

Overview of state strategies to address nutrition and physical activity in child care:

Primary strategy: Voluntary certification program

Arizona Voluntary certification: Empower Program. Discount in licensing fees given for meeting 10 best practice standards in nutrition, PA and tobacco prevention.

Standards/specific measures- nutrition	Standards/specific measures- PA/screen time
(iv) serve meals family style and no food as a reward; (vi) 1% low fat or fat free milk for all children over two years; (vii) offer water at least four times during the day (water is not to be served during lunch); (viii) limit juice to 100 percent fruit juice (with no added sugars) and to no more than one half cup (4 ounces) per day; and (x) if eligible, participate in the USDA Child and Adult Care Food Program.	(i) provide at least 60 minutes of structured activity and at least 60 minutes and up to several hours of unstructured physical activity each day; (ii) limit screen time to under one hour a day; (iii) avoid more than 60 minutes of sedentary activity at a time, except while the child is sleeping;

Outcomes	Licensing regulations
<ul style="list-style-type: none"> Evaluation results confirmed that participating Empower Centers changed their practices to incorporate the guidelines. Five of the standards (limit children’s screen time to under one hour a day; serve 1% low fat or fat free milk for all children over two years of age; limit children to four ounces of juice per day; serve meals family style; and let the child decide how much to eat) were more consistently implemented. At the Arizona Department of Health Services, collaboration on the Empower program carried over to the updating of childcare regulations. The new regulations include four of the Empower best practices, and support the other best practices. In addition, the rules changes were readily accepted by childcare providers who now had experience with how easily these adaptations could become part of the daily routine 	<p>Changed to reflect 4 of the Empower best practices and supportive of the others</p>

Ohio: Voluntary certification: Ohio Healthy Program Project

- The project offers child care programs the opportunity to earn recognition as an Ohio Healthy Program with 4 steps. Voluntary designation, provides SUTQ credits for attending trainings, SUTQ = voluntary QRIS (?) in Ohio.

Standards/specific measures- nutrition
<ol style="list-style-type: none"> Attend the SUTQ-approved training, Healthy Children, Healthy Weights Implement a policy to ensure healthy practices are maintained in the program. Demonstrate an improvement in menus for the children Menus will need to show improvement by: <ul style="list-style-type: none"> Offering a different vegetable per day in a 5-day period Offering a different fruit per day in a 5-day period (juice not counted) Offering a whole grain food per day Offering fried foods no more than twice a week Providing lower fat milk for classrooms with children 2 years of age and older Include parents in the program such as providing bulletin boards, healthy articles in newsletters, cooking activities, meetings on the topic, etc.

South Carolina: Voluntary certification: ABC Grow Healthy Project (http://abcqualitycare.org/pages/grow_healthy)

ABC is a child care program which helps eligible families pay for child care services. Child care providers voluntarily enrolled in ABC are reimbursed according to the quality of care provided. There are 3 levels of regulated care in the ABC system: A, B & C. The ABC Center Standards at all levels now include new nutrition and physical activities standards. ABC Child Care partnered with SC Dept. of Health to develop the standards in response to growing state and national concern about childhood obesity. The initiative, ABC Grow Healthy, is defined by policies and activities that promote children’s health and well-being through healthy foods served and assuring that children are physically active.

Standards/specific measures- nutrition	Standards/specific measures- PA/screen time
<p>Must have a Nutrition Policy that specifies the following:</p> <p>Limit sugar intake:</p> <ul style="list-style-type: none"> • Juice allowed only once per day in serving size specified by CACFP • Sugar-sweetened beverages shall not be served • Sweet food items served no more than two times per week <p>Foods and beverages high in fat limited:</p> <ul style="list-style-type: none"> • High-fat meats served no more than 2 times per week • Only skim or 1% milk for children age 2 and over • Fried or pre-fried vegetables, including potatoes, served no more than once a week. <p>Fruits, vegetables, and whole grains served as follows for programs serving breakfast, lunch, and snack:</p> <ul style="list-style-type: none"> • Fruit (not juice) served at least 2 times per day • Vegetable other than white potatoes served at least once a day • Whole grain foods served once a day 	<p>Must have a Physical Activity Policy that specifies the following:</p> <ul style="list-style-type: none"> • Encourages and informs parents about their role in dressing their child in clothes and shoes for physical activity. • Media (TV, video and DVD) viewing and computer use not permitted for children age 2 and under • Caregivers informed about role in encouraging children to be active indoors and outdoors <p>Program schedule includes daily, active outdoor play for all children.</p> <ul style="list-style-type: none"> • Written policy to address plan to increase time of indoor activity to assure total time remains same if inclement weather. • Full-day Programs (6 hours or more) have 2-3 separate time periods of outdoor play for infants/ toddlers totaling 60-90 minutes. <p>Full-day Programs have 2-3 separate time periods of outdoor play for 3 – 12 year olds totaling 90 –120 minutes.</p>

Tennessee: Voluntary certification: Golden Sneaker program

Voluntary certification program that awards Gold Sneaker recognition to child care providers that complete specific training and meet a standard set of nutrition and physical activity requirements in their facilities.

Standards/specific measures- nutrition	Standards/specific measures- PA/screen time
<ul style="list-style-type: none"> • Ensuring appropriately sized food portions; • Ensuring that food is not used as an incentive or punishment to control behavior; and • Encouraging and supporting breastfeeding of infants. 	<ul style="list-style-type: none"> • Providing a set amount of daily physical activity time for all children in their care; • Restricting television, video games, and other sedentary time;

Outcomes	Other
<p>Some 3,400 child care workers from approximately 500 day care and preschool centers received Gold Sneaker training. More than 5,000 of the state's 6,000 licensed facilities are now using the Kid Fitness kit.</p> <p>Despite such achievements, only 14 providers became certified Gold Sneaker facilities during the first year, a total that fell far short of the program goal of 187. Feedback from providers revealed that although they valued the trainings and planned to implement the accompanying policies, they felt that the paperwork for the certification process imposed too much of an administrative burden on top of the large amount of recordkeeping already required for state licensing.</p>	<p>Goal: reduce the administrative burden of certification. The CCR&R is poised to expand its training and technical assistance for future participants. Also under consideration is an approach similar to the three-star system that the human services department uses in licensing child care facilities. Those awarded three stars are deemed "best quality" providers and are eligible for a higher level of reimbursement than other facilities. Such an incentive could make the Gold Sneaker a financial boost as well as a symbol of quality.</p>

Primary Strategy: Changes to state CACFP

Delaware: Changes to state CACFP guidelines

Nutrition standards for CACFP. Under state regulations all child care providers must follow CACFP guidelines (although what is in the state regs is the USDA chart, not these stronger state standards).

Standards/specific measures- nutrition	Standards/specific measures- PA/screen time
<p>These are state CACFP guidelines, under state regs all child care providers must follow CACFP guidelines:</p> <ul style="list-style-type: none"> • No more than one serving per day of 100% juice may be served to children (1-18 years). No juice for infants under 12 months of age. • Non-100% juice (juice drink or cocktail) is not allowed. • Children one to two years of age: whole milk • Children over two: 1% or fat-free milk • No baked pre-fried or fried fruits and vegetables (e.g., French fries and tater tots) will be allowed unless the 35% total fat rule applies (see Best Practices Guide for Healthy Eating). It is highly recommended not serving at all. • Processed meats (e.g. hot dogs, sausage, baloney etc.) may only be served once per two-week cycle. It is highly recommended not serving at all. • No baked pre-fried or fried food items shall be allowed (e.g., chicken nuggets, fish sticks) unless the 35% total fat rule applies (see Best Practices Guide for Healthy Eating). It is highly recommended not serving at all. • A whole grain product must be served at least once per day where a whole grain is listed as the first ingredient (e.g., grains, pastas, cereal, breads, rice, etc.). • All grain products (including cereals) must contain =<6 grams of sugar. • Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) may only be served once per two-week cycle as a snack. It is highly recommended not serving at all. 	<p>Included in state regs:</p> <ul style="list-style-type: none"> • Each child gets at least 20 minutes Mod-Vig PA for every 3 hrs in care. • Both TV and computer use require written permission from parent or guardian, must be age appropriate and educational. <p>Specific limits:</p> <ul style="list-style-type: none"> • TV limited to 1 hr per day (but may be extended for special occasions). • Computer use prohibited under 24 months and limited to 1 hr/day for older children.

West Virginia: Changes to state CACFP guidelines- Leap of Taste.

Modeled after Delaware's Delacare CACFP standards

Standards/specific measures- nutrition

- Fruit and vegetable juice must be 100% juice and no more than 4 oz. (1/2 cup) of 100% fruit juice may be served to children per day.
- No juice for infants under 12 months of age.
Children over the age of 2 years must be served 1% or fat-free milk.
- Fruits and vegetables must be non-fried.
Offer a variety of different fruits and/or vegetables at every meal that are low in fat, sodium, and sugar content.
Fruits and vegetables served must meet the requirement of <35% of calories from total fat.
- Offer fresh produce whenever possible.
- A whole grain product must be served at least once per day; preferred for all grains served.
- All grain products, including cereals, must contain < 6 grams of sugar.
- Sweet grains/baked goods (cookies, cakes, donuts) may only be served once per two week cycle as a snack
Lean and low-sodium meat, skinless poultry, fish, cooked beans and peas, nut butters, eggs, and fat-free or low-fat yogurt and cheeses should be emphasized.
- Meat and meat alternates served must meet the requirement of < 35% of calories from total fat; no more than 10% of calories from saturated fat < 0.5 grams of trans fat
Processed meats (e.g. hot dogs, sausage, baloney, etc.) may only be served once per two week cycle.
Snack items should have no more than 200 mg of sodium per serving. A food should have no more than 35% of its total calories from sugar

New York, State: changes to state CACFP guidelines one of many strategies:

- Statewide NAP SACC
- NAP SACC Media Reduction Module
- State CACFP- Eat Well, Play Hard pilot
- CACFP- Healthy Infant and Child Meal Patterns, Breastfeeding Friendly Child Care
- Revision of child care regs.
- QRIS includes obesity prevention measures
- Early Learning standards include nutrition and PA measures

Standards/specific measures- nutrition

CACFP Healthy Infant and Child Meal Pattern:

- Fat-free or low-fat milk for children older than 2 years of age.
- Flavored milk no longer allowed for preschool children.
- Child care menus must specify the type of milk being served.
- No more than one serving of fruit or vegetable juice permitted per day, which must be served in a cup for children older than 8 months of age.
- Yogurt must be fat-free or low-fat and prepared without artificial sweeteners.
- Sweet grain products may not be served more than twice per week and may not be served at lunch or supper.

Additional recommended changes that were created include the following:

- Unflavored milk for all children.
- Breads and cereals should be whole grain.
- Limited servings of high-fat and processed meats and cheeses.

Primary Strategy: Changes to licensing regulations

New York, City: NYC child care regs

NYC DOHMH created stronger regulations for all child care in NYC (stronger than state regs)

Standards/specific measures- nutrition	Standards/specific measures- PA/screen time
<p>(1) Beverages with added sweeteners, whether artificial or natural, shall not be provided to children.</p> <p>(2) Juice shall only be provided to children over eight (8) months of age, and only 100% juice shall be permitted. Children shall receive no more than six (6) ounces of 100% juice per day.</p> <p>(3) When milk is provided, children ages two and older shall only be served milk with 1% or less milk-fat unless milk with a higher fat content is medically required for an individual child, as documented by the child's medical provider.</p> <p>(4) Water shall be made available and shall be easily accessible to children throughout the day, including at all meals. Potable drinking water supplies shall be located in or near classrooms and playrooms.</p>	<p>PA: (1) Children ages 12 months or older attending a full-day program shall be scheduled to participate in at least 60 minutes of physical activity per day. Children attending less than a full day program shall be scheduled to participate in a proportionate amount of such activities. For children ages three (3) and older, at least 30 of the 60 minutes shall be structured and guided physical activity. The remainder of the physical activity may be concurrent with other active play, learning and movement activities.</p> <p>(2) Structured and guided physical activity shall be facilitated by teachers and/or caregivers and shall promote basic movement, creative movement, motor skills development, and general coordination.</p> <p>(3) Permittees shall document structured and guided physical activities and make such documentation available to the Department upon request. This documentation shall be included in the program daily schedule and program lesson/activity plans.</p> <p>(4) Children shall not be allowed to remain sedentary or to sit passively for more than 60 minutes continuously, except during scheduled rest or naptime.</p> <p>SCREEN-TIME: (1) Television, video and other visual recordings shall not be used with children under two years of age.</p> <p>(2) For children ages two (2) and older, viewing of television, videos, and other visual recordings shall be limited to no more than 60 minutes per day of educational programs or programs that actively engage child movement.</p> <p>(3) Children attending less than a full day program shall be limited to a proportionate amount of such viewing.</p>

New York, State: Revision of Child Care Regulations, one of many strategies:

- Statewide NAP SACC
- NAP SACC Media Reduction Module
- State CACFP- Eat Well, Play Hard pilot
- CACFP- Healthy Infant and Child Meal Patterns, Breastfeeding Friendly Child Care
- Revision of child care regs.
- QRIS includes obesity prevention measures
- Early Learning standards include nutrition and PA measures

Changes to child care regulations included:

- Daily physical activity, including infants
- Limits screen time and content
- Prohibits use of food as reward or punishment
- Infant feeding plan
- Adds obesity prevention training topics

Primary Strategy: Using QRIS or other professional development tool

Wisconsin: What Works in Child Care: QRIS Young Stars

What Works in Child Care- a guide to best practices. QRIS Young Stars includes a health and wellness section where points are earned for better nutrition and PA practices.

Standards/specific measures- nutrition	Standards/specific measures- PA/screen time
One point awarded for serving "nutritious meals daily" as measured by participation in CACFP for 3 months with menus and receipts available for review	One point is awarded for providing 60 minutes of physical activity daily as measured by review of daily schedule.

QRIS
<p>Health and Wellness Providers can earn points in this category by demonstrating that program curriculum supports the physical, nutrition and health needs of young children; equips providers with protective factors and tools to prevent and detect early signs of child abuse and neglect; and takes into account the social and emotional needs of all children in care, particularly of children with special needs. Specific ways providers can accumulate points will include:</p> <ul style="list-style-type: none"> • Training on the Center for the Social Emotional Foundations of Early Learning (CSEFEL) pyramid model modules and/or strategies; • Incorporation of Strengthening Families materials into staff preparation and training (see Glossary for definition); • Participating in the federal Child and Adult Care Food Program (CACFP), and ensuring that children get at least 60 minutes of physical activity per day; and • Demonstrating the capacity to care for children with special physical, emotional, developmental or behavioral needs will also earn points.

New York, State: Using QRIS and other professional development tools, one of many strategies:

- Statewide NAP SACC
- NAP SACC Media Reduction Module
- State CACFP- Eat Well, Play Hard pilot
- CACFP- Healthy Infant and Child Meal Patterns, Breastfeeding Friendly Child Care
- Revision of child care regs.
- QRIS includes obesity prevention measures
- Early Learning standards include nutrition and PA measures

QRIS	Other
QualStar: Conforms to CACFP meal pattern Breastfeeding Friendly or equivalent Screen use policy and no more than 30 minutes/week commercial-free screen time Physical activity =15 minutes/hour in care Implement obesity prevention program and train staff	Early Learning standards include a section on Physical Well-Being, Health and Motor Development: Gross, Fine and Sensorimotor Skills Physical Fitness: Daily Activities Physical Fitness: Variety and Well-Being Daily Living Skills Nutrition

Primary Strategy: Other

New Hampshire: NAP SACC intervention

Child care programs were self-selected to participate and given 2 weeks to complete the assessment tool. The NAP SACC consultants sat down with child care providers to develop action plans. The consultants helped by conducting workshops for the child care providers on childhood obesity, nutrition, physical activity, and working with families to promote healthy weight behaviors. Personal health and wellness for child care staff also was part of the training.

Outcomes

In all, 34 policies were created in the 12 child care centers, reaching more than 772 children. Policies included serving skim or low-fat milk to children older than 2 years of age, increasing daily servings of fruits and vegetables, providing healthier snacks, and increasing outdoor teacher-facilitated and active play time.

Rhode Island: CDC pilot state for Obesity Prevention in Child Care.

Eat Smart, Move More Action Guide (2010) est. 6 focus areas for Initiative for a Healthy Weight Program- one of the focus areas is child care.

Also: Race to The Top Winner (Jan 2012), Obesity Prevention in Early Child Care Pilot (May 2012)

RIDE USDA CACFP grant (April 2012)

LMCC State Challenge Winner (May 2012)

ESMM Action Guide:

- 1) Change licensing regulations to explicitly include standards on physical activity, screen time, nutrition and breastfeeding.
- 2) Improve QRIS to explicitly include standards on physical activity, screen time, nutrition, and breastfeeding.
- 3) Improve the Education Early Learning Standards to explicitly include standards on physical activity and nutrition.
- 4) Add to professional development criteria to support early care and education providers.