

**Lessons From the Field:
Promising Practices for
Obesity Prevention/Health
Promotion in CACFP**



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Goals

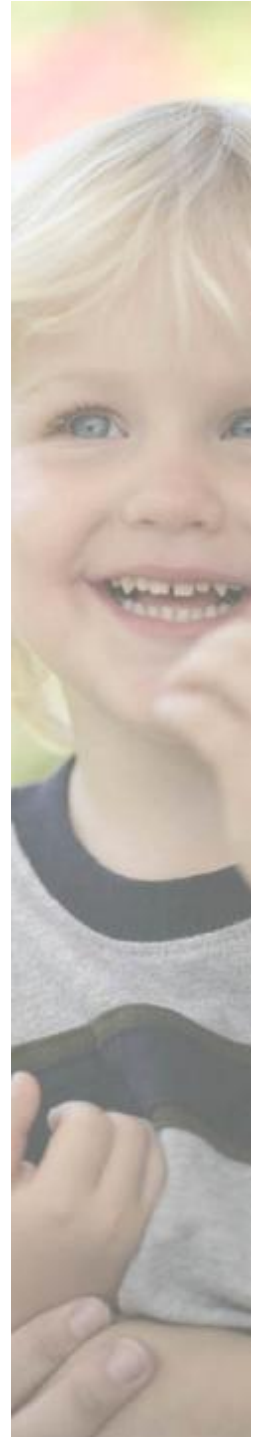
- Communicate Delaware's experience with obesity prevention efforts in child care settings
- Recommend stronger alignment between Dietary Guidelines and CACFP to support children's health and well-being
- Share promising practices and policies for increasing healthy eating and physical activity (HEPA) in child care settings
- Demonstrate the possibility and promise of healthy change:

Nemours Vision

Optimal health and development for all children.

NHPS Mission

Nemours Health & Prevention Services, an operating division of Nemours, is dedicated to working with others to help children lead healthier lives.



Nemours Health and Prevention Services

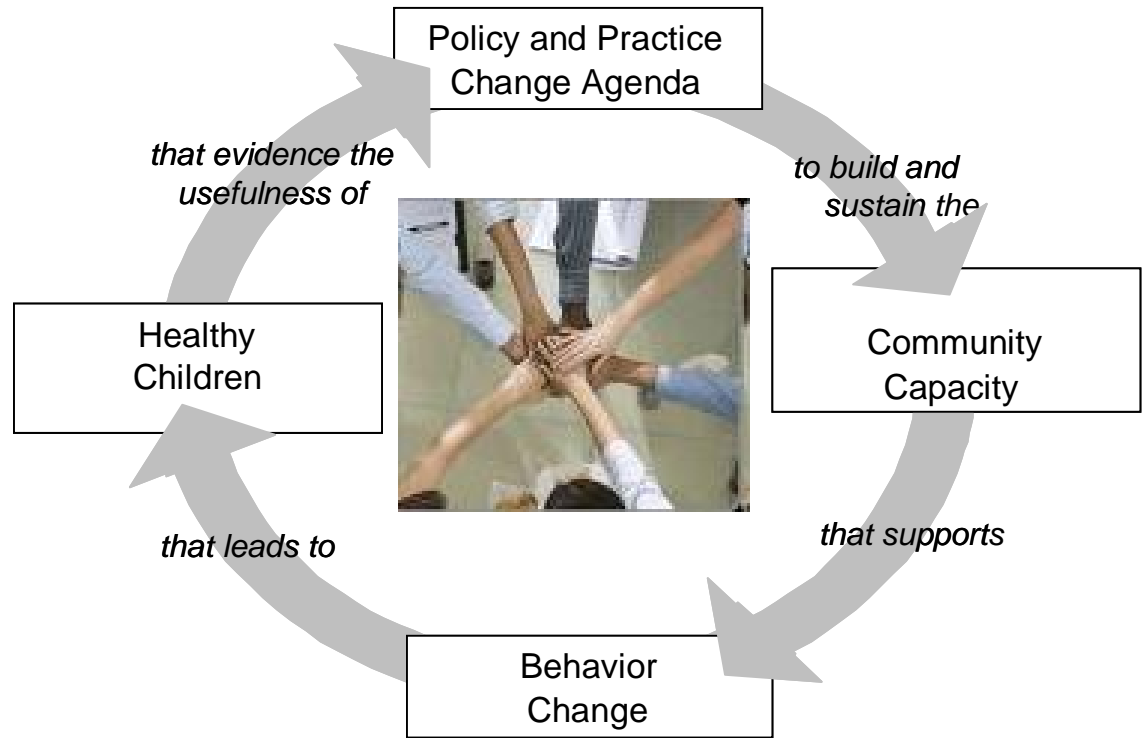
- In 2003, Nemours redefined its approach to address health as well as health care
- NHPS focuses on child health promotion & disease prevention to address root causes of health problems
 - First initiative is preventing childhood obesity
- NHPS complements and expands the reach of clinicians by providing a broader, community-based perspective
- NHPS target population includes all 228,000 children in Delaware as compared to the 50,000 children who use the Nemours pediatric care system



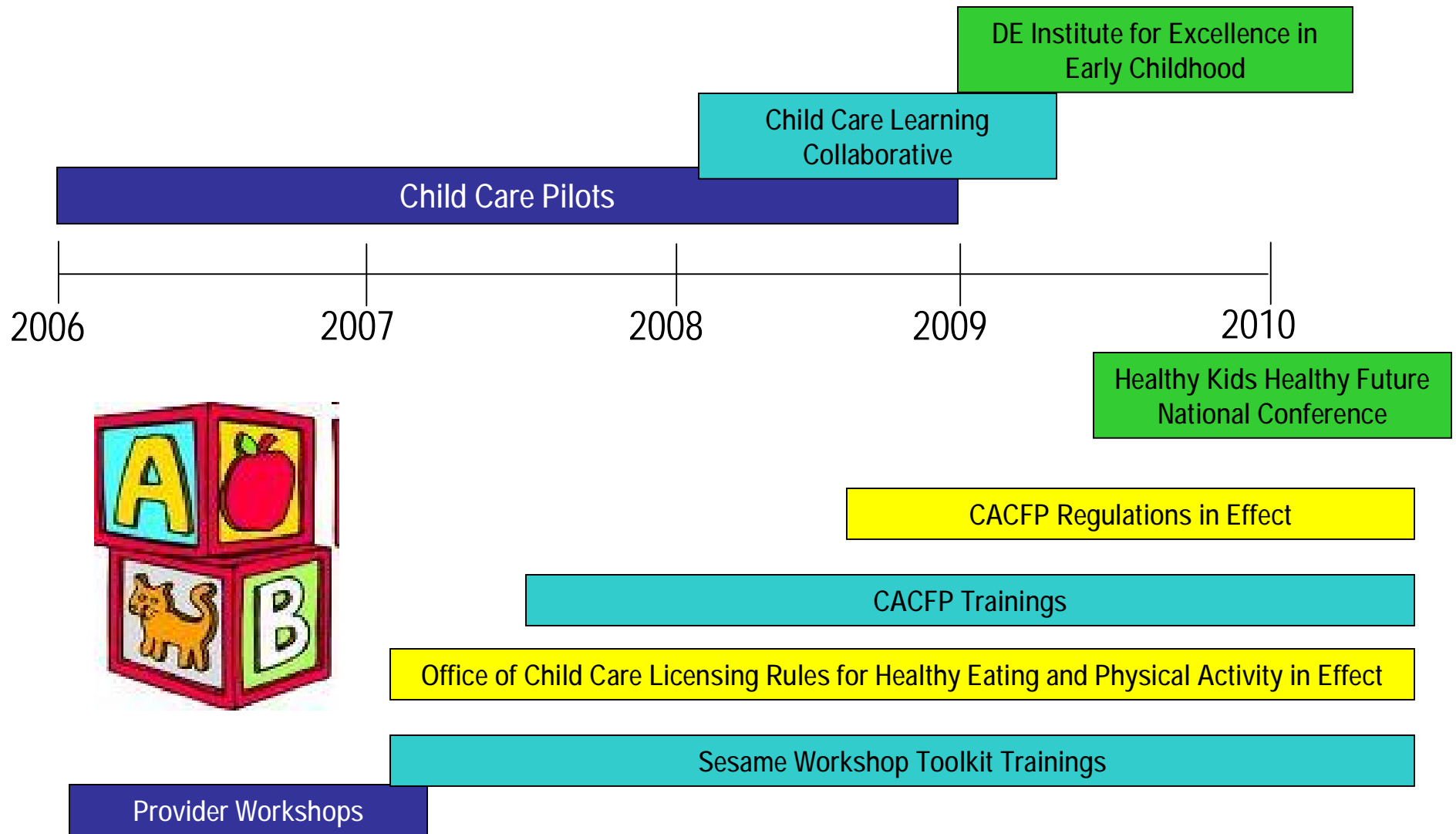
The NHPS Model: Working with Over 250 Community Partners

Our goal is to change the health status and well-being of the most children possible through the deployment of evidence based policies and practices that will have the highest sustainable impact with the most efficient use of resources.

Our vision for 2015 is to statistically reduce the prevalence of childhood obesity.



Developing Obesity Prevention Expertise in Child Care

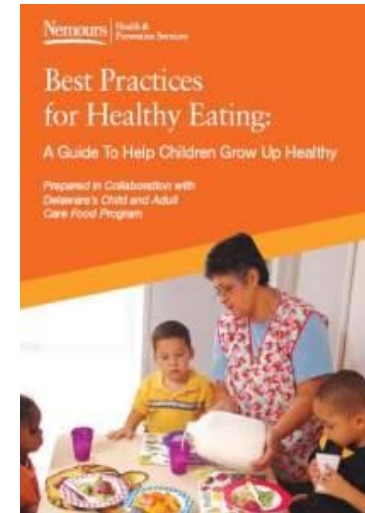


Delaware Office of Child Care Licensing Changes

- OCCL requires that all Licensed Centers and Family Child Care Providers must adhere to the Delaware CACFP requirements, whether or not the program participates in CACFP.
- No TV except special occasions or teaching activities; No TV at all for infants & toddlers. Parent permission is required for any use of media.
- Children over age two will have the opportunity to participate in 20 minutes of moderate to vigorous physical activity for every three hours a child is in care.
- While awake, infants are limited to 30 minutes of time spent in swings, strollers, high chairs and other confining equipment at a time.

NHPS Efforts to Support Practice Changes in Child Care

- **University of Delaware Institute for Excellence in Early Childhood**
 - Has taken on the training function for child care providers
- **Child Care Learning Collaborative**
 - 28 centers completed 5 sessions
 - Technical Assistance provided
- **Best Practices Guide**
 - NHPS collaborated with the DE CACFP to co-author *Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy*



Nemours' Tools for HEPA in Child Care

- **Healthy Meal Planning Guide**
 - A “how to” for implementing the Best Practices Guide
 - Provides:
 - ü menu planning/affordability tip sheets
 - ü recipes
 - ü handouts for families
 - ü portion sizes
- **NAPSACC**
 - Child care directors collect baseline data on current state of practices in their centers
- Best Practices in Healthy Eating (CACFP Guidelines)



Nemours' Tools for Child Care, cont.

- **Child Care Collaborative DVDs**
 - Interactive instruction for center directors to teach child care providers to implement healthy eating and physical activity best practices
- **Sesame Workshop Preschool Toolkit (3 - 5 year olds)**
 - Nemours partnering with Sesame Workshop to influence practice change in healthy eating/physical activity
 - Helps children develop positive associations with healthy foods and physical activity
- **University of Delaware Toolkit (Infant – 2 year olds)**
 - Influencing practice change with concrete healthy eating/physical activity lessons

Recommendations for Nutrition Standards for CACFP

To align CACFP with the *Dietary Guidelines for Americans* and improve the healthfulness of meals, NHPS recommends that CACFP adopt standards for menu planning:

Milk

- Serve fat-free or low fat (1%) milk and milk products to children 2 years of age and older.
- Serve only real cheese (no cheese food or cheese product).

Fruits

- Include more fruits and limit juice to no more than 1 serving of 100% fruit juice a day.
- Do not serve juice to infants under 1 year of age.

Vegetables

- Include a variety of vegetables from several subgroups each day
- Do not serve fried fruits or fried vegetables.

Note: **Fruits and vegetables are not interchangeable**

Grains

- Make at least half the grains whole grains.
- Serve cereals that are whole grain with dietary fiber and low sugar content.

Meat & Beans



- Serve lean meats and poultry and increase protein options to include more fish, beans, peas, nuts, and seeds.
- Do not serve processed meats.

Discretionary Calories

- Limit sugar. No sugar-sweetened beverages.
- Limit saturated and trans fats



Alignment of CACFP Food Groups with Dietary Guidelines for Americans

<p>CACFP Meal Patterns</p> <p>Birth to 12 months 1 & 2 years old 3 to 5 years old 6 to 12 years old</p> 	<p>Dietary Guidelines for Americans</p> <p>2005 & Pyramids</p> <p>Children: 2 to 3 years old; 4 to 8 years old Girls and Boys: 9 to 13; 14 to 18 years old</p> 
<p>Milk — fluid milk only</p>	<p>Milk — fluid milk products, yogurt and cheese Choose fat-free or low fat most often</p>
<p>Meat and Meat Alternates — Lean meat, poultry or fish, cheese, cottage cheese, large egg, cooked dry beans/peas, peanut butter or other nut/seed butters. Nuts or seeds, yogurt</p>	<p>Meat & Beans — Choose lean meat and poultry. Vary your choices — more fish, beans, peas, nuts, and seeds.</p>
<p>Fruits and Vegetables — serve a fruit and/or vegetable</p>	<p>Fruits - Focus on fruits Vegetables - Vary your veggies Fruits and vegetables are not interchangeable.</p>
<p>Grains — bread, grain or pasta, cereal</p>	<p>Grains — Make half your grains whole</p>
	<p>Discretionary Calories — Know your limits on fats, sugars, and sodium</p>

Recommendation for CACFP Nutrition Standards

Cost \$ neutral changes

- **Require serving low fat milk and milk products (fat free and 1%)**
 - Lower fat milk is lower or equivalent in cost.
- **Serve lean meats and poultry and increase protein options to include more fish, beans, peas, nuts, and seeds; do not serve processed meats; limit saturated and trans fats**
 - Serve a plant-based protein meal at least once a week for significant cost savings.
- **Include a variety of vegetables from several subgroups each day; include more fruits and limit juice to 1 serving of 100% fruit juice a day**
 - Choose fruits and vegetables based on cost and availability: fresh in-season, frozen or canned.
 - Do not serve juice to infants under 12 months of age.
 - Require that children have access to drinking water.
- **Make at least half the grains whole grains**
 - Food manufacturers have responded to consumer demand for whole grain foods with increased production and comparable pricing.
 - Whole grains purchased in bulk are significantly less costly per serving than packaged, processed grains.

Healthy Policy and Practice Change: *Providers in the real world can do it!*

Nutritional Improvements in Delaware's Early Care and Education Facilities: Promoting Children's Health Through Regulatory Changes



Provider Concerns and Solutions

Implementation Lessons in Child Care

- Involve child care providers from the start
- Support a forum for child care providers to share concerns and solutions is key
- Develop solutions to address the concerns identified
- Ensure that policies and practices are both:
 - Integrated into the daily routines of centers and family care
 - Integrated into the provider support systems – training, technical assistance, Quality Rating System
- Collaborate and dialogue to understand concerns and develop solutions
 - Important to engage state leaders and state agencies early
 - Funding streams need to be developed and advocated for by all players
- Provide easy to use tools combined with technical assistance to support sustainability

Implementation Lessons in Child Care



- Information can be delivered in many different ways:
 - Incorporating information into standard child care training and education
 - Holding specific meetings to get input
 - Holding training collaboratives where a number of centers work together to share best practices and address issues
 - Identifying champion providers or centers that illustrate that the changes can be successfully implemented
- Important to be **nimble and opportunistic** to take advantage of key opportunities.

Healthy Kids, Healthy Future: Promising Practices and Policies for Health Promotion and Obesity Prevention in Early Care and Education

- When?
 - September 23-24, 2009 in Washington, DC
- Who?
 - Steering Committee: Nemours, CDC, RWJF, MCHB, FRAC, CA Food Policy Advocates, Harvard Medical School, New York University, University of Minnesota
 - 120 Participants
 - 40 state health/wellness representatives from 20 states
 - 70 child health promotion, obesity prevention and early education thought leaders
 - Federal policymakers including agency (USDA, HHS) and White House and hill staff
- What?
 - First meeting among leaders in early care, education, nutrition, physical activity, oral health, public health and child health



Lessons from the Field: Promising Practices in Child Care

- **At the Local and State Levels**

- Learning collaboratives involving health experts and child care providers
- Child care provider training via sponsors, associations or licensing agencies



- **At the Federal Level**

- Head Start's use of "I am Moving, I am Learning"
- Implementation of the new WIC food package and the Sesame Street Tool Kit to support it



Lessons from the Field: Promising Tools to Support Healthy Eating/Physical Activity in Child Care

- **At the Local and State Levels**

- NY Curriculum: Eat Well Play Hard in Child Care Settings
- NAPSACC Toolkit
- Nemours' Tools



- **At the Federal Level**

- FRAC's Child Care Wellness Tool Kit:
Child and Adult Care Food Program (CACFP)

Lessons from the Field: Promising Policies and Policy Opportunities in Child Care



- **At the Local and State Levels**

- Requirements for training on nutrition, healthy eating practices, meal planning
- Technical assistance to implement higher standards for healthy eating, physical activity and screen time

- **At the Federal Level**

- Consistent messaging across Federal nutrition programs
- Increased reimbursement to support meal pattern changes with cost implications (e.g., whole wheat)



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