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Healthy Weights, Healthy Futures

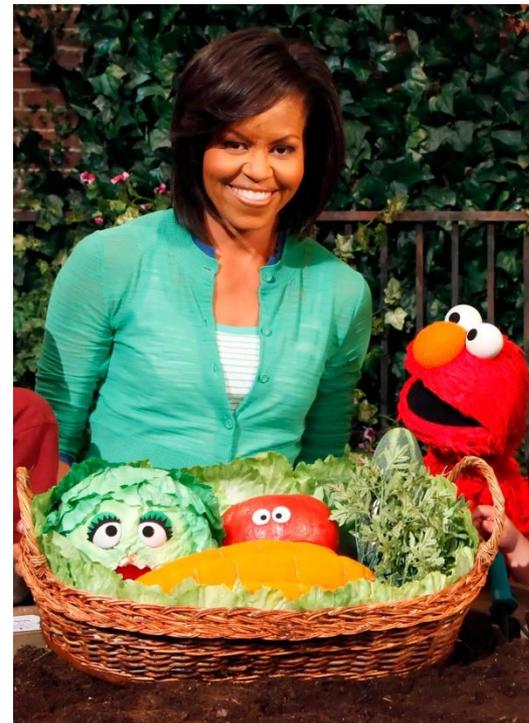


Moving Toward a Healthier Childcare System
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"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake. Every child has the right to a healthy childhood."

First Lady, Michelle Obama

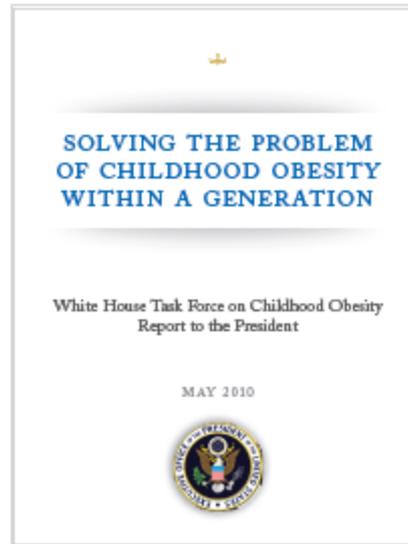
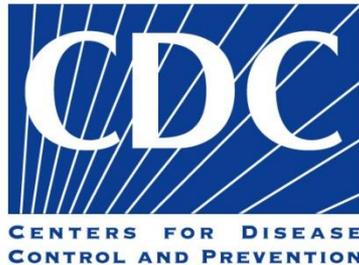


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The Nation Takes Action

Preventing Childhood Obesity in Early Care and Education Programs

Selected Standards from
Caring for Our Children: National Health and Safety Performance Standards





Scope of the Problem in AZ

Percentage of Obese Children in Arizona (Ages 2-5) *PEDNSS

Year	Arizona
2004	12.4%
2005	12.8%
2006	13.5%
2007	14.4%
2008	14.6%



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State Regulations for Child Care: Healthy Eating and Physical Activity

ARIZONA OVERALL GRADE: **C**

Healthy Eating Grades

Centers

Homes

C+

C

Centers	Homes	Healthy Eating Regulations in Arizona
		Foods of low nutritional value are served infrequently
		Sugar sweetened beverages are not served
		Children older than two years are served reduced fat milk
✓		Clean, sanitary drinking water is available for children to serve themselves throughout the day
✓	✓	Nutrition education is offered to child care providers
		Juice is limited to a total of 4-6 ounces per day for children over one year of age
✓	✓	Child care providers do not use food as a reward or punishment
✓		Nutrition education is offered to children
		At least one child care provider sits with children at the table and eats the same meals and snacks
	✓	Providers encourage, but do not force, children to eat

*Checkmark indicates presence of state regulation

Physical Activity Grades

Centers

Homes

C

C

Centers	Homes	Physical Activity Regulations in Arizona
✓	✓	Children are provided with physical activity daily
		Television, video, and computer time are limited
		Child care providers do not withhold active play time as punishment
✓	✓	Children with special needs are provided opportunities for active play while other children are physically active
		Children are provided outdoor active play time
		Physical activity education is offered to child care providers
		At least one provider joins children in active play
		Shaded areas are provided during outdoor play
✓	✓	Children are not seated for long periods of time
		Physical activity education is offered to children

*Checkmark indicates presence of state regulation

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Can We Fix This? What do we know

- No fix-it-all approach
- Food environments
- Activity environments/Built environments
- Families, caregivers, teachers, doctors all working together



Intervention Strategies

- Childcare environments are key for cultivating healthy habits at an early age
 - Breastfeeding
 - Nutrition
 - Physical Activity
 - Screen Time
- Empower: One solution for change



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So what is Empower?

- Empower Centers receive a reduction in licensing fees
- Nutrition, Physical Activity, and Tobacco Prevention Standards
- “Empower Pack” Resources for Center
- Three year pilot program

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Empower – Why?

- Rise in childhood obesity
- Harmful effects of tobacco
- Best practices for policy change
- Wide impact – over 80% of preschool children spend time in non-parental care





Standard 1 Structured Physical Activity

- Planned and directed by caregiver or teacher
- At least 60 minutes a day for children over three years of age





Standard 2 Limit Screen Time

- Screen time includes TV/DVD, computer, and video games
- No more than one hour a day for children over three years of age
- Less screen time means more time for play

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Standard 3 Sedentary Activity



Sedentary = Physical Inactivity



Standard 4 Water



- Most infants do not need water
- Offer water at least four times a day for children over one year of age
- Water should not displace milk or juice served for meals and snacks



Standard 5

1% Low Fat and Fat Free Milk



- Breastmilk or iron fortified formula for infants
- Whole milk for one year olds only
- 1% Low Fat or Fat Free Milk for children over two years of age



Standard 6 Fruit Juice



- 100% juice with no added sugars
- No more than 4 - 6 ounces per day
- No fruit juice for infants



Standard 7 Family Style Meals

- Family-style meal service means serving foods in bowls or dishes on the table.
- Children are encouraged to serve themselves or serve themselves with help from an adult.





Standard 7

Family Style Meals Cont.

- Caregivers eat the same food, promote healthy eating habits, and create a positive meal-time environment.
- Enough food must be placed on the table to provide the full required portion size for all the children at the table.

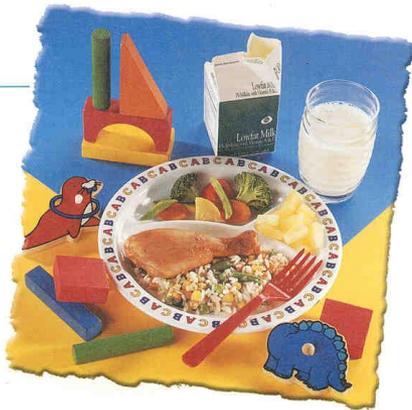
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Standard 8 Child and Adult Care Food Program

Why CACFP:

- Children who receive CACFP meals eat healthier food than children who bring meals and snacks from home
- Helps with menu planning and food costs





Standard 9 Smoke Free Campuses



- Centers and day care homes
- Totally smoke free
- 24 hours a day



Standard 10

Tobacco Education for Families

- Education and referral
- Tobacco prevention, cessation, and second hand smoke
- Four times a year
- ADHS provided materials

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Coming Soon...



Eating Smart from the Start provider
training from ADHS



Next Steps

MODEL STATE CHILD CARE REGULATIONS

Healthy Eating

- High fat*, high sugar, and high salt foods are served less than one time per week or are not served
- Sugar sweetened beverages are not served
- Children older than two years are served reduced fat milk (skim or 1%)
- Clean, sanitary drinking water is available for children to serve themselves throughout the day
- Nutrition education is offered to child care providers at least one time per year
- Juice is limited to a total of 4-6 ounces or less per day for children over one year of age
- Child care providers do not use food as a reward or punishment
- Nutrition education is offered to children at least three times per year
- At least one child care provider sits with children at the table and eats the same meals and snacks
- Providers encourage, but do not force, children to eat

*saturated fat and trans fat

Physical Activity

- Children are provided with 60 minutes of physical activity per day, a combination of both teacher led and free play
- Television, video, and computer time are limited to one time per week or less and not more than 30 minutes each time
- Child care providers do not withhold active play time as punishment
- Children with special needs are provided opportunities for active play while other children are physically active
- Children are provided outdoor active play time at least two times per day
- Physical activity education is offered to child care providers at least one time per year
- At least one provider joins children in active play at least one time per day
- Shaded area provided during outdoor play
- Children are not seated for periods longer than 30 minutes except when sleeping or eating
- Physical activity education is offered to children at least three times per year



Call to Action

- **Families can join caregivers/teachers in planning programs to prevent childhood obesity and encourage healthy living. Families may also want to incorporate some of these same strategies and practices at home.**
- **Caregivers/Teachers can develop practices, policies, and staff training to ensure that children's programs include healthy, age-appropriate feeding, abundant physical activity, and limited screen time.**
- **Health Care Professionals are able to assist families and caregivers/teachers to choose feeding plans, develop active playtimes, and limit screen time that encourage children's development of healthy habits.**

**CFOC: Preventing Childhood Obesity in Early Care and Education Programs*



Call to Action Cont.

- **Regulators have evidence-based rationale to develop regulations that support the prevention of obesity and promote healthy habits.**
- **Early Childhood Systems can build integrated nutrition and physical activity components into their systems that promote healthy lifestyles for all children.**
- **Policy-makers are equipped with sound science to meet emerging challenges to children's development of lifelong healthy behavior and life styles.**
- **Academic Faculty of early childhood education programs can instill healthy practices in their students to model and use with children upon entering the early childhood workplace.**

**CFOC: Preventing Childhood Obesity in Early Care and Education Programs*

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Questions



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