

OBESITY PREVENTION SUMMIT—PROGRESS 2012

DECEMBER 6, 2012

Eat Better Furthering Nutrition and Physical Activity in Child Care Settings

Four Corners questions

- 1) What percent of preschoolers (2-5 years of age) are overweight or obese?
 - a. Corner 1: about 10%
 - b. Corner 2: about 15%
 - c. Corner 3: about 25%
 - d. Corner 4: about 50%

ANSWER: Corner 3- nearly 27% of children 2-5 are overweight or obese (of that 27%, > 12% are obese.) And more than 33% children 6-19 years of age are overweight or obese. It is so important to help children develop habits that support health and development because habits formed during youth can carry into adulthood. For example, an obese 4-year-old has a 20% chance of becoming obese as an adult, and an obese teenager has a greater than 60% chance of becoming an obese adult. Adult obesity is linked to a number of serious health conditions but even before adulthood, children who are obese are more likely to have chronic health issues.

- 2) Why is obesity prevention in child care so important? How many children under the age of 6 do you think are enrolled in child care?
 - a. Corner 1: 20%
 - b. Corner 2: 30%
 - c. Corner 3: 40%
 - d. Corner 4: more than 40%

ANSWER: Corner 4- More than 44% of children under the age of 6 are enrolled in child care and 15% school-age children (8.4 million) participate in an afterschool program. Young children spend nearly 30 hours per week on average in non-parental care. Child care providers have a unique opportunity to teach and model healthy behaviors for children that can have a profound impact.

- 3) State regulations regarding child care nutrition and physical activity practices has been noted as one of the best ways to reach children for obesity prevention. Do you agree or disagree with this statement: most state child care regulations lack strong nutrition and physical activity regulations.
 - a. Corner 1: strongly agree
 - b. Corner 2: agree
 - c. Corner 3: disagree
 - d. Corner 4: strongly disagree

ANSWER: Several studies of child care regulations in all 50 states have found that there is a great deal of variability among state child care regulations and that many states fall short of meeting the best practice standards for nutrition and physical activity. In a 2009 survey of state regulations each state was assigned a grade based on the strength of nutrition and physical activity regulations; Washington State received a C+.

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- 4) Do you agree or disagree with this statement: serving children fruit punch, French fries or pop-tarts is a good idea and teaches the kind of eating habits we think will serve kids well.
- Corner 1: strongly agree
 - Corner 2: agree
 - Corner 3: disagree
 - Corner 4: strongly disagree

ANSWER: Research has shown that sugar-sweetened beverage, fried foods, and sweets are unhealthy for children and that the typical US diet contains more added fat and sugar than any of us need. However, Washington regulations do not prohibit serving unhealthy foods such as fruit punch, French fries or pop-tarts to children in child care.

- 5) Beverages served in child care can have a big impact on nutrition and health. For example, health experts caution against serving children excessive amounts of 100% fruit juice. What do you think the recommendations are for 100% juice for preschool children (2-5 years of age)?
- Corner 1: serve no more than 4-6 ounces per day
 - Corner 2: serve no more than 12 ounces per day
 - Corner 3: serve 16 ounces per day to meet recommendations for servings of fruit
 - Corner 4: serve unlimited amounts of 100% fruit juice, it is the healthiest beverage you can offer!

ANSWER: Corner 1- serve no more than 4-6 ounces per day. Overconsumption of 100% fruit juice can contribute to overweight and obesity- one study found that children aged 2-5 years who drank 2 ½ cups (twelve ounces) or more of fruit juice a day were more likely to be obese than those who drank less juice. Whole fruit contains more nutrients than juice and provides dietary fiber which helps children feel full. The healthiest beverage you can serve is water- most children don't drink the recommended amount of water which is important for hydration. Drinking water also reduces the acids in the mouth that contributes to early childhood dental caries. Tap water is a great source of free, quality drinking water, and if fluoridated, provides additional benefits for oral health.

- 6) Physical activity is important for health, yet children are spending less time being physically active and more time on sedentary activities. The average amount of time young children (8-18) spend with media per day is:
- Corner 1: 2 hours
 - Corner 2: 4 hours
 - Corner 3: 6 hours
 - Corner 4: more than 7 hours

ANSWER: Corner 4- young children spend an average of 7.38 hours per day on media (of which 4.5 of those hours is TV time). 90% of children begin regularly watching TV before 2 years of age, and the average preschool aged child spends 4½ hours in front of screens each day.

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- 7) The average time spent with screens varies by type of child care with more screen time occurring in family home child care compared to child care centers or Head Start. How much screen time occurs in family home child care settings on average?
- Corner 1: less than 30 minutes/day
 - Corner 2: between 30-60 minutes/day
 - Corner 3: nearly 2 hours/day
 - Corner 4: more than 3 hours/day

ANSWER: Corner 3- the average screen time in family home child care is 1 hour 48 minutes per day compared to an average of 6 minutes per day at center and Head Start child care facilities.

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