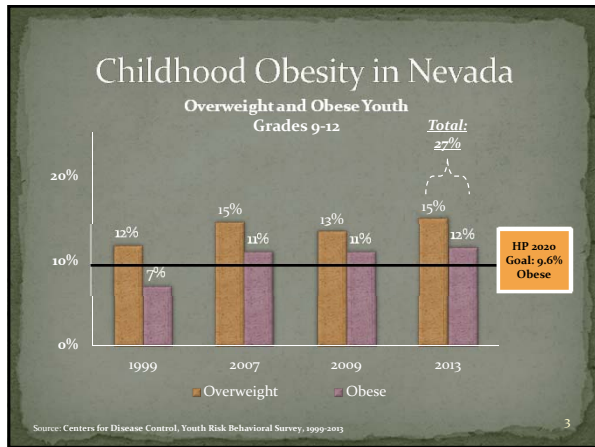
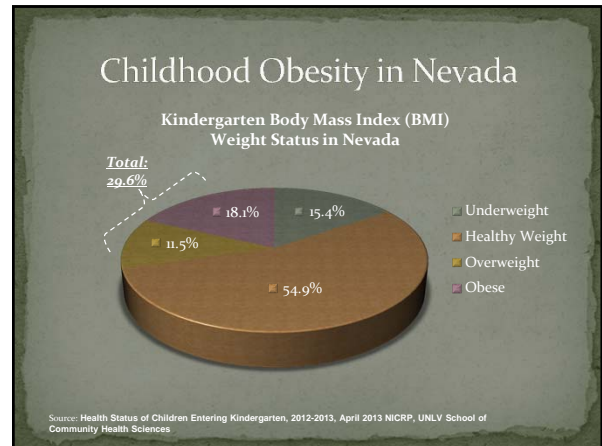


Obesity Prevention & Early Care and Education

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- ## Obesity Prevention in Early Care & Education
- ❑ In 2007-2008, 10.4% of children aged 2 to 5 years were obese in the U.S.
 - ❑ Today, a third of U.S. preschool children aged 2 to 5 years are overweight or obese.
 - ❑ Higher rates of obesity are found among Latino (14.2%) and non-Latino Black (11.4%) children, compared to non-Latino White children (9.1%).
- Source: Weight of the Nation™ Early Care and Education Policy Review June 2012

- ## CDC Grant Funding
- The Nevada Division of Public and Behavioral Health - Chronic Disease Prevention and Health Promotion section has received grant funding to focus on the prevention and control of diabetes, heart disease, obesity and school health.
 - The primary strategies of this grant include system and environmental changes relating to: early child care and education standards, physical activity/education standards, and worksite wellness policies.
 - We are currently in year 3 of the 5 year grant period. Years 1 and 2 were spent establishing key partnerships and identifying/beginning implementation of evidence based interventions. With the support of this grant, we anticipate having a long term commitment in schools, child care centers, and worksites.
 - We look forward to working with community stakeholders to advance state benchmarks pertaining to the prevention of childhood and adult obesity in Nevada.


Obesity Prevention Highlights

Early Child Care & Education Settings	<ul style="list-style-type: none"> • Ages 0-5 • Policy, Systems and Environmental Change Focused
School Health	<ul style="list-style-type: none"> • Ages 5-18 • Health Promotion and Policy, Systems and Environmental Change Focused
Worksite Wellness	<ul style="list-style-type: none"> • Ages 18+ • Health Promotion and Policy, Systems and Environmental Change Focused
Community Settings	<ul style="list-style-type: none"> • All Ages • Policy, Systems and Environmental Change Focused


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Early Care & Education Settings

- As of December 2013, Nevada licensing regulations fully meet 3 of the 47 National Health & Safety Standard components for obesity prevention in Early Care and Education settings
- Providing training and technical assistance to Child Care Licensing Staff, ECE Directors and ECE Staff on:
 - Nutrition Standards
 - Physical Activity Standards
 - Breastfeeding Support
 - Decreased Screen/Media time
- Collecting data on impact and performance standards for program evaluation



Preventing Childhood Obesity in Early Care and Education Programs, 2nd Ed.



- Spin Off of CFOC
- Published July 2010
- Nutrition, Physical Activity and Screen Time Standards

Degree to which State Licensing Regulations Contain 47 Selected Components of the Caring for Our Children: National Health & Safety Performance Standards for Early Care & Education Programs (3rd Ed.)²

Infant Feeding	Nevada	Fully Present	Partial	Missing	Contradict
CFOC Standard Component Description	# of States	# of States	# of States	# of States	# of States
IA1 Encourage/support BF by onsite arrangements for moms to BF	Missing	6	13	32	0
IA2 Serve milk or formula to at least 12 months	Missing	21	6	21	3
IB1 Feed infants on cue	Missing	28	4	19	0
IB2 Do not feed infants beyond satiety/allow infant to stop the feeding	Missing	0	23	28	0
IB3 Hold infants while bottle feeding	Partial	8	29	14	0
IC1 Develop plan for introducing age appropriate solid foods in consultation with parent	Partial	0	34	17	0
IC2 Introduce age-appropriate solid foods no sooner than 4 months, preferably at 6 months	Missing	1	24	25	1
IC3 Introduce BF infants gradually to iron-fortified foods no sooner than 4 months, preferable at 6 months	Missing	0	26	25	0
ID1 Do not feed an infant formula mixed with cereal, juice or other foods	Missing	1	1	49	0
ID2 Serve whole fruits, mashed or pureed, for infants 7 mo up to 1 year	Missing	0	1	17	33
ID3 Serve no fruit juice to children younger than 12 months	Missing	0	2	17	32

Nutrition	Nevada	Fully Present	Partial	Missing	Contradict
CFOC Standard Component Description	# of States	# of States	# of States	# of States	# of States
NA1 Limit oils by choosing mono and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Missing	2	1	48	0
NA2 Serve meats and/or beans, avoiding fried meats	Missing	3	33	15	0
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat variants for 2 years and older	Missing	2	30	18	1
NA4 Serve whole milk to 12 - 24 month olds who are not on human milk, or serve reduced fat milk to those at risk for hypercholesterolemia or obesity	Missing	0	5	46	0
NA5 Serve skim or 1% milk to 2 years and older	Missing	3	1	46	1
NB1 Serve whole grain breads, cereals, and pastas	Missing	4	25	22	0
NB2 Serve vegetables (dark green, orange, deep yellow and root, such as potatoes and yandas)	Missing	4	32	15	0
NB3 Serve fruits of several varieties, especially whole	Missing	10	28	13	0
NC1 Only 100% juice, no added sweeteners	Missing	30	1	19	1
NC2 Offer juice (100%) only during meal times	Missing	1	2	48	0
NC3 No more than 4 - 6 oz. juice/day for 1 - 6 year olds	Missing	0	32	19	0
NC4 No more than 8 - 12 oz. juice/day for 7 - 12 year olds	Missing	1	30	20	0
ND1 Water available inside and outside	Fully	13	17	21	0
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally appropriate to nutritional needs	Missing	0	3	48	0
NE2 Adults eating meals with children eat items that meet standards	Missing	0	0	51	0
NF1 Serve small-sized, age-appropriate portions	Partial	32	5	14	0
NF2 Permit children to have 1 or more additional servings of nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the child and teach children who require limited portions about portion size and monitor their portions	Partial	2	26	18	5
NG1 Limit salt by avoiding salty foods (chips, pretzels)	Missing	3	0	48	0
NG2 Avoid sugar, including concentrated sweets (candy, sodas, sweetened drinks, fruit neclars, flavored milk)	Contradicts	0	4	19	28
NH1 Do not force or bribe children to eat	Partial	1	27	23	0
NH2 Do not use food as a reward or punishment	Fully	5	37	9	0

Physical Activity	Nevada	Fully Present	Partial	Missing	Contradict
CFOC Standard Component Description	# of States	# of States	# of States	# of States	# of States
PA1 Provide adequate space, both inside and outside play	Fully	36	6	9	0
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote PA	Missing	0	1	50	0
PA3 Develop written policies on the promotion of PA and the removal of potential barriers to PA participation	Missing	1	0	50	0
PA4 Require caregivers/teachers to promote children's active play, and participate in children's active games at times when they can safely do so	Missing	0	0	51	0
PA5 Do not withhold active play from children who misbehave	Partial	7	13	31	0
PB1 Do not utilize media (TV, video, dvd) viewing and computer with children younger than 2 years	Missing	1	14	36	0
PB2 Limit total media time for 2 year olds and older to no more than 30 min/week	Missing	0	13	38	0
PB3 Limit media time only for educational purposes or PA	Missing	4	2	45	0
PB4 Do not utilize TV, video, or dvd viewing during meal or snack time	Missing	0	0	51	0
PC1 For birth - 6 years, provide 2 - 3 occasions daily of active play outdoors, weather permitting	Partial	4	34	13	0
PC2 Toddlers 60 - 90 min/8-hr day for moderate to vigorous PA	Partial	0	33	18	0
PC3 Preschoolers 90 - 120 min/8-hr day for moderate to vigorous PA	Missing	0	32	19	0
PD1 Children birth - 6 years, 2 or more structured or adult-led activities or games that promote movement daily	Missing	1	7	43	0
PE1 Daily supervised tummy time for infants	Missing	6	0	45	0
PE2 Use infant equipment (swings, stationary centers, seats, bouncers) only for short periods of time if at all	Partial	1	13	35	2

Modifying Current Standards Will Impact Obesity Outcomes of Children in Nevada

Goals & Strategies:

Reduce Overweight & Obesity Rates - Children and youth reach healthy weight levels by increasing consumption of fruits and vegetables and physical activity levels

- Increase Physical Activity**
 - Children and youth increase physical activity levels by actively engaging in daily recommended levels
- Increase Consumption of Fruits and Vegetables**
 - Children and youth increase consumption of fruits and vegetables to daily recommended levels
- Support Breastfeeding**
- Decrease Screen/Media Time**

Partnership with The Children's Cabinet

- The Children's Cabinet created three classes and trained their staff statewide on :
 - Increasing Physical Activity and Reducing screen time
 - Supporting Breastfeeding in child care
 - Nutritional Food choices in child care



Chronic Disease Prevention

Reach • October 1, 2014 – June 30, 2015

Class	Classes	Attendees	Sites	Capacity	TA Sites
Breastfeeding	12	123	17	2495	5
Nutrition	13	256	42	4453	2
Physical Activity	20	299	54	4191	13
TOTAL	45	678	112	11139	20
<i>Unduplicated</i>		604	82	9190	20



Workshop training evaluations:

- 100% evaluation return rate
- 100% of providers satisfied with the training
- 98.79% increase in knowledge in topic

Partnership with The Children's Advocacy Alliance

- The Children's Advocacy Alliance is maintaining a statewide ECE Obesity Prevention Taskforce comprised of approx. 8-10 ECE champions in Nevada.
 - For 2015, this taskforce is focused on drafting and publishing an ECE Obesity Prevention State Plan that includes outlining priorities and key partnerships for the next three years.

Next Steps

- Align Pre-K standards with already existing national obesity prevention standards
- Leverage training and technical assistance opportunities
- Incorporate Pre-K priorities and initiatives in ECE Obesity Prevention State Plan.
- Partnership between Health and Education

Resources

- Let's Move Technical Assistance Manual
 - http://healthykidshealthyfuture.org/content/dam/hsf/ilebos/resources/LMCC_TA_Manual_FINAL.pdf
- Nevada Department of Education- A Guide to Wellness Best Practices for Infants, Children and Youth in NV Child Care Settings
 - http://doe.nv.gov/HotTopics/2014/WellnessGuidelines_Final.pdf
- Child and Adult Care Food Program Meal Patterns
 - <http://www.fns.usda.gov/cacfp/meal-and-snacks>

QUESTIONS?



Contact Us

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"Never doubt that a small group of thoughtful, committed citizens can
change the world; indeed, it's the only thing that ever has."

- Margaret Mead