



**National Resource Center  
for Health and Safety  
in Child Care and  
Early Education**

# Creation of the Licensing Toolkit

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# NRC Healthy Weight Advisory Committee

- Goal: to assist early care and education settings to contribute to the prevention of obesity in children
- Partnership with MCHB, ACF and NRC
- Committee of 21 convened in July 2010
- The Licensing Toolkit emerged from this meeting





# Licensing Toolkit Vision

- Goal: to assist states' licensing personnel to strengthen their licensing regulations related to preventing childhood obesity in child care
  - Develop short, concise, reader friendly fact sheets about just one indicator
  - Target different audiences
    - Licensing Agency
    - Legislator
    - Child Care Provider

# Licensing Advisory Panel

- NRC reached out to the National Association for Regulatory Administration (NARA) as they created panel
- 7 licensing experts from across the country
- Advise toolkit scope and development
- Work accomplished through conference calls and Google docs



# Action Sheets Development

- Identify indicator for prototype
  - Reviewed information from July meeting
  - Amount of research available
  - Difficulty in enforcement
- Determine structure for various audiences
- Content developed by 3 teams of 2
  - Research, conference calls, created drafts on Google docs
- Biggest challenge was to be BRIEF enough

# Action Sheet Content

- How to Avoid or Limit Foods High in Sugar
  - Introduction- clearly spells goal
  - Did You Know?
  - What Can You Do?
  - Why Is This Important?
  - What Should Your Regulations Include/Say?
  - How Can You Promote Understanding?
  - How Can You Partner with Your Children's Families?
  - References and Resources

# Focus Group Test

- NRC developed field test methodology with University of Colorado and LAP
- LAP assisted in state selections
- NARA recruited the states
- Facilitator developed a set of questions
- Two focus groups conducted via conference calls involving 5 states
- WA, MT, LA, TN, FL



# Results

- Draft of final report in review
- Comments from focus groups positive
  - Plain talk
  - Research based
  - Professional appearance
  - Coming from professionals in the field
  - Multiple uses
  - **SHORT!**
- NRC anticipates release in late February

**Thank you!**