

# Promoting Physical Activity Best Practices in Early Care and Education Programs

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**11<sup>th</sup> Annual Southern Obesity Summit**  
**Atlanta, GA**

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Division of Nutrition, Physical Activity, and Obesity



# Benefits of Physical Activity in Early Childhood



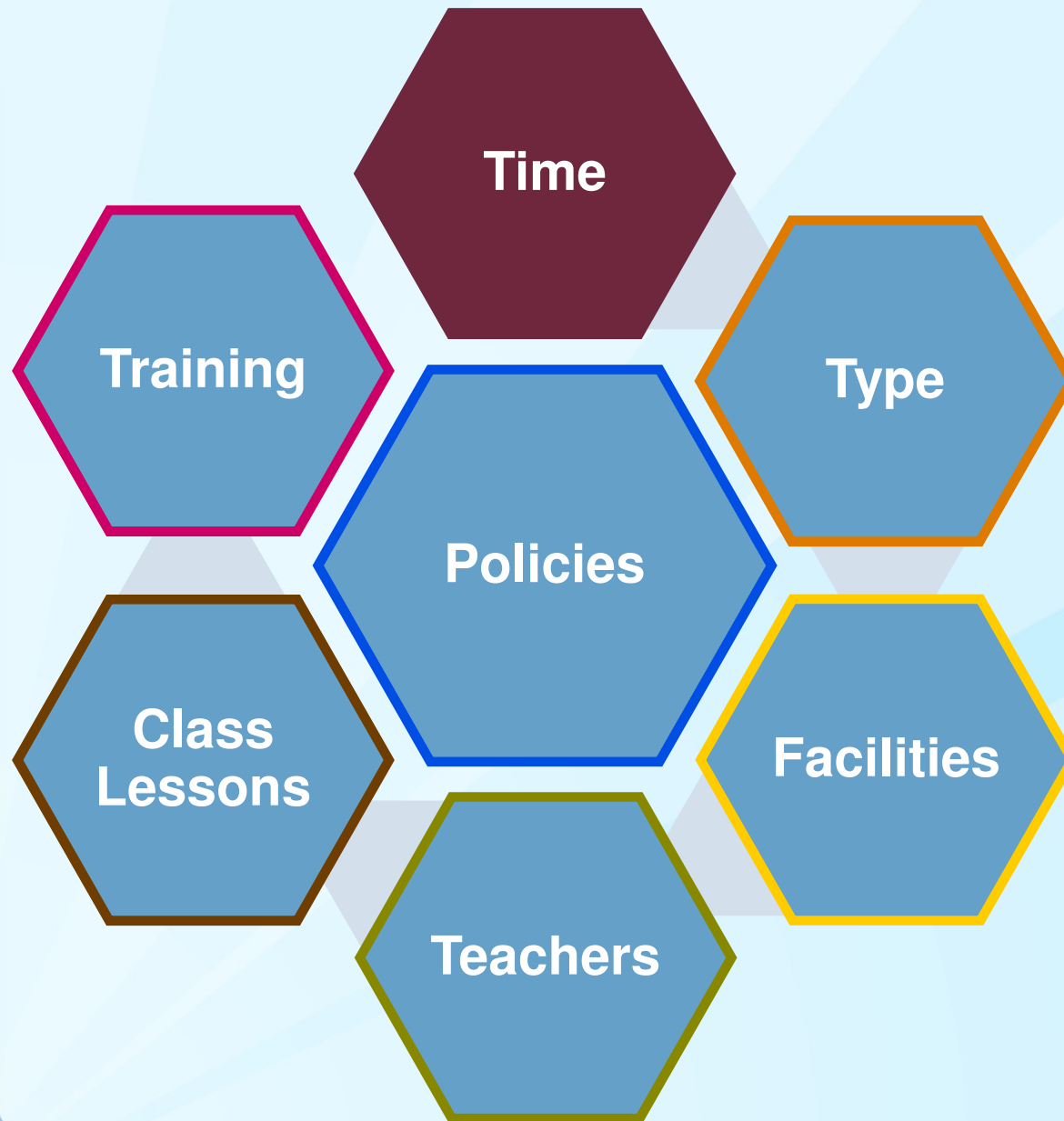
## **How To Promote Physical Activity with ECE Providers?**

- ❑ Encourage providers to adopt physical activity best practices.**

# Physical Activity Best Practices in Early Care and Education



# Physical Activity in ECE



## Infants

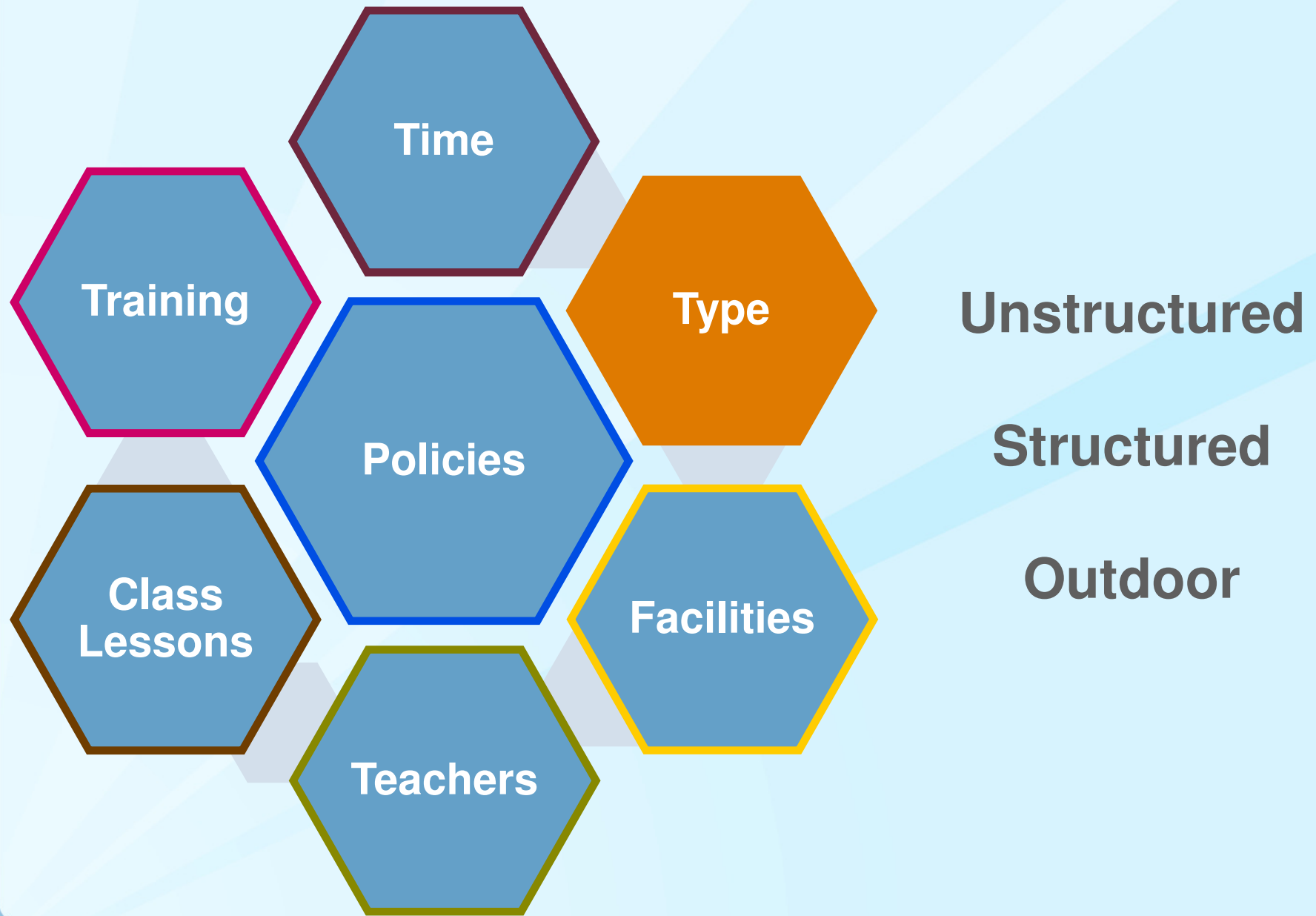
Multiple opportunities to freely move each day

## Toddlers and Preschoolers

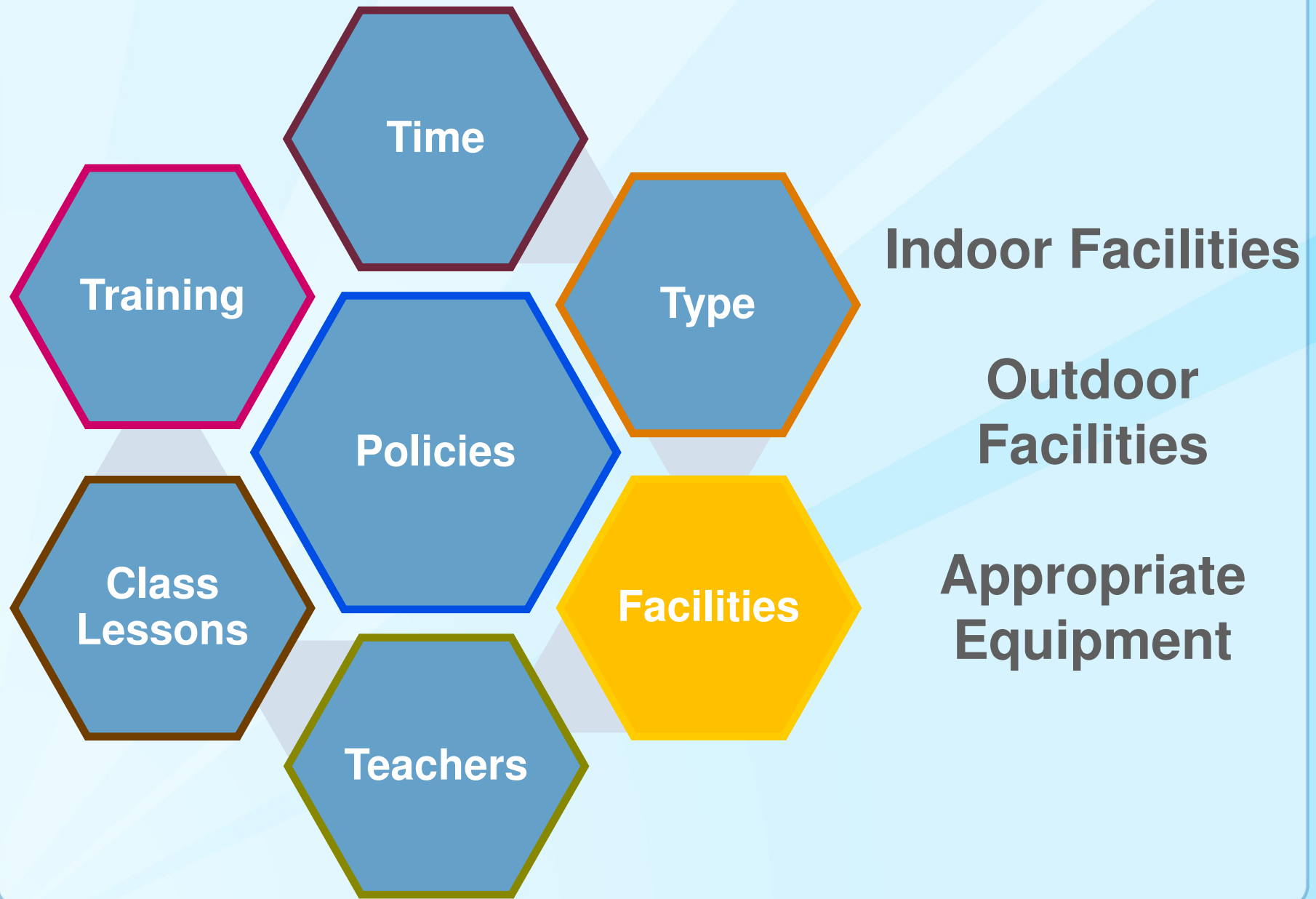
15 minutes of every hour

120 minutes total per 8 hour day

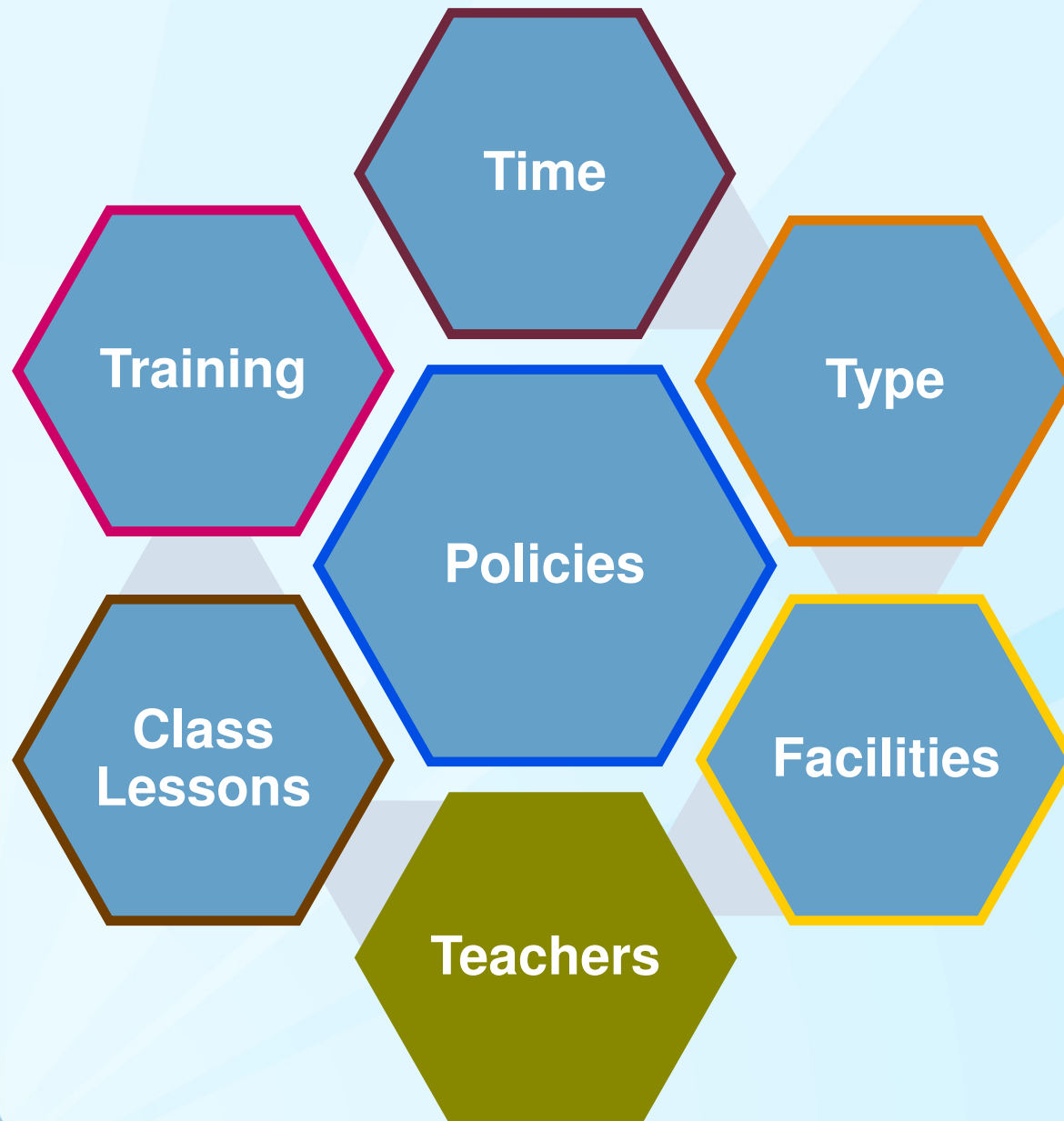
## Physical Activity in ECE



## Physical Activity in ECE



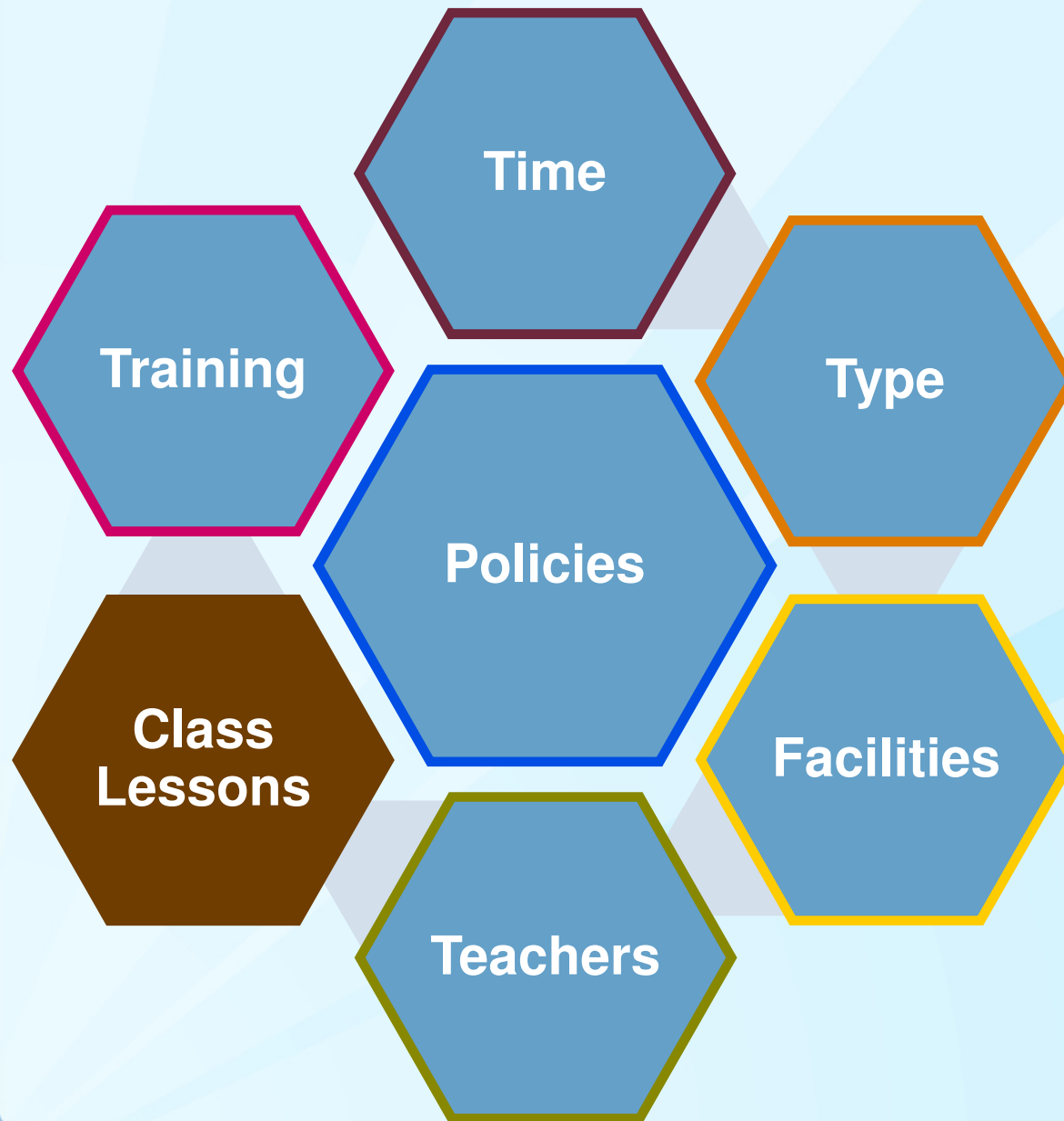
## Physical Activity in ECE



**Leading**  
**Participating**  
**Role Modeling**  
**Encouraging**



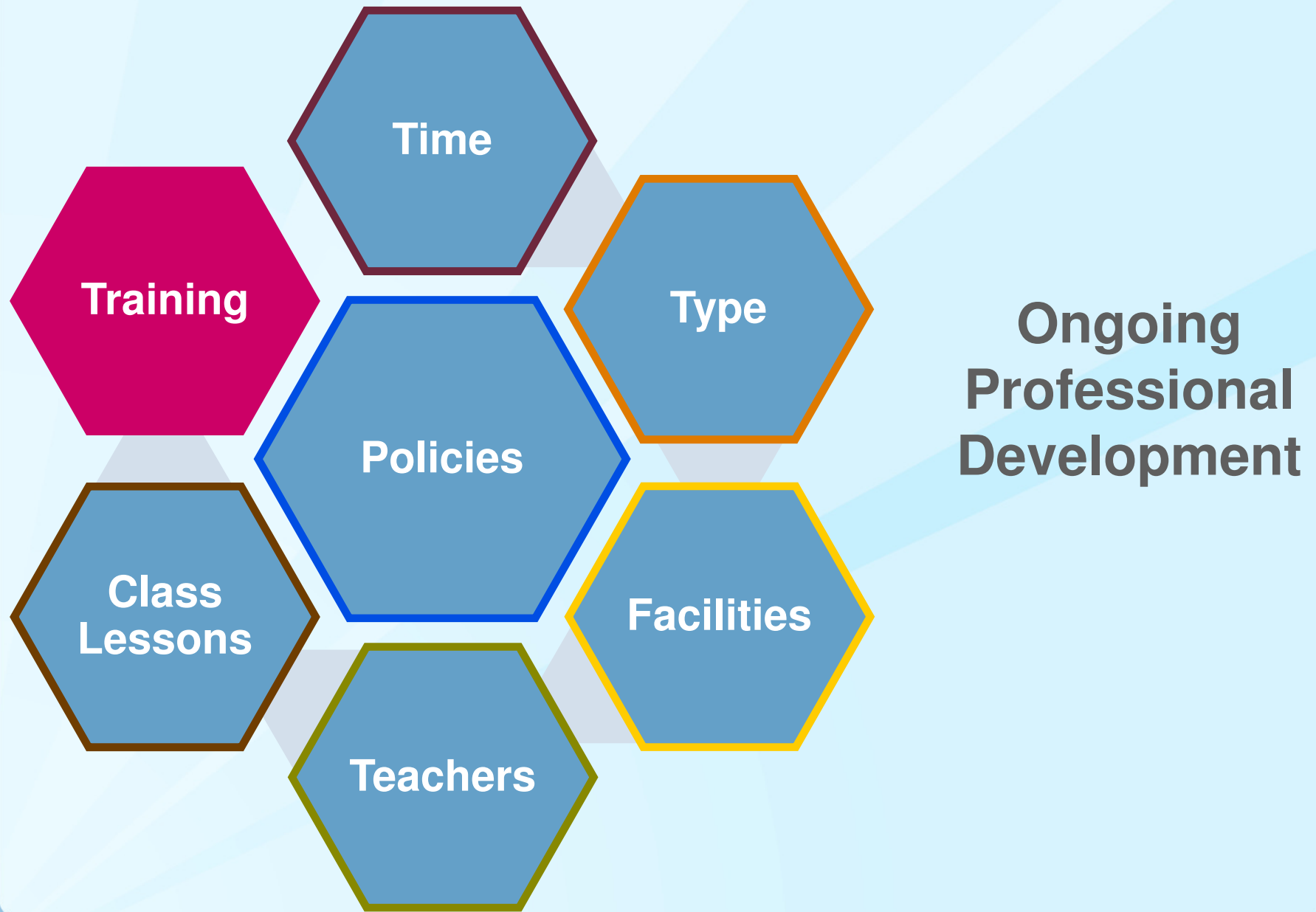
## Physical Activity in ECE



**Integrate into  
Curriculum  
Lessons**

**5-10 min bouts**

## Physical Activity in ECE



## Physical Activity in ECE



### Additional Items

**Don't Withhold  
Physical Activity**

**Limits on  
Sedentary time**

**Safety**

**Weather**

## Physical Activity in ECE



**Young Children  
Engaging in  
Play Across the  
Child Care Day**

## **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**

# Physical Activity Programs & Curricula Early Care and Education



<https://snapedtoolkit.org/>



# SNAP-Ed TOOLKIT

Obesity Prevention Interventions and Evaluation Framework

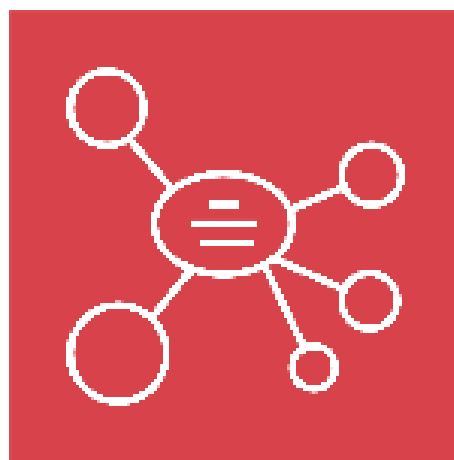
[About](#) [Interventions](#) [Evaluation Framework](#) [Glossary](#)

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.

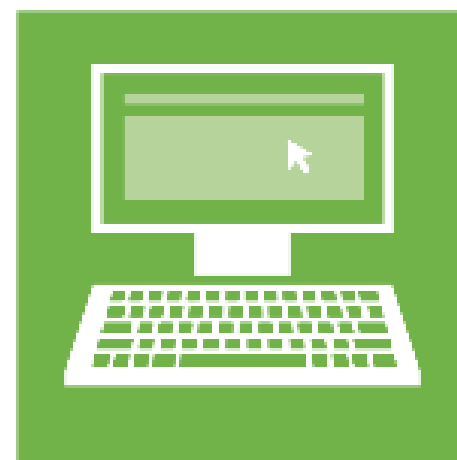
Grab a SNAP-Ed Toolkit web badge to share on your website! ([small](#)/[large](#))



Search for SNAP-Ed  
Interventions



Explore the Evaluation  
Framework



Learn how to best use this  
website

# Find Interventions

Select program attributes and click the "Submit" button at the bottom of the page.  
Multiple selections will narrow your results.

## Open field

## Target Behavior

- ☐ Breastfeeding
- ☐ Healthy Eating
- ☐ Physical Activity and Reducing Screen Time
- ☐ Food Insecurity/Food Assistance

## Intervention Type

- ☐ Direct Education
- ☐ PSE Change
- ☐ Social Marketing

## Setting

- ☐ Child care (Learn)
- ☐ Community (Learn)
- ☐ Faith-based community
- ☐ Health care
- ☐ Retail (Shop/Eat)
- ☐ School (Learn)
- ☐ Worksite (Work)

## Age/population group

- ☐ Preschool (<5 years old)
- ☐ Elementary School
- ☐ Middle School
- ☐ High School
- ☐ Pregnant/Breastfeeding Women
- ☐ Parents/Mothers/Fathers
- ☐ Adults
- ☐ Older Adults
- ☐ Homeless/Food Pantry Clients

## Race/ethnicity

- ☐ Native Americans/American Eskimos
- ☐ Asian Americans/Pacific Islanders
- ☐ African Americans
- ☐ Hispanic/Latino Americans
- ☐ White, not of Hispanic or Latino origin
- ☐ All

## Available language(s)

- ☐ Chinese
- ☐ Creole
- ☐ English

## Classification

- ☐ Research-tested
- ☐ Practice-tested
- ☐ Emerging
- ☐ Evidence-based

## Evaluation Indicators

### Readiness & Capacity – Short Term (ST)

- ☐ Individual
- ☐ Environmental Settings
- ☐ Sectors of Influence

### Changes – Medium Term (MT)

- ☐ Individual
- ☐ Environmental Settings
- ☐ Sectors of Influence

### Effectiveness & Maintenance – Long Term (LT)

- ☐ Individual
- ☐ Environmental Settings
- ☐ Sectors of Influence

## Population Results

- ☐ Trends and Reduction in Disparities

Submit

# 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

# SNAP-Ed TOOLKIT

Obesity Prevention Interventions and Evaluation Framework

- 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

# Physical Activity Programs & Curricula Early Care and Education



[www.militaryfamilies.psu.edu/programs](http://www.militaryfamilies.psu.edu/programs)



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Home About Us Programs Assistance Initiatives Obesity Prevention Resources

[Find Programs](#)

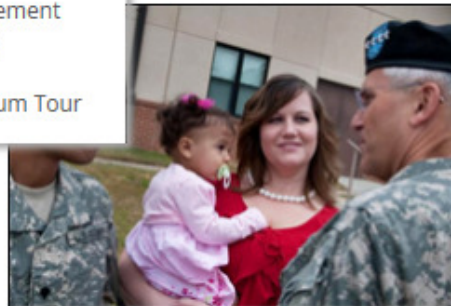
[Submit A Program](#)

[Understanding the Placement Process](#)

[Continuum Tour](#)

## 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, may be ineffective or even harmful.



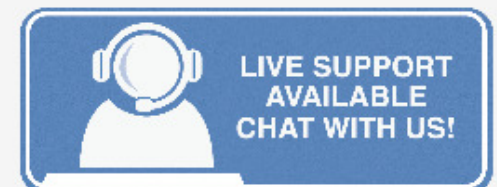
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## Live Chat



Live chat is available weekdays from 9 a.m. to 5 p.m EST/EDT. If you would like assistance, please feel free to begin a conversation by starting a live chat, calling us at 1-877-382-9185, or [emailing us](#).



Although the science of military family readiness is in 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 decisions about which programs are both right for your situation and worth the effort.

<https://mfr.clearinghouse.psu.edu/programs/find-programs>

Home About Us Programs Assistance Initiatives Obesity Prevention Resources

Program Search  Placement Topic  Sector Military Use: ☐ Yes ☐ No

<input type="checkbox"/> Academic Performance	<input type="checkbox"/> Child Abuse	<input type="checkbox"/> Financial Literacy	<input type="checkbox"/> Mentorship	<input type="checkbox"/> Relationships	<input type="checkbox"/> Sleep
<input type="checkbox"/> Alcohol/Drugs/Tobacco	<input type="checkbox"/> Communication	<input type="checkbox"/> Fitness	<input type="checkbox"/> Nutrition/Diet	<input type="checkbox"/> Reproductive Health	<input type="checkbox"/> Social Competency
<input type="checkbox"/> Anger	<input type="checkbox"/> Deployment	<input type="checkbox"/> Grief & Loss	<input type="checkbox"/> Obesity	<input type="checkbox"/> Resilience	<input type="checkbox"/> STI
<input type="checkbox"/> Antisocial Behavior	<input type="checkbox"/> Depression	<input type="checkbox"/> Inclusion	<input type="checkbox"/> Organizational Culture	<input type="checkbox"/> Safety	<input type="checkbox"/> Stigma
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Divorce	<input type="checkbox"/> Injury	<input type="checkbox"/> Parenting	<input type="checkbox"/> School Culture	<input type="checkbox"/> Suicide
<input type="checkbox"/> Behavioral Problems	<input type="checkbox"/> Early Intervention	<input type="checkbox"/> Intimate Partner Violence	<input checked="" type="checkbox"/> Physical Activity	<input type="checkbox"/> School Readiness	<input type="checkbox"/> Transitioning
<input type="checkbox"/> Bullying	<input type="checkbox"/> Emotional Competency	<input type="checkbox"/> Life Stress	<input type="checkbox"/> PTSD	<input type="checkbox"/> Sedentary Behavior	
<input type="checkbox"/> Case Management	<input type="checkbox"/> Employment	<input type="checkbox"/> Media Literacy	<input type="checkbox"/> Recreation	<input type="checkbox"/> Sexual Assault	

Alternatively, you can [view all programs](#).

196 Results



Title	Placement	Topic	Target Population	Sector	Military Use	Summary
Eat Well Play Hard in Child Care Settings (EWPHCCS)	Unclear Ø	Obesity, Nutrition/Diet, Physical Activity, Sedentary Behavior	Children, Parents, Providers	Community-Based	No	Eat Well Play Hard in Child Care Settings (EWPHCCS), a community-based program, is designed to improve nutrition, increase physical activity, and decrease sedentary behavior in participants.
LAUNCH (Learning about Activity and Understanding Nutrition for better Child Health)	Promising	Obesity, Nutrition/Diet, Physical Activity, Sedentary Behavior	Children, Parents	Community-Based, Medical setting	No	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.
Early Childhood Education and Assistance Program	Unclear Ø	Physical Activity, Academic Performance, Early Intervention, Emotional Competency, Parenting, School Readiness. Social	Children, Parents	School-based	No	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

a message



## **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 trainings**
- ❑ State-sponsored trainings or interventions**
- ❑ State training calendar**

## **How To Promote Physical Activity with ECE Providers?**

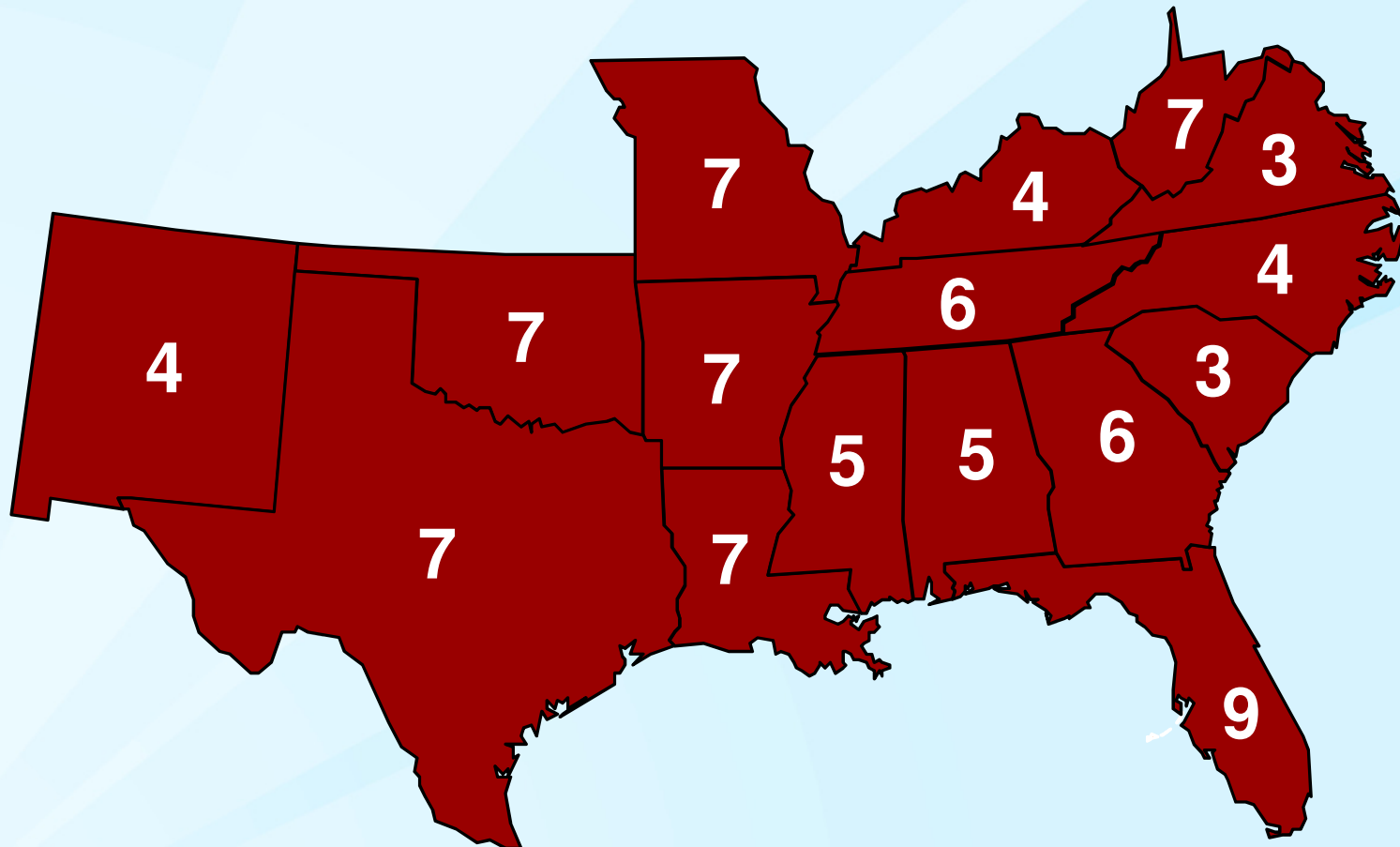
- ❑ Encourage providers to adopt physical activity best practices.**
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# **Physical Activity Best Practices**

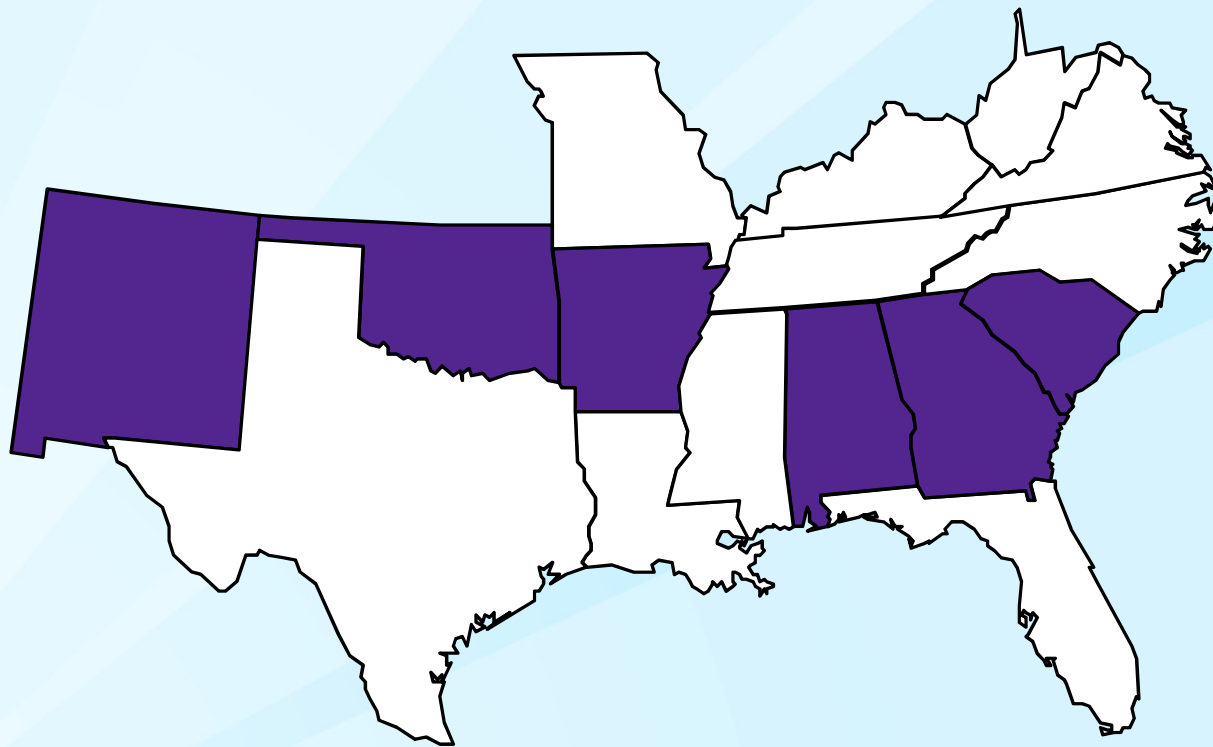
**How are Southern States Promoting  
Physical Activity Best Practices?**

Licensing &  
Administrative  
Regulations

## Number of Physical Activity Best Practices Fully or Partially Met in Licensing Regulations for Child Care Centers, 2016 (N=11)



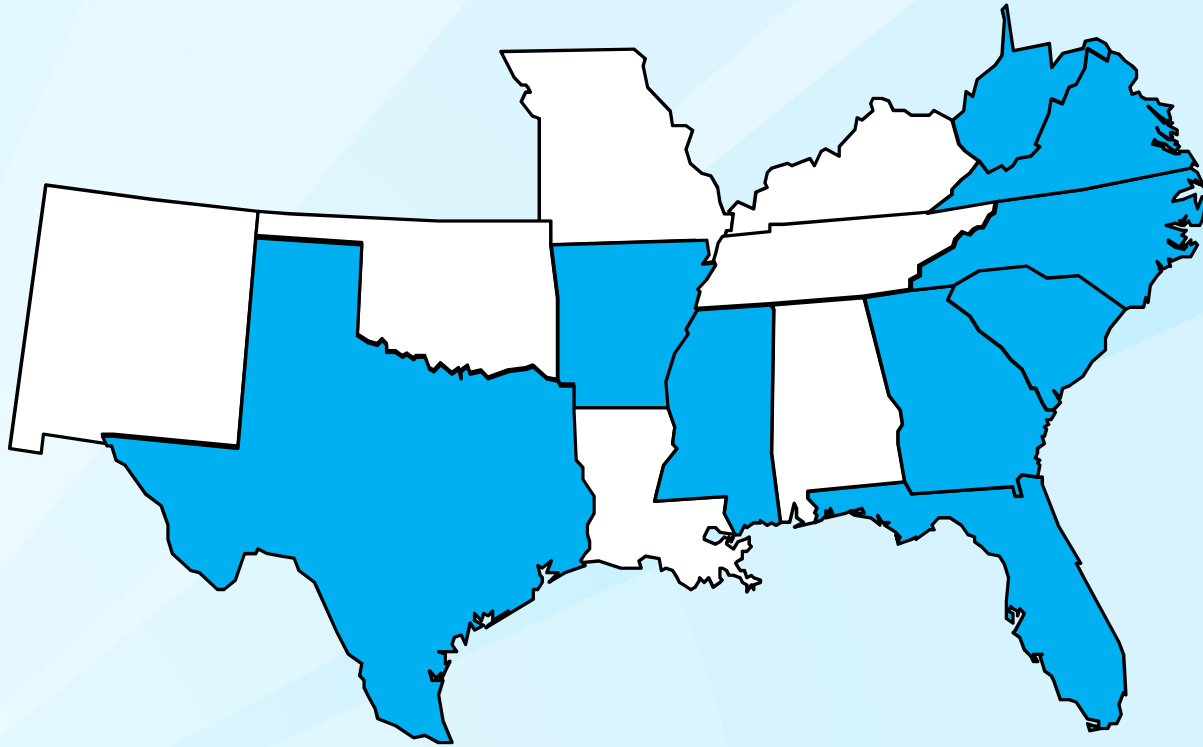
Source: Achieving a State of a Healthy Weight, 2016



**Source: Mixed sources**



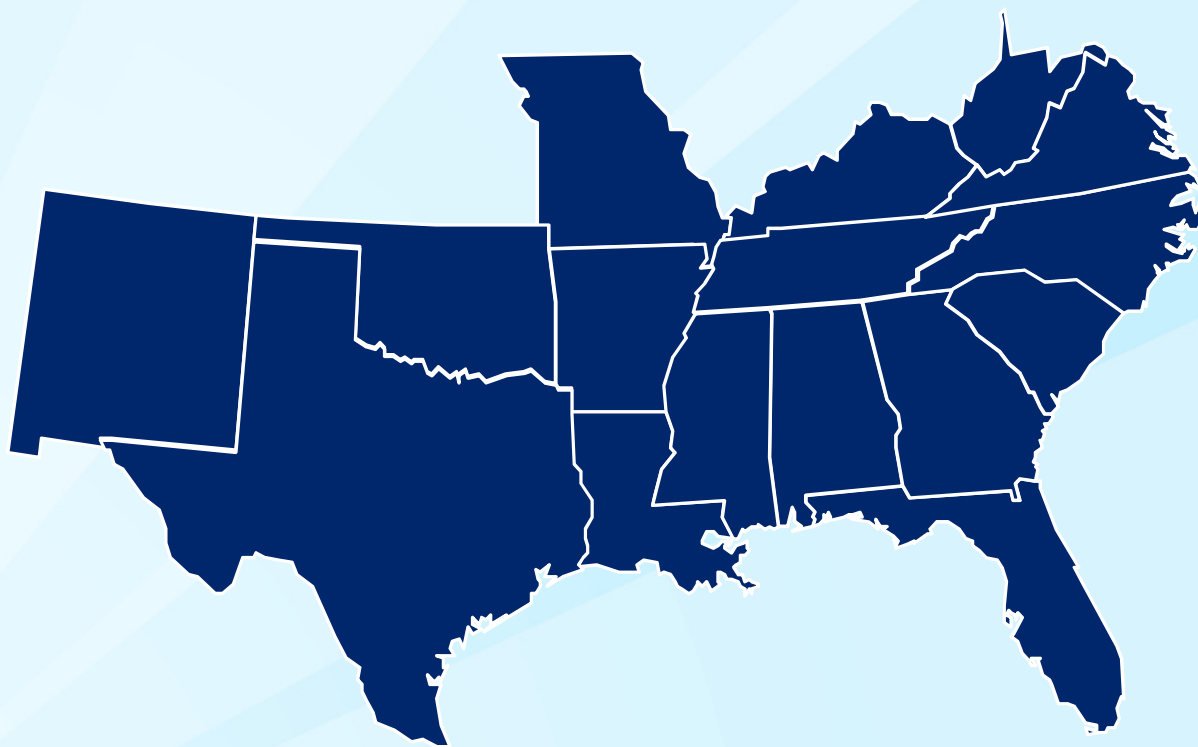
Funding & Finance



**Source: State CCDF Plans**

Facility-Level  
Interventions

## State-supported facility-level intervention with physical activity component



Source: CDC State Indicator Report. Mixed sources



# Thank you!

**Allison Nihiser, MPH**

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**770-488-6508**

**For more information please contact Centers for Disease Control and Prevention**

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Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) Web: <http://www.cdc.gov>

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.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Nutrition, Physical Activity, and Obesity

