

WELL-AHEAD



WELLAHEADLA.COM

**Early Childhood Stakeholder
Roundtable Discussion**

October 24, 2019



Agenda

- Welcome, Icebreaker and Introductions
- Nemours & Supporting Healthy Practices in ECE
- Spectrum of Opportunities & Discussion
- 10 minute break
- Nemours Year 1 & Year 2 Action Plan
- Open Discussion & Feedback
- Next Steps & Action Steps

Icebreaker

Please share the following:

- Name
- Organization
- Current Role
- What was your favorite outdoor activity as a child?



Why are we here?

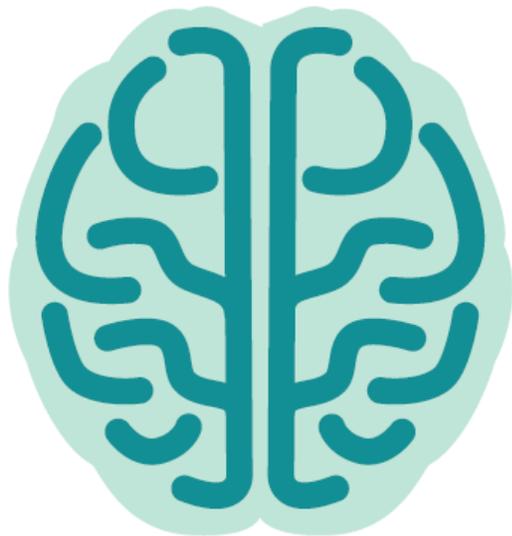


A Healthy Start for a Healthy Future

- Louisiana's future – its children – depends on strategic, comprehensive, sustainable policies and practices that promote healthy lifestyles.
- Approximately 1 in 3 Louisiana children is overweight or obese.
- There are serious medical, psychological, and economic costs associated with childhood obesity.

Promoting Healthy Behaviors

- Take a moment to think about the primary behaviors associated with childhood obesity.



- In Louisiana, we want to promote a healthy start for every child through the following:
 - Reduce Screen time
 - Providing Healthy Beverages
 - Increase Physical Activity
 - Nurture Healthy Eaters
 - Support Breastfeeding

NEMOURS & SUPPORTING HEALTHY PRACTICES IN EARLY CHILDHOOD



About Nemours

- Nemours is a nonprofit pediatric health system dedicated to:
 - ✓ Life-changing medical care and research.
 - ✓ Helping kids grow up healthy.
 - ✓ Advocating for kids nationally.
 - ✓ Training tomorrow's pediatric experts.
- In 2018, Nemours launched **Healthy Kids, Healthy Future Technical Assistance Program** to address childhood obesity and support healthier practices in early childhood.

Nemours Healthy Kids, Healthy Future

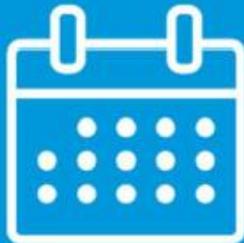
5 years

Cooperative Agreement
August 2018 - July 2023
(6 NU380T000304-01-02)



2

Project Year 2
August 1, 2019 - July 31,
2020



3

'Projects'
1) ECE Organizations
2) National Program
3) T/TA for Physical
Activity



1

Target Population:
Statewide ECE
Organizations



10

Technical Assistance and
Partnership Support
(TAPS) States



Alabama

Florida

Georgia

Iowa

Kansas

Louisiana

Maine

New Jersey

Virginia

Wisconsin

Nemours Five Healthy Goals

- Reduce Screen time
- Providing Healthy Beverages
- Increase Physical Activity
- Nurture Healthy Eaters
- Support Breastfeeding





Long Term Goals for the Nemours Grant

- Implement and integrate nutrition, physical activity, breastfeeding and screen time standards into statewide ECE systems.
- Improve ECE facility level policies, practices, and environments related to nutrition, breastfeeding support, physical activity and screen time.
- Implement best practices related to nutrition, physical activity, breastfeeding and screen time.



Partnership is Key to Achieving Goals

- Successful state efforts require strong partnerships among stakeholders from both the state's ECE and public health arenas, as well as careful consideration of factors that impact the viability of any opportunity at a given point in time.
- The purpose of the roundtable discussions is the following:
 - Assess and Strengthen Partnerships
 - Develop a Shared Action Plan and Logic Model

NEMOURS YEAR 1 ACCOMPLISHMENTS



Go NAPSACC

Through Nemours funding, Louisiana child care centers have free access to Go NAPSACC.

- **Participation:**

- 143 programs are participating in Go NAPSACC
- A total of 10,538 children have been reached.

- **Technical Assistance:**

- There are 17 trained consultants in our state.
- Consultants have spend a total of 216.5 hours providing technical assistance to site.

- **Training:**

- Well-Ahead provided an introductory training for new consultants was held. A total of 25 consultants participated in the training.



WellSpot Designation Program

- WellSpots are spaces and places throughout our state that promote healthy choices where we live and work.
- After meeting a set of wellness benchmarks, they are designated as a Level 1, 2 or 3 WellSpot. Level 1 is the highest level of designation.
- Currently, there are WellSpot Designation for the following organization types:
 - **Child Care Centers**
 - Schools
 - Colleges & Universities
 - Worksites
 - Hospitals
 - Healthcare Facilities
 - Restaurants
 - Faith-based Organizations



Child Care Center WellSpots

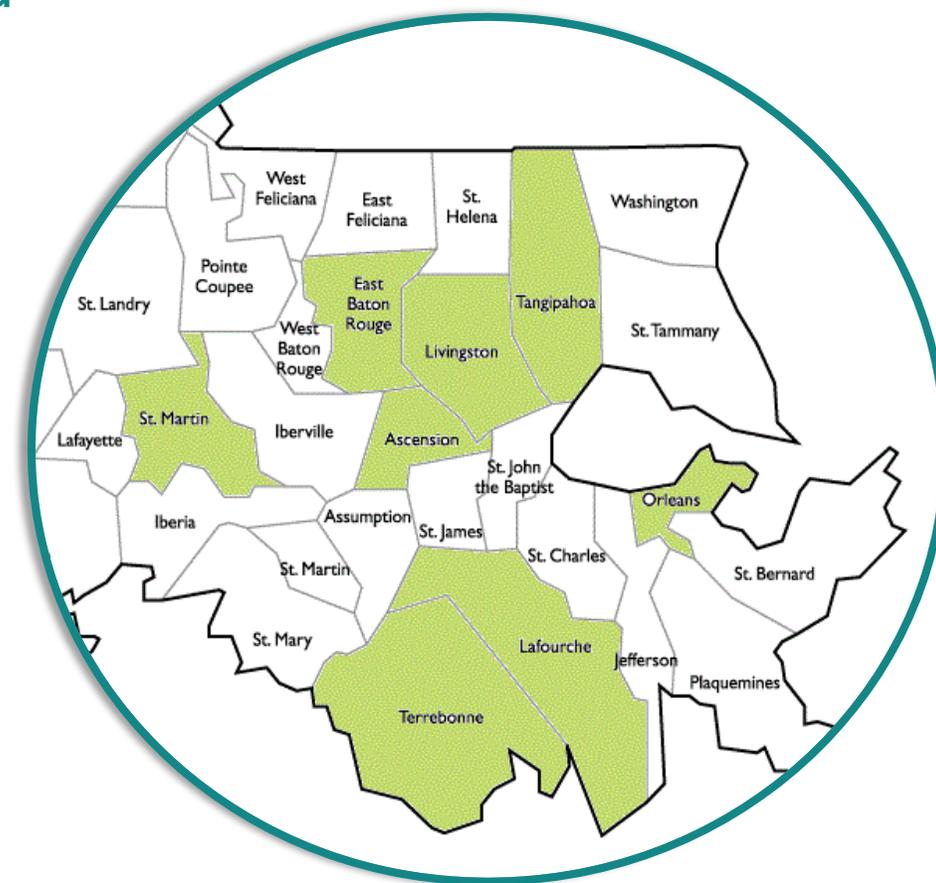
- In Summer of 2019, Well-Ahead worked with state and national partner to update the child care center WellSpot Benchmarks. The following updates were made:
 - Integration of Go NAPSACC within the benchmarks.
 - Ensuring benchmarks meet and enhance Bulletin 137.
 - Ensuring benchmarks address the five goals of Nemours.
- **Participation Numbers:**
 - There are a total of **244 child care centers** participating in WellSpot Designation.

CATCH Cohort

In August 2019, Well-Ahead Louisiana launched a **CATCH (Coordinated Approach to Child Health) cohort**. The cohort includes 21 teachers/directors from 14 different child care centers across the southern region.

The cohort will includes the following:

- A full day implementation training.
- Free CATCH curriculum and physical activity kit.
- Participate in Go NAPSACC and WellSpot Designation.
- Monthly follow-up technical support from the Early Childhood Coordinator.



GIS Mapping of CACFP

- A GIS map was created with Child Care Aware of America. The GIS maps shows the following:
 - Location of Food deserts in our state.
 - The location of CACFP providers.
 - The location of non-CACFP providers.
 - Concentrated areas of poverty.
- If you are interested in viewing the map: <https://arcg.is/8q0HL>



YEAR 2 GOALS



June 2020 Goals

- Convene roundtable discussions on integration of obesity prevention best practices within Louisiana ECE systems.
- Develop shared action plan and logic model to guide the statewide efforts to support local change and integration of best practices in ECE systems.
- Work with partners to accomplish the following:
 - Increase number of child care center WellSpots.
 - Increase the number of child care centers using Go NAPSACC.
 - Increase the number of Go NAPSACC trained Technical Assistance providers.
 - Increase the number of Pathways approved training on obesity prevention topics.
 - Supporting CATCH cohort and share lessons learned.