

# TAKING STEPS TO Healthy Success

Virginia's Early Care & Education Learning Collaboratives



## Building Healthier Environments in Early Education and Care to Prevent Childhood Obesity

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# Early Care & Education Identified Priority Setting

- 12 million children in ECE
- Critical developmental window
- Research identified improvements
- Accessible
- Link to families

# Early overweight = lifetime risk

- 10% infants overweight for length
- ½ obese children ~ OW age 2
- OW in K = 5 X obesity risk
- 80% OW teens; obese by age 25
- 1/3 children on track ~ diabetic adults

# Year-long Training Model

- Regional; 2-3 staff from 25 programs
- 5 full day training sessions
- NAP SACC & LMCC pre-, post-
- 2 Action Plans for Change
- On-site Technical Assistance

# Information & Change Process: 5 Key Goals

- Improved Child Nutrition
- Reduced SSB
- Reduced screen time
- Increased physical activity
- Support for Breastfeeding



# What makes it work?

- Incentivized participation
- Empowerment orientation
- Local & state Partners; existing ECE infrastructure
- Practical resources, hands-on
- Recognition & links to local activity

# Typical Policy & Practice Changes

- More play time & provisions
- Water, self serve, indoors & out
- Added fruits/veggies on menus
- Replaced fried and processed foods
- Family style dining
- Breastfeeding spaces

# Project Results

## Measured Outcomes

- Increases in met best practices standards

## Systems Changes

- Content integration in state-level ECE systems
- Linking Health Practices to “Quality Care”





MENU

Nemours. Children's Health System



# STATE & LOCAL LEADERS

State and community leaders can learn how to implement childhood obesity prevention strategies for child care and early education settings.



STRATEGIES & SUPPORT

SPECTRUM OF CHANGE

## RESOURCES TO SUPPORT OBESITY PREVENTION STRATEGIES IN ECE

National-level statistics on childhood obesity, related behavioral risk factors and the role of the early care and education (ECE) setting in addressing this major public health problem may be useful in working with your stakeholders.