



ECE Stakeholder Roundtable Discussion #1: Obesity Prevention in Louisiana

Antinea Johnson

Early Childhood Coordinator

Well-Ahead Louisiana

Louisiana Department of Health | Office of Public Health

504.568.2906 | Antinea.Johnson@la.gov

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

Please share the following:

- Name
- Organization
- Current Role


Icebreaker

What was your favorite outdoor activity as a child?



Objectives

- Data around obesity in Early Care & Education
- The Spectrum of Opportunities Framework
- Spectrums implemented in Year 1 & Year 2 in Louisiana
- Future Priority Areas & Action Steps



Data Surrounding Obesity

Obesity and Children

CHILDHOOD OBESITY IS A MAJOR THREAT TO THE UNITED STATES

1^{IN} 4

Nearly **1 in 4** children (aged 2 to 5) are overweight or have obesity.

Obesity puts children at risk for **Type 2 diabetes, asthma, anxiety and depression, and low self-esteem.**



Obesity costs the US health care system **\$147 billion** a year.

Childhood Obesity Facts

- Children who are overweight or obese as preschoolers are five times more likely to become obese adults than children that are at a healthy weight.



Behavior Related Causes

Weight Gain

- High calorie, low-nutrient foods and beverages.
- Not getting enough physical activity.
- Sedentary activities – screen time.
- Medication use
- Sleep Routines

Healthy Weight

- Eating Healthy – variety of vegetables, fruits, whole grains and lean proteins.
- Physically Active
- Balancing calorie consumed foods with calories burned.

Potential Solution

The ECE setting **DIRECTLY** influences what kids eat and drink and can have ripple effects



Over **60%** of 3-5 year olds are in child care weekly

At least **11 million** children under 6 spend **30 hours** a week on average in child care

Nemours Healthy Kids Healthy Future

The Basics...



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



Who is Nemours?

Nemours Healthy Kids Healthy Future

- 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.

The logo for Nemours Children's Health System. It features the word "Nemours" in a blue serif font, followed by "Children's Health System" in a blue sans-serif font. A red horizontal line is positioned below the word "Nemours".

Nemours. Children's Health System

Nemours

Nemours at a Glance

- 1.8 million visits
- 470,000 unique patients
- 3,800 trainees (residents and fellows)
- 847 employed physicians
- 218 researchers
- 42 specialties and subspecialties
- 8,000 employees
- 80 pediatric care locations
 - Delaware
 - New Jersey
 - Maryland
 - Pennsylvania
 - Florida





Nemours HKHF: Five Healthy Goals

Nemours: Five Healthy Goals

- Reduce Screen time – What is appropriate screen time by age?
- Providing Healthy Beverages – Which beverages are best?
- Increase Physical Activity – Get kids moving!
- Nurture Healthy Eaters – Practices that develop healthy eating habits.
- Support Breastfeeding – Learn the benefits of breastfeeding.



- Serve fruits and vegetable at every meal.
- Engage children with smelling, tasting and feeling the food.
- Family-style dining creates an opportunity for positive role modeling.
- Provide a variety of nutritious foods.

Nurture Healthy Eaters



**GO
FOODS**
Eat anytime



**SLOW
FOODS**
Eat sometimes



**WHOA
FOODS**
Once in awhile

Provide Healthy Beverages

- Water should be available at all times indoor and outdoors.
- Serve children age 2 and older 1% skim or low-fat milk.
- Children age 1-2 need whole milk to help their brains and bodies develop and grow.
- Have child-sized cups and pitchers of water available.
- Try adding fruit slices to water for flavor.



Increase Physical Activity

- Babies (0-12 months) should get short, supervised periods of tummy time two to three times a day.
- Toddlers (12 – 24 months) should have 60 minutes or more of active playtime, both indoor and outdoor.
- Preschoolers (2 – 5 years old) should have 120 minutes or more of active play time, both indoor and outdoor.
- There should be a combination of teacher-led structured play and student-led free play.

- Screen time should be limited to no more than 30 minutes a week in child care.
- No screen time for children under age two.
- Preschoolers often engage in more than recommended screen time at home, so it is best to minimize screen time in child care.

Reduce Screen Time



Support Breastfeeding

- Breastmilk protects babies from infections and illnesses.
- Breastmilk provides a baby exactly what is needed to grow and thrive, and changes over time to keep up with needs.
- Breastfed babies are less likely to grow up to be obese or suffer from diabetes and asthma.
- Provide breastfeeding mothers access to a private, designated area with seating for feeding or pumping.



What can we do with this
information?

What are we trying to do?

- 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.



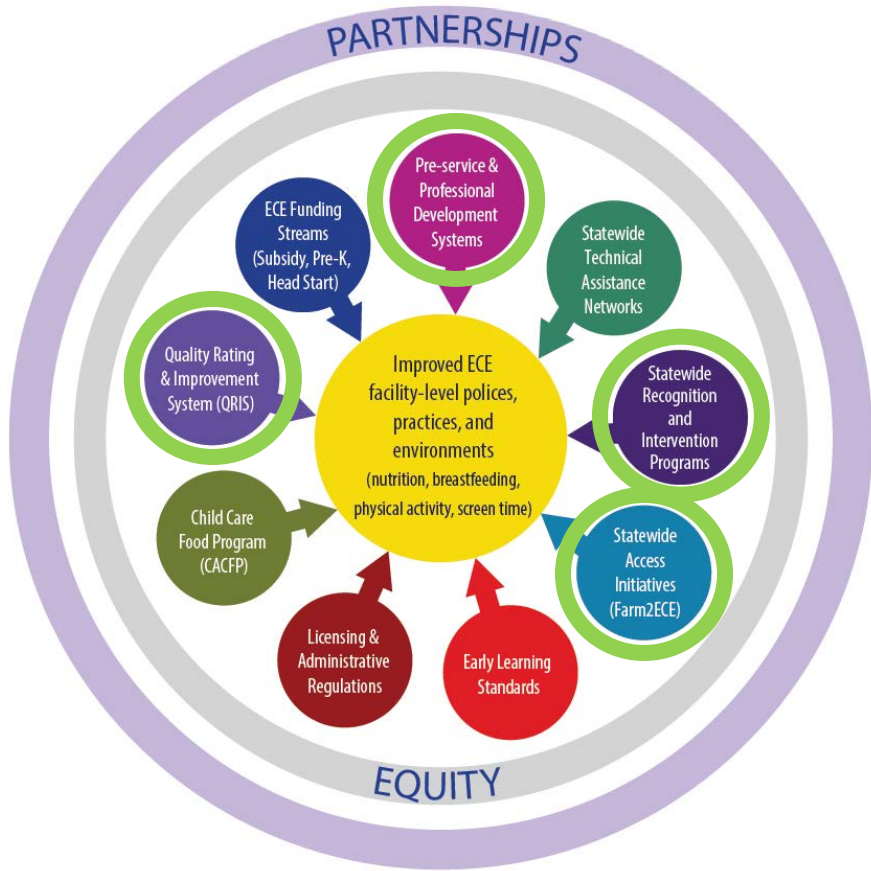
The Spectrum of Opportunities Framework & Discussion



Break – 10 Minutes

Nemours Year 1 & Year 2

Year 1 Spectrum of Opportunities



In year 1 we focused on the following Spectrums:

1. Statewide Recognition and Intervention Program.
2. Statewide Access (Farm to ECE)
3. Quality Rating & Improvement System
4. Pre-service & Professional Development Systems



Statewide Recognition and Intervention Program

Statewide Recognition and Intervention Program: Well-Spot Designation Program

- The Well-Spot designation program is our statewide recognition program available to schools, child care centers, colleges, hospitals, and restaurants.
- Well-Ahead Louisiana encourages organizations to implement healthy changes (wellness benchmarks) in their environments, such as becoming tobacco-free and providing healthy vending options.
- Organizations are designated as a Level 1, 2 or 3 Well-spot once they have met certain criteria.
- Once an organization is designated as a Well-spot they receive:
 - A recognition certificate from the Louisiana Department of Health.
 - An official Well-Spot decal to display on the entrance of the business.
 - The organization is added to the interactive Well-Spot Map. Wellaheadla.com

Statewide Recognition and Intervention Program

- During Year 1, outreach was conducted by Well Spot Representatives to increase the number of Child Care Centers that are Well-Spots.
- A social-media campaign and mailers were sent to create awareness of the Well Spot Designation program to Early Care and Education sites.
- In year 1 we went from 234 CCC Well Spots to 244 CCC Well spots.
- Updates were made to improve the Child Care Center benchmarks.

Child Care Center Benchmarks

- In order to be designated as a level 1, 2 or 3 Well-Spot, with Level 1 being the highest, child care centers must meet certain benchmarks.
- Examples of the benchmarks child care centers must meet:
 - ✓ Tobacco-free policy
 - ✓ Promote Louisiana Tobacco Quitline
 - ✓ Designation as a Breastfeeding Friendly Workplace
 - ✓ Enrolled and complete a self-assessment in Go NAPSACC
 - ✓ At least 50% of vending items must meet approved healthy vending guidelines.
 - ✓ No sugar sweetened beverages or unhealthy snacks consumed in front of children.

Updates to Child Care Center Benchmarks

- Examples of updates to the CCC benchmarks are as follows:
 - Child Care Centers must complete an action plan in one of the best practice modules in Go NAPSACC.
 - CCC staff must complete a training module in one of the GNS best practice module, which enhances the requirements set in Bulletin 137.
 - Implementation of 2 Outdoor Play and Learning Standards – 60 minutes of active play for toddlers and 120 minutes for preschoolers.
 - Implementation of three nutrition standards – Make clean drinking water visible and available indoor and outdoors and offered at every meal.



Spectrum


Statewide Access (Farm to ECE)

- School Nutrition Coordinator, Stephanie Jodeir lead the farm to ECE work.
- Serves on the statewide Farm to School Advisory Council – provide access to healthy food.
- A GIS (Geographic Information System) 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.
- The GIS map will be examined and discussed further during the January 23rd Roundtable Discussion.
- If you are interested in viewing the map: <https://arcg.is/8q0HL>

Opportunity: Quality Rating & Improvement System (QRIS)

Quality Rating & Improvement System (QRIS)

- The early childhood coordinator attended the 2018 QRIS National meeting held in New Orleans.
- Attended sessions on updates that will be implemented in Early Care and Education.
- Learn about partnerships developed by other states to implement standards on improving health-related practices in Early Care and Education.



Opportunity: Pre-Service & Professional Development System

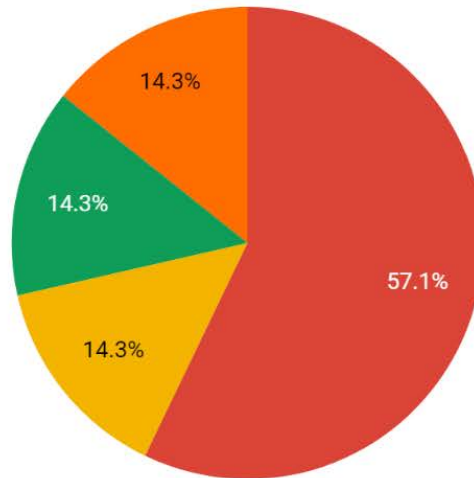
Key Informant Interviews

- An invitation to participate in a phone interview was sent to 29 early childhood stakeholders.
- From the invitations, a total of 9 telephone interviews were conducted.
- The purpose of the interview was to determine the efforts currently in place in our state that affect healthy practices in ECE sites in our states.
- Each stakeholder stated the importance of child health, but there was not a consistent set of standards followed by the interviewees.
- The interviews was the starting point in developing partnerships in determining which opportunities would best fit in our state.

Organizations Interviewed

Early Care and Education Stakeholders Interviewed

● Child Care Resource and Referral Agencies (CCR&Rs) ● Early Childhood Community Network ● Head Start and Early Start
● Vocational Schools, Community Colleges, and Universities



- Early Childhood Community Network
- Head Start
- State Early Childhood Advisory Council
- Louisiana Department of Education
- Child Care Resource & Referral Agencies

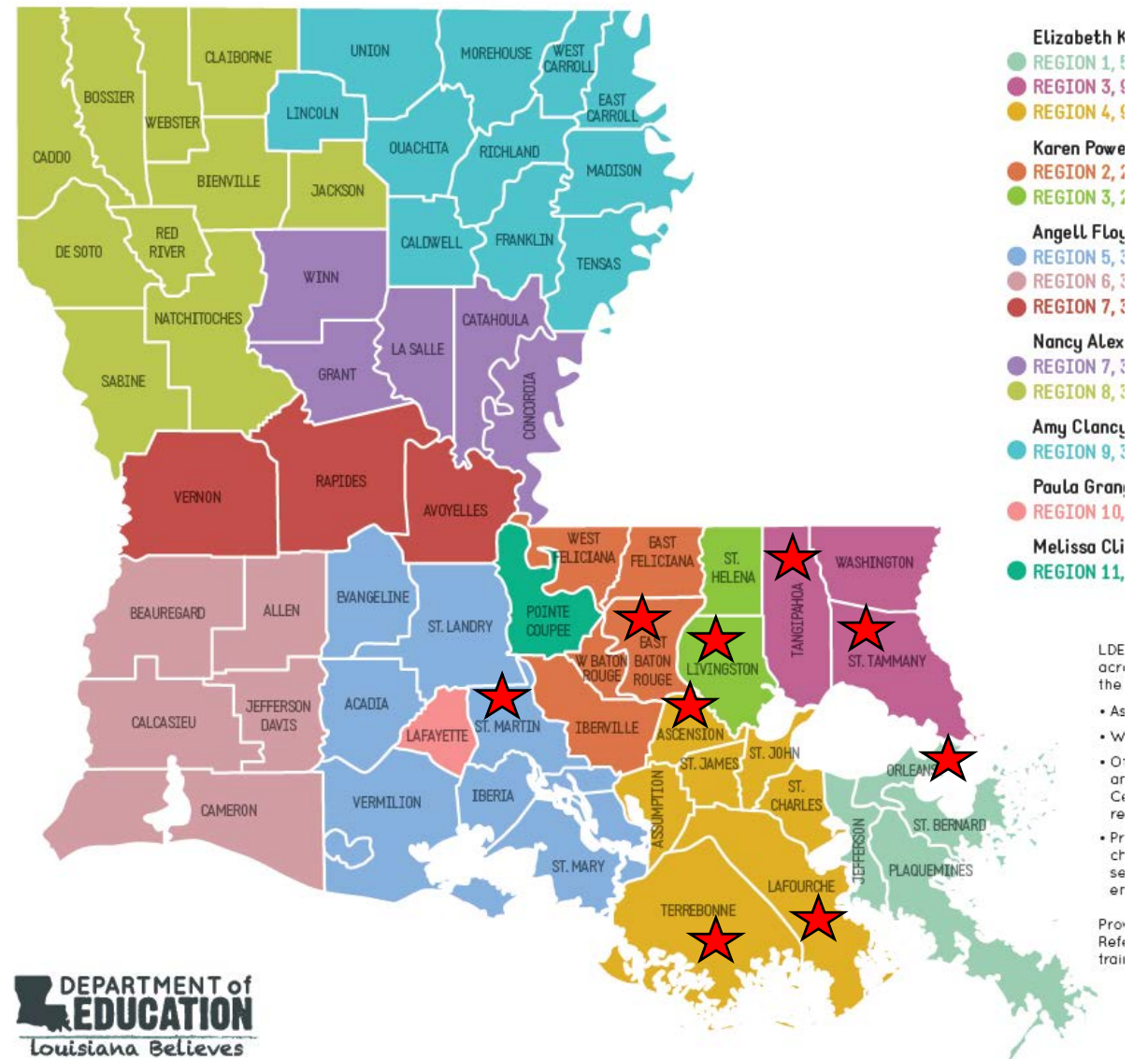
CATCH

Early Child Implementation Training

- CATCH (Coordinated Approach to Child Health)
- A total of 21 teachers and directors attended the training from 14 different child care centers across the southern region of our state.
- Each school received the CATCH curriculum and physical activity kit.
- The school will receive follow-up technical support on implementing CATCH from the Early Childhood Coordinator.

The parishes with a red star indicates the location of sites receiving the CATCH curriculum and technical assistance.

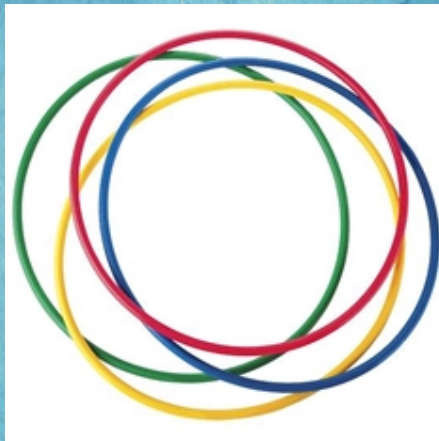
Concentration of Sites



Curriculum

- Teachers Manual – 9 nutrition based lessons, 10 hands-on gardening lessons, and English and Spanish Parent tip handouts.
- Activity/Picture cards promoting moderate-to-vigorous physical activity (MVPA)
- 4 Fleece hand Puppets





Physical Activity Kit

- 1 duffel bag (balls not included)
- 3 dozens of scarves = 36
- 2 sets of 16 CATCH beanbags = 32
- 1 set of CATCH cones
- 3 dozens of spot markers = 36
- 1 set of 12 hoops

Go NAPSACC

- An introductory workshop was held in order to recruit TA consultants for Go NAPSACC's online platform.
- A total of 25 participants attended the Go NAPSACC introductory workshop.
- The role of attendees were as follows:
 - ❖ Child Care Health Consultants
 - ❖ Cooks, Food Service Managers
 - ❖ Child Care Directors and Owners
 - ❖ Supervisors and Early Childhood Coaches from Child Care Resource & Referral Agencies

Go NAPACC

- An online platform that offers trainings, tips, material, self-assessments, and action plans.
- Developed by researchers, public health professionals and child care professionals.
- Supports improvements to child care environments that foster health eating, physical activity, and overall development in children.



Thank you!