minnesota's [Parent Aware](#), and Washington's Early Achievers ([Executive Report](#) and the [Full Study](#)). While not specific to obesity prevent, these studies evaluate strengths and areas for improvement within QRIS.



[Early Care and Education Research](#)

LaRowe, TL, Tomayko, EJ, Meinen AM, Hoiting J, Saxler C, Cullen B. Active Early: One-year policy intervention to increase physical activity among early care and education programs in Wisconsin. BMC Public Health. July 2016. DOI: 10.1186/s12889-016-3198-3

Purpose: This quasi-experimental study examined the efficacy of the Active Early guide, which included evidence based approaches, resources, and training to improve physical activity in ECE settings. The outcomes of interest included observed minutes of teacher-led physical activity, the physical activity environment measured by the Environment and Policy Assessment and Observation (EPAO) tool, and children's physical activity levels.

Results: Observed teacher-led physical activity significantly increased and children spent less time in sedentary activity at 12 mons. In addition, as teacher-led activity increased, percent time children were sedentary decreased and percent time in light physical activity increased. Further, among all ECE programs, the physical activity environment significantly improved. The greatest increases were in training & education of providers and physical activity policies.

Take home message: Active Early promoted improvements in providing structured (i.e. teacher-led) physical activity, along with training and environmental changes. Further, Active Early positively influenced children's physical activity levels. Resources, training, and technical assistance may be necessary for ECE programs to be successful in sustaining changes over time.

Tandon PS, Walters KM, Igoe BM, Payne EC, Johnson DB. Physical Activity Practices, Policies and Environments in Washington State Child Care Settings: Results of a Statewide Survey. Maternal and Child Health. July 2016. DOI: 10.1007/s10995-016-2141-7

Purpose: This study examined the associations between physical activity environments and recommended practices in ECE, as well as how well child care settings met recommended standards for total PA time. In 2013, all licensed child care programs for children 2-5 years in Washington State were surveyed about their PA practices. Statistical analyses were conducted to determine odds of meeting best practice standards for outdoor time and PA.

Results: Forty-five percent of centers and 32% of homes completed the survey. Few programs reported meeting PA best practice standards for the amount of time children spend in PA and outdoor time. Programs that reported going outside regardless of weather and leading more structured PA (i.e. teacher-led) had higher odds of meeting best practice standards for both PA and outdoor time. Further, meeting best standards for outdoor time was the strongest predictor of meeting best practice standards for total PA time.

Take home message: Policies and practices that encourage outdoor play and structured PA in ECE have the potential to increase PA for children in these settings.

Upcoming Conferences

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

- **Southeast Farm to School Conference** in Greenville, SC, September 23-24. For more information visit: <http://growing-minds.org/farm-to-school-conference/>
- **Child Care Food Program Roundtable Conference** in Rancho Mirage, CA, October 17-19. For more information visit: <http://ccfprtconference.weebly.com/>
- **Biennial Childhood Obesity Conference** in San Diego, CA, May 30-June 2, 2017. For more information visit: <http://www.cvent.com/events/9th-biennial-childhood-obesity-conference/event-summary-24a16f12a73a446f819b56d189a71b1c.aspx>. **Call for proposals is currently open, deadline to submit is July 28, 2016**

