Promoting Physical Activity Best Practices in Early Care and Education Programs

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11th Annual Southern Obesity Summit
Atlanta, GA
Benefits of Physical Activity in Early Childhood

- Motor Development
- Cognition
- Obesity Prevention
- Healthy Habits
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
Physical Activity Best Practices in Early Care and Education

- Policies
- Time
- Type
- Facilities
- Teachers
- Class Lessons
- Training
Infants
Multiple opportunities to freely move each day

Toddlers and Preschoolers
15 minutes of every hour
120 minutes total per 8 hour day

Physical Activity in ECE

IOM. Early Childhood Obesity Prevention Policies. 2011
CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

- Time
- Training
- Policies
- Type
- Class Lessons
- Teachers

Indoor Facilities
Outdoor Facilities
Appropriate Equipment

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Integrate into Curriculum Lessons
5-10 min bouts

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

- Time
- Type
- Facilities
- Teachers
- Class Lessons
- Training

Ongoing Professional Development

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

Additional Items

- Don’t Withhold Physical Activity
- Limits on Sedentary time
- Safety
- Weather

Policies

- Time
- Type
- Facilities
- Teachers
- Class Lessons
- Training

CFOC. Preventing Childhood Obesity in Early Care and Education. 2012
Physical Activity in ECE

Young Children Engaging in Play Across the Child Care Day

- Policies
- Time
- Type
- Facilities
- Teachers
- Class Lessons
- Training
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
- Encourage self-assessments
Self Assessment Tools

- Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)
- Georgia Growing Fit Toolkit
- C.H.O.I.C.E Toolkit & Self-Assessment Questionnaire
- YMCA CHLI
- Head Start Body Start Play Space Assessment
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
- Encourage self-assessments
- Share resources
Welcome to the new SNAP-Ed Toolkit website! This toolkit will help SNAP-Ed Implementing Agencies across the country find evidence-based interventions and explore the SNAP-Ed Evaluation Framework in order to strengthen our impact on our goal to help SNAP-eligible households make healthy eating and physical activity choices on a limited budget.

Grab a SNAP-Ed Toolkit web badge to share on your website! (small/large)
SNAP-Ed TOOLKIT
Obesity Prevention Interventions and Evaluation Framework

- Policy Regulations for Day Care in NYC
- Healthy Apple Program
- I am Moving, I am Learning
- First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care
- Healthy Habits for Life
- Empower Program
- Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)
- CHOICES, Contra Costa Child Care Council’s Best Practices
• Eat Well Play Hard in Child Care Settings
• Hip Hop to Health Jr.
• CATCH Early Childhood
• Sports Play Active Recreation for Kids
• Preschools Shaping Healthy Impressions Through Nutrition and Exercise (SHINE)
• Ways to Enhance Children’s Activity and Nutrition (We Can!)
• National Early Care and Education Learning Collaboratives
• Harvest of the Month
www.militaryfamilies.psu.edu/programs
Programs

We know that both the issues facing military families today and the sheer number of programs for families and children can be overwhelming. Effective programs can help enhance military family readiness and resilience. However, there are hundreds of programs designed to help children, parents, and families. Some programs are specifically intended for military families. Others are intended for civilians, but hold great promise for military families as well. Identifying which ones actually work and produce the intended results can be difficult. There are many programs that have the potential to benefit military families. However, there are also programs that, while well intentioned, can be ineffective or even harmful.

Clearinghouse comes in. Although the science of military family readiness is in its infancy, we are working hard to identify truly outstanding programs and practices that meet a high scientific standard of effectiveness. The Clearinghouse serves as a resource to help you make sense of what programs are both right for your situation and worth the investment and time.
<table>
<thead>
<tr>
<th>Title</th>
<th>Placement</th>
<th>Topic</th>
<th>Target Population</th>
<th>Sector</th>
<th>Military Use</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat Well Play Hard in Child Care Settings</td>
<td>Unclear Ø</td>
<td>Obesity, Nutrition/Diet,</td>
<td>Children, Parents, Providers</td>
<td>Community-Based</td>
<td>No</td>
<td>Eat Well Play Hard in Child Care Settings (EWPCCS), a community-based program, is designed to improve nutrition, increase physical activity, and decrease sedentary behavior in participants.</td>
</tr>
<tr>
<td>(EWPCCS)</td>
<td></td>
<td>Physical Activity, Sedentary Behavior</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LAUNCH (Learning about Activity and Understanding</td>
<td>Promising</td>
<td>Obesity, Nutrition/Diet,</td>
<td>Children, Parents</td>
<td>Community-Based,</td>
<td>No</td>
<td>LAUNCH (Learning about Activity and Understanding Nutrition for better Child Health), a clinic- and home-based program, is designed to help parents understand the importance of providing and eating a healthy diet and engaging in daily physical activity in an effort to promote general well-being for their children and themselves. Parents learn skills to encourage them to make healthy changes at home with the goal of promoting a healthy weight for their children by decreasing or stabilizing their child's weight.</td>
</tr>
<tr>
<td>Nutrition for better Child Health)</td>
<td></td>
<td>Physical Activity, Sedentary Behavior</td>
<td></td>
<td>Medical setting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Childhood Education and Assistance Program</td>
<td>Unclear Ø</td>
<td>Physical Activity, Academic</td>
<td>Children, Parents</td>
<td>School-based</td>
<td>No</td>
<td>The Early Childhood Education and Assistance Program (ECEAP), an early learning family- and school-based program, provides free early learning, health, and family services to eligible</td>
</tr>
</tbody>
</table>
How To Promote Physical Activity with ECE Providers?

- Encourage providers to adopt physical activity best practices.
- Encourage self-assessments
- Share resources
- Identify training opportunities
Training Opportunities

- Integrate into existing trainings
- On Demand, Web-based training
- State-sponsored trainings or interventions
- State training calendar
How To Promote Physical Activity with ECE Providers?

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Physical Activity Best Practices

How are Southern States Promoting Physical Activity Best Practices?
Number of Physical Activity Best Practices Fully or Partially Met in Licensing Regulations for Child Care Centers, 2016 (N=11)

Source: Achieving a State of a Healthy Weight, 2016
Physical Activity Addressed in QRIS

Source: Mixed sources
State CCDF plan allows quality-set aside funds to support the development or adoption of high quality program standards related to health, mental health, physical activity, and physical development.

Source: State CCDF Plans
State-supported facility-level intervention with physical activity component

Source: CDC State Indicator Report. Mixed sources
Thank you!

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.