Preventing Childhood Obesity in Early Care and Education Settings:
New National Standards on Nutrition and Physical Activity

Marilyn J. Krajicek, Ed.D., R.N., F.A.A.N., Director, NRC
Geraldine D. Steinke, Ph.D., Research Director, NRC
Judy Collins, Licensing Consultant, Past Pres., NARA
Ginny Torrey, Program Specialist, NRC

National Resource Center for Health and Safety in Child Care and Early Education (NRC)

University of Colorado College of Nursing
National Resource Center for Health and Safety in Child Care and Early Education
Website: http://nrckids.org

Marilyn J. Krajicek

Searchable full text of:

- New Preventing Childhood Obesity
- Caring for Our Children
- Stepping Stones
- All 50 states and 2 territories licensing regulations
- Dental Checklist
- Healthy Kids, Healthy Care
- A Parent’s Guide to Choosing Safe and Healthy Child Care
NRC merges science and best practices into useful resources, benefiting

- Children
- Families
- ECCS & State Planners
- States’ Licensing Agencies
- Caregivers and Teachers
- Health Professionals
- National Partners in Child Development
Caring for Our Children (CFOC)

- Definitive source on best practice in health and safety in early care and education settings
- Evidence-based
- Expert consensus
- Nationally recognized
- Model for health & safety practices
- Full 3rd Ed. To be published 1st qtr. 2011
Caring for Our Children (CFOC)

Partners

• American Academy of Pediatrics (AAP)
• American Public Health Association (APHA)
• National Child Care Consultant Training Institute, University of North Carolina at Chapel Hill
• National Resource Center for Health and Safety in Child Care and Early Education, University of Colorado (NRC)

Funded through
Maternal and Child Health Bureau, Health Resources and Services Administration, USDHHS Cooperative Agreement (MCHB)
Caring for Our Children (CFOC)
Revision Process

• 2nd edition (current edition) published in 2002
• 3rd edition Revision almost completed, to be published 1st quarter of 2011
• 3 year revision process
• 10 Technical Panels - 85 panel members - Content Experts from AAP, APHA and special subject specialists –including NARA representatives
New nutrition, physical activity and screen time standards for child care released July 2010 from Caring for Our Children
NEW- Preventing Childhood Obesity in Early Care and Education Programs

• Accelerated Standards from forthcoming *Caring for Our Children, 3rd Edition:*
  
  ▪ NUTRITION
    ▪ variety of healthy foods
    ▪ promote positive mealtime environment
  ▪ PHYSICAL ACTIVITY
    ▪ daily indoor & outdoor activities
  ▪ LIMIT SCREEN TIME

• Available on NRC website to download and view:

Print copies for sale from:
  AAP – [www.aap.org](http://www.aap.org)
  and APHA – [www.apha.org](http://www.apha.org)
Expert Panel Members

- Pediatricians
- Nurses
- Maternal and Child Health Professionals
- Caregivers and Teachers
- Nutritionists
- Other Health Professionals
- Breastfeeding Experts
- Physical Activity Experts
- Child Development Specialists
- Parents
- Child Care Licensing Staff
Task Force Recommendation 1.11:

States should be encouraged to strengthen licensing standards and Quality Rating Improvement Systems to support good program practices regarding nutrition, physical activity, and screen time in early education and child care settings.
Both federal guidance and state policies and practices may be drawn from:

- The guidelines for Out-of-home Child Care Programs that will be outlined in the soon-to-be released third edition of *Caring for Our Children: National Health and Safety Performance Standards*. These nationally recognized standards include health and safety practices such as physical activity, nutrition, and limited screen time for children from birth to age 12 in all type of early childhood settings.
Using “Preventing Childhood Obesity”
CFOC Standards

- **National and State Campaigns** can use to build integrated nutrition and physical activity components in their systems.

- **Caregivers/Teachers** can use to develop and implement practices and policies and use in staff training.

- **Families** can support and join with caregivers/teachers in the implementation of healthy practices. They can also reinforce at home.
• **Regulators** can use to develop and/or improve state regulations that support the prevention of obesity and promote healthy habits.

• **Health care professionals** can assist families and providers with sound evidence-based rationale for implementing and following healthy lifestyles.

• **Academic faculty** can use standards as a resource to prepare students for entering the early childhood workplace.
How Standards Address Problem of Childhood Obesity in Early Care and Education Settings

- promote eating a variety of healthy foods
- advocate breastfeeding of infants
- emphasize and promote daily physical activity
- limit access to screen time
- partner with families to promote healthy eating practices and lifestyles
- encourage collaboration among families, caregivers, and community health partners
Opportunities for Early Care and Education Programs to help Prevent Obesity in Children

- early identification of problem
- professional health team working with families to prevent obesity
- education environment – teaching and learning
- prevention and early intervention strategies
- promote goal of achieving standard of nutrition, physical activity, and limited screen time
Resources

• Licensing Toolkit (soon to be available)
• Spanish Version of the *Preventing Childhood Obesity* Standards
• Family Checklists on Nutrition and Physical Activity
• Motion Moments
  • Physical Activity Videos for Early Care and Education
• All will be available on the NRC website
  
  [http://nrckids.org](http://nrckids.org)