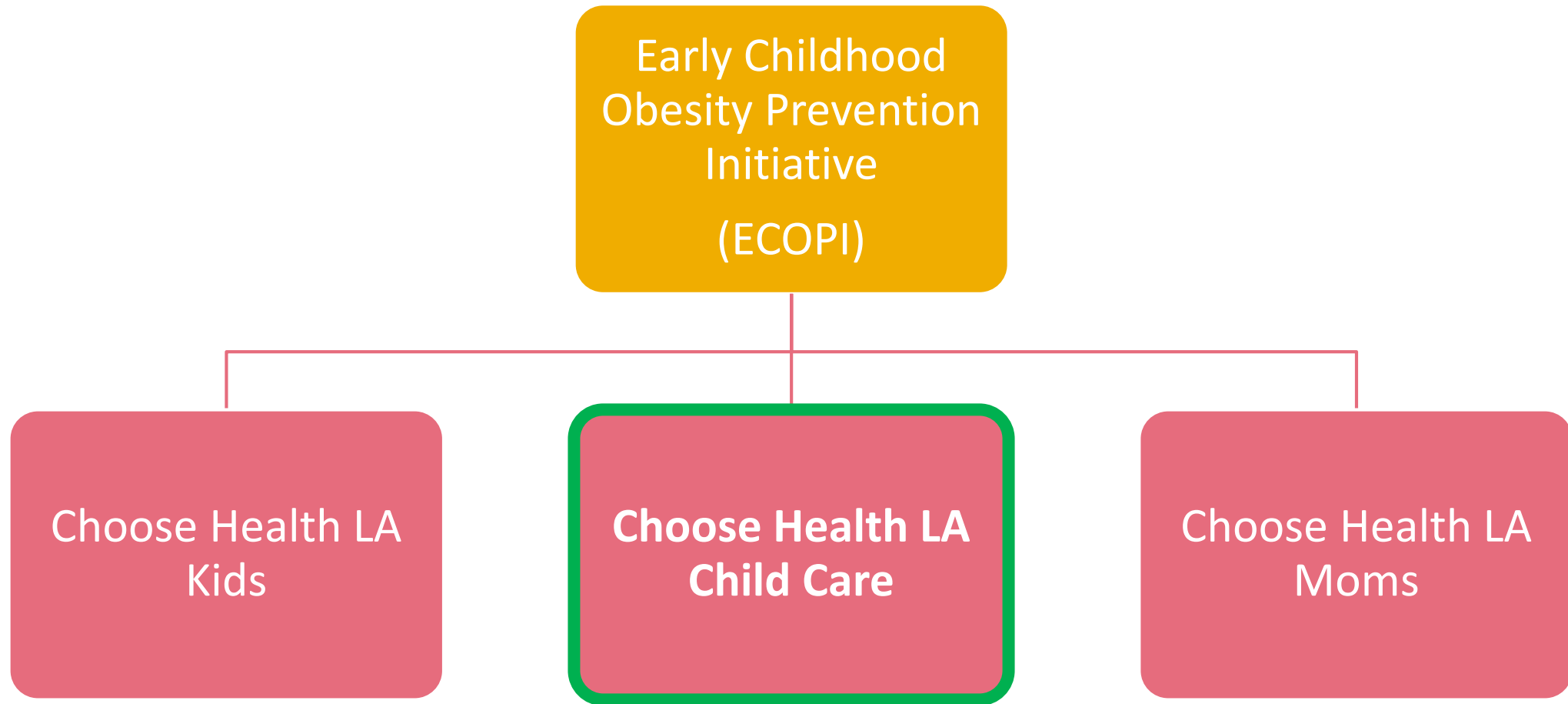


Network/CAPPA Joint Conference
October 22, 2015

Early Childhood Obesity Prevention Initiative (ECOPI) – General Overview

- **Project duration:** July 2012 – June 2017
- **Funding:** \$41.2 million from First 5 Los Angeles
- **Target groups:** children ages 0-5 and their families
- **Collaborations:** County departments, community-based organizations, child care agencies, research and evaluation, and many others
- **Strategies:** education, skills-building, policy, systems and environmental change efforts to promote improved nutrition, increase physical activity, and reduced obesity

ECOPI Overview - Programs



Why Focus on Child Care Settings?

- ❑ 40% of 0-5 children in LAC (350,000) spend most of their day in child care.
- ❑ Among the PHFE WIC population, 19% of 3 and 4 year olds in LA County are overweight.
- ❑ Observational study by PHFE-WIC and CFPA (2008)¹ demonstrated significant need for improvement in nutrition policies and practices in licensed child care in LA County.



1: WIC report available at: <http://cfpa.net/ChildNutrition/ChildCare/CFPAPublications/Gilbert-LA-ChildCareLunchAssessment-2008.pdf>

Child Care Nutrition - California Legislation

AB 2084 – Healthy beverages in child care (Chaptered 2010)

- ❑ Standards for beverages in CCC. Maximum of 4 – 6 ounces of 100% fruit juice served. Only low fat milk served. No natural or artificially sweetened beverages. Water accessibility at all times.

AB 290 – Nutrition Training for Providers (Chaptered 2013)

- ❑ Requires child care providers to complete one hour of nutrition training as a component of licensing.

Choose Health LA Child Care

Program Framework:

- Partnership with the county network of Resource and Referral (R&R) agencies
- R&Rs provide training, tools and technical assistance to:
 - child care centers
 - licensed child care homes
 - license-exempt providers



Choose Health LA Child Care - Key Strategies

Conduct nutrition and physical activity workshops for child care providers that includes a policy component.

To incentivize training participation, offer swag and Cert. of Completion through Gateways to Education program.

Evaluate trainings for satisfaction, increase in knowledge and readiness to change.

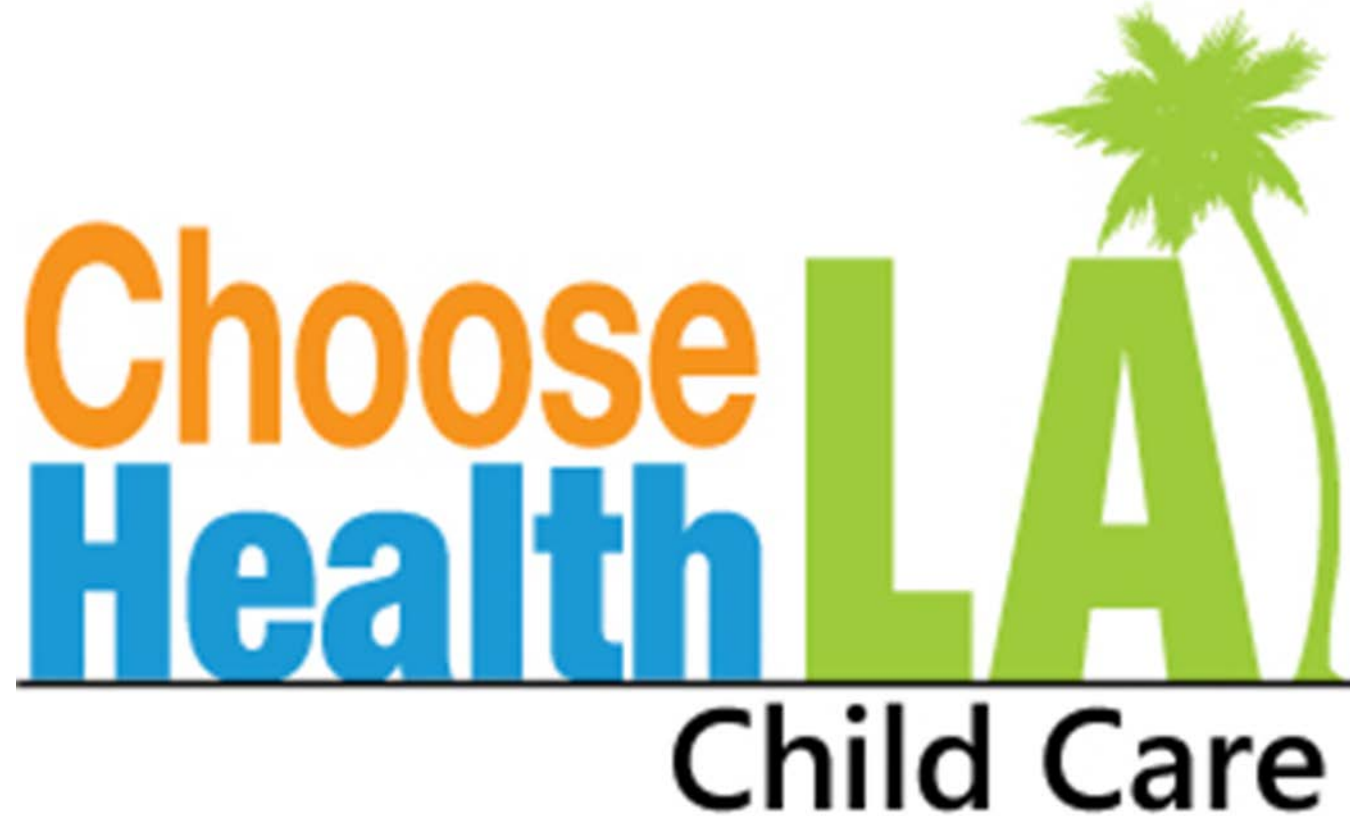
Offer on site coaching to reinforce provider learning and evaluate use of training information.

Conduct events for families to promote and encourage healthy nutrition and physical activity habits.

What We Hope to Accomplish

- ❑ Improved nutrition and PA practices in child care.
- ❑ Creation and adoption of nutrition and PA policies in child care.
- ❑ Providers communicate nutrition and PA policies with parents via newsletters or other venues.
- ❑ Identified barriers and concerns that child care providers face in efforts to promote good nutrition and active play.
- ❑ Promotion of, and the benefits of participation in, CACFP.
- ❑ Reduced prevalence of overweight & obesity among children in child care.

Curriculum for Child Care Providers



Breastfeeding

Food and Drinks

Physical Activity

Screen Time

Environment and Policy



In this workshop you will learn more about

How you can help children have healthy lives and how you can make changes within your practice and communicate those changes with staff and parents

Breastfeeding

- What are the recommendations for breastfeeding?
- What are the benefits to both baby and mom of breastfeeding?
- How can you support moms who choose to breastfeed?

Food and Drinks

- What are healthy foods and why are they important?
- How to read labels and choose healthy foods
- What are healthy drinks for children?
- Ways to save money on healthy foods

Physical Activity

- What is physical activity and why is it important
- What are the different types of physical activity
- How much do children need
- Ideas for what to do and how to incorporate it into your day

Screen Time

- What are the negative effects of screen time?
- What are the recommendations for screen time?
- What else can you do instead?



Breastfeeding

Recommendations

- Infants are only fed breast milk until **6 months**
- At 6 months, **begin** feeding complementary foods
- Continue breastfeeding until baby is at least **1 year**



Breastfeeding

How Can You Help?

Develop a system with mom to ensure that you have plenty of breast milk available while the infant is in your care.

- Step 1: Support breastfeeding mothers by **providing a private space for her to pump and/or breastfeed**
- Step 2: Collect breast milk and **label it clearly** with baby's name and date it was expressed



Breastfeeding

Group Discussion

- Do you support breastfeeding at your setting?
- How do you do it?
- Do you talk with new moms about breastfeeding?
- What challenges do you have?



Breastfeeding

How long do experts recommend that moms feed their babies **only** breast milk (with no other foods or beverages)?

- A. About 2 months
- B. About 6 months
- C. About 9 months
- D. About 1 year



Breastfeeding

How long do experts recommend that moms feed their babies **only** breast milk (with no other foods or beverages)?

- A. About 2 months
- B. About 6 months**
- C. About 9 months
- D. About 1 year



Food and Drinks

Benefits of Healthy Nutrition



- Better ability to **learn** and concentrate
- Fewer **illnesses**
- Have **more energy** to play and learn
- Provides a **foundation** for lifelong health



Food and Drinks

Supporting Healthy Eating Choices



- **Quit the Clean Plate Club**
- **Serve Family Style**
- **Using colorful vegetables**
- **Proteins, Whole grains**
- **Reading nutrition Labels**
- **Water is First for Thirst**
- **Money Saving Ideas**
- **Gardening**
- **CACFP**
- **Healthy parties**



Food and Drinks

Which of these foods is 100% whole grain?

- A. Oatmeal
- B. All breakfast cereals
- C. Multi-grain crackers
- D. White bread



Food and Drinks

Which of these foods is 100% whole grain?

A. Oatmeal

B. All breakfast cereals

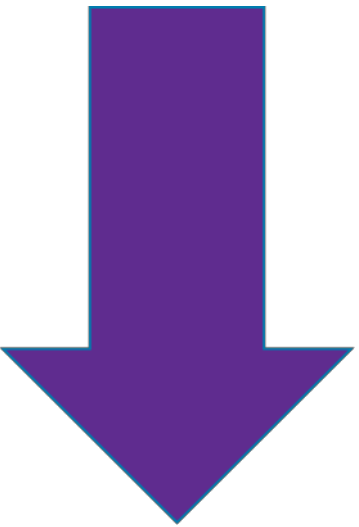
C. Multi-grain crackers

D. White bread

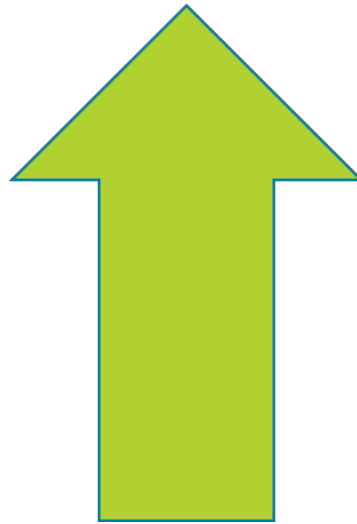


Physical Activity

Benefits of Physical Activity on **Health**



- Reduced risk of feeling **stressed or depressed**
- Reduced risk of **chronic illness**



- Maintain **healthy weight**
- Build **strength, flexibility, and endurance**
- Develop and maintain **strong bones**
- **Sleep** better



Physical Activity

The Importance of Physical Activity for Young Children

- Children **learn** through playing and playing improves the brains ability to learn
- Mastering gross motor skills creates a foundation to **enjoy** physical activity
 - Gross motor skills are big body movements
- Physically active children are more likely to be physically **active adults**



Physical Activity

Physical Activity: How Much and When?

- Structured vs. unstructured
- Moderate to vigorous activity
- How much time / intervals
- Indoor vs. outdoor
- Examples and resources
- Science, Math, Language, Social skills



Physical Activity

How much time per day should children do “structured” or teacher-led, physical activity?

- A. At least 15 minutes
- B. At least 30 minutes
- C. At least 60 minutes
- D. At least 120 minutes (2 hours)



Physical Activity

How much time per day should children do “structured” or teacher-led, physical activity?

- A. At least 15 minutes
- B. At least 30 minutes
- C. At least 60 minutes**
- D. At least 120 minutes (2 hours)



Screen Time

What Is Screen Time?

Time spent with **any** type of screen device



Television



Computer



Tablet



Phone



Screen Time

Why Limit Screen Time?

Excessive screen time is associated with:

- Language delay
- Attention problems
- Aggressive behavior
- Overweight/Obesity

It takes away from beneficial activities that promote development

- Reading
- Singing songs
- Social interaction
- Physical activity

- Exposure to commercials leads to a **preference for unhealthy foods**
- Long periods of inactivity put children at greater risk for developing **problems associated with obesity**

Alternatives to Screen Time



Screen Time

What is the maximum recommended amount of screen time per day for children **over 2 years old**?

- A. 1 hour
- B. 2 hours
- C. 3 hours
- D. 4 hours



Screen Time

What is the maximum recommended amount of screen time per day for children **over 2 years old**?

- A. 1 hour
- B. 2 hours**
- C. 3 hours
- D. 4 hours



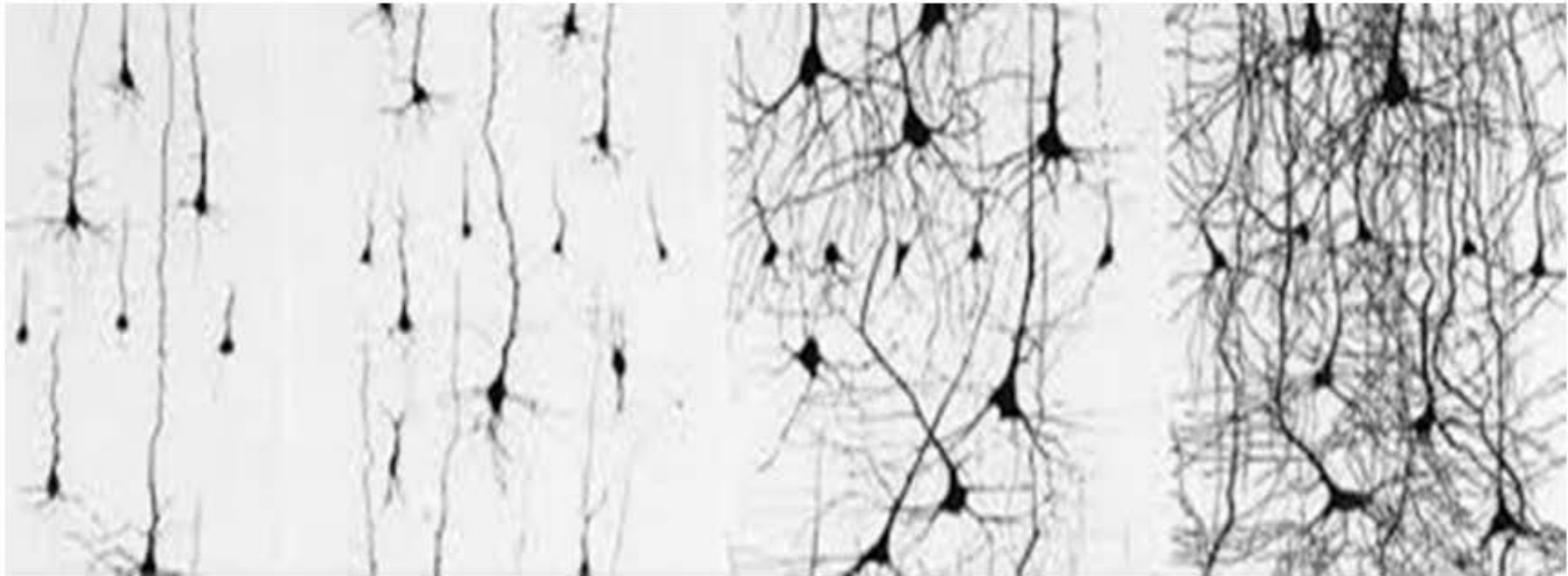
Environment and Policy

Why Put it in Writing?



Physical Activity and The Brain

Neuroplasticity



Physical Activity Break:

Catch & Do



Physical Activity Break: Around the World



<https://www.youtube.com/watch?v=eeVynJoXspl>

What we've accomplished so far...



Agencies have trained over

4,200

Child Care Providers

- Goal is to train 5,500 child care providers by June 30, 2016
- Of the providers trained, 61% are centers, 24% are licensed homes and 9% are license exempt caregivers

Training Incentives

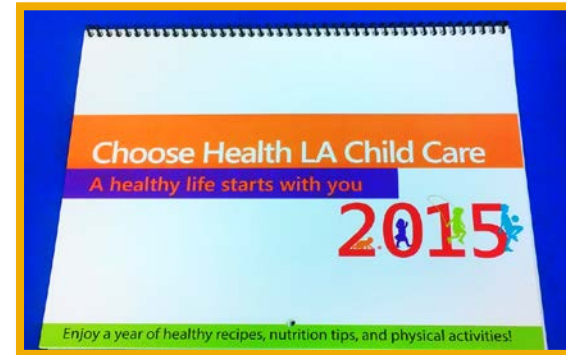
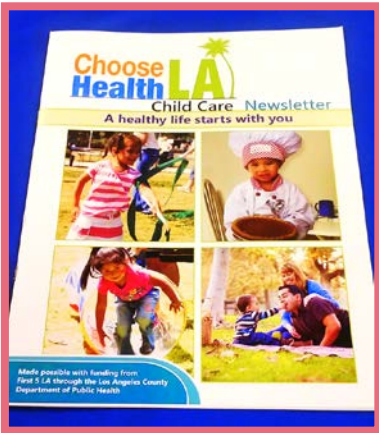
Newsletter

Reusable
bag

Calendar with
Healthy
Recipes and
Activities

Nutrition
Posters

portion size
tableware



**Agencies have conducted
follow-up visits to over**

1,500

child care providers

Goal is to coach 2,200 child care providers by June 30, 2016

Provider Most Common Coaching Requests

- ❖ Menu plan improvements / recipe ideas
- ❖ Developing new menus for new providers
- ❖ Assistance with joining the Child and Adult Care Food Program (CACFP)
- ❖ Healthy cooking activity ideas
- ❖ Expanding physical activity ideas
- ❖ Incorporating more structured play into curriculum
- ❖ Starting a garden at child care sites
- ❖ Developing ideas for classroom container gardening

Project coaching goals can be:

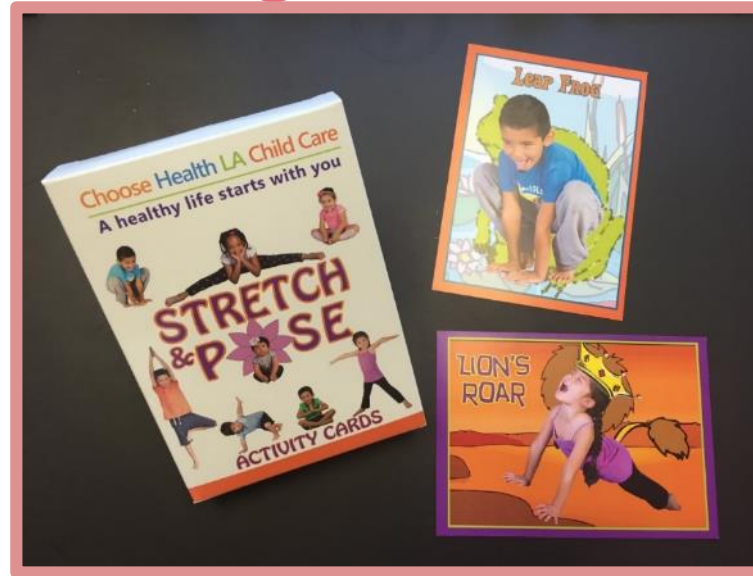
- ❖ Support breastfeeding
- ❖ Improve food/beverages
- ❖ Increase physical activity
 - ❖ Reduce screen time
- ❖ Implement healthy policies

Coaching Incentives

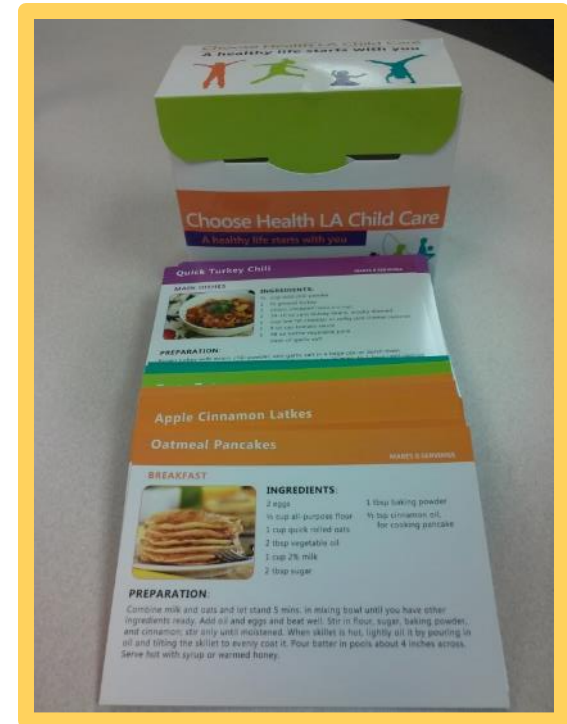
Movement Kits



Yoga Cards



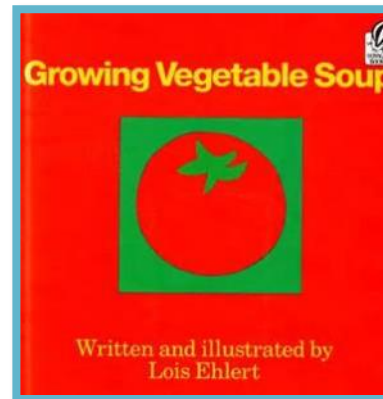
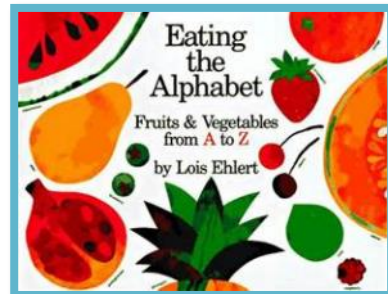
Recipe Cards



Seeds



Books



Implementing Healthier Options

Revamping Menus

| Hoover Intercontinental Care, Inc. Monthly Menu Sheet June July August | | | | |
|---|---|--|---|---|
| July 2015 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Week #1 Breakfast: Omelets, pineapple milk Lunch: Turkey Burger, lettuce tomato, watermelon, milk Snack: Grahams, banana, juice | Breakfast: English muffin honeydew melon, milk Lunch: Easy Mac, Garden Salad, Cantaloupe, Milk Snack: graham crackers sliced bananas | Breakfast: whole wheat toast, banana, milk Lunch: Chicken Sandwich lettuce/tomato, mayo milk Snack: Blueberry muffin, milk | Breakfast: Egg Burrito, pineapple, milk Lunch: Bean & Cheese Burrito Green Salad, Watermelon milk Snack: Cheese cubes, Whole Tots | Breakfast: Pancakes, fruit cantaloupe, milk Lunch: Chili, Green Beans Pineapple, Cornbread, milk Snack: Sages, peanutbutter |
| Week #2 Breakfast: English muffin Jelly, honeydew, milk Lunch: Sloppy Joe, Cucumber cantaloupe, milk Snack: graham crackers pineapple tidbits | Breakfast: Cheddar, orange wedges, milk Lunch: Penne Pasta/Meat Garden Salad, Fruit, milk Snack: Yogurt, pineapple | Breakfast: Waffle sticks, cantaloupe, milk Lunch: Turkey/Swiss Sand Carrot sticks, fruit, milk Snack: corn bread juice | Breakfast: Scrambled fresh pears, milk Lunch: Baked Drum sticks, mashed potato, melon, bread, milk Snack: Celery, Peanut butter | Breakfast: whole wheat toast, hard-boiled eggs, milk, oranges Lunch: Red Beans/Rice green salad, fresh pears butter, milk Snack: Yogurt, apple slices |
| Week #3 Breakfast: cheese toast, pineapple tidbits, milk Lunch: Mac & Cheese cucumber, apple, milk Snack: graham crackers apple sauce | Breakfast: rice krispies, pears, milk Lunch: Turkey Burger lettuce and tomato salad, apple, milk Snack: Wheat thin, banana | Breakfast: pancakes, sliced honeydew melon, milk Lunch: Chicken Sand celery sticks, oranges milk Snack: bagels/peanut butter apple juice | Breakfast: egg burrito, pineapple tidbits, milk Lunch: Chili, Garden Salad watermelon, cornbread milk Snack: Pretzels, Apple Juice | Breakfast: French toast sticks fresh pears, milk Lunch: Turkey/Beans cantaloupe, watermelon, milk Snack: Yogurt, strawberries |
| Week #4 Breakfast: egg burrito, orange wedges, milk Lunch: Turkey Burger celery sticks, oranges, milk Snack: vanilla wafers, apple sauce | Breakfast: sliced pears, milk Lunch: Penne Pasta/Meat Garden Salad, Cantaloupe milk Snack: graham crackers Apple Vichysse | Breakfast: Waffle Sticks fresh pears, milk Lunch: Chicken Sand cantaloupe, watermelon, milk Snack: Banana muffin apple juice | Breakfast: Cheddar, sliced bananas, milk Lunch: Easy Mac, Green Beans Fruit-Jello, Milk Snack: Granola Bars, apple wedges | Breakfast: pancakes, sliced cantaloupe, milk Lunch: Cheese Enchiladas garden salad, honeydew milk Snack: cheese cube muffins, grape juice |
| Week #5 Breakfast: scrambled eggs, bananas, pineapple, milk Lunch: Mac & Cheese Green Beans, cantaloupe, milk Snack: Granola Bars, apple juice | Breakfast: cornflakes, bananas, milk Lunch: Penne Pasta/Meat Garden Salad, Watermelon, milk Snack: banana bread, milk | Breakfast: Scrambled cantaloupe, milk Lunch: Turkey/Swiss Sand celery sticks, apples, milk Snack: fresh pears graham crackers | Breakfast: rice krispies, banana rounds, milk Lunch: Cheese Enchiladas garden salad, honeydew milk Snack: Tortillas Peanut Butter Jelly Muffins | Breakfast: pancakes, sliced cantaloupe, milk Lunch: Baked Chicken Drum Mashed potato, cucumber watermelon, milk Snack: Yogurt, strawberries |

Small steps to big changes



VS



Annette, Center Cook



After the Choose Health L.A. Child Care (CHLACC) trainings and coaching sessions center staff state that they are working as a team to keep each other accountable and towards making healthier changes at the center.



Lunch Time

- Lean turkey and cheese wraps
- Celery sticks with low-fat dressing
- Watermelon slices
- Low-fat milk

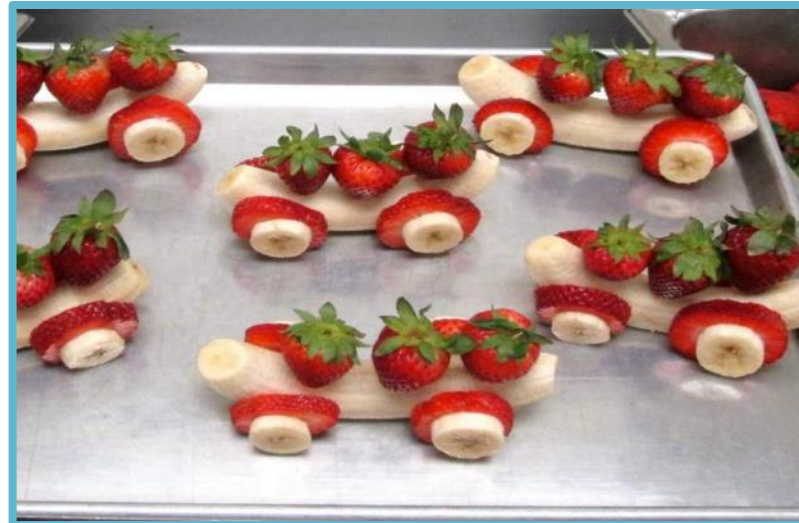


FRESH

Cooking Activities



Coaching sessions provided center with individualized support and resources to plan and implement healthier weekly cooking activities in the classroom.



Coaching in Action



Agencies have reached

7,500

parents directly through events

Exceeded the goal of reaching 7,400 parents by June 30, 2016.

Outreach to Parents



Outreach to Parents

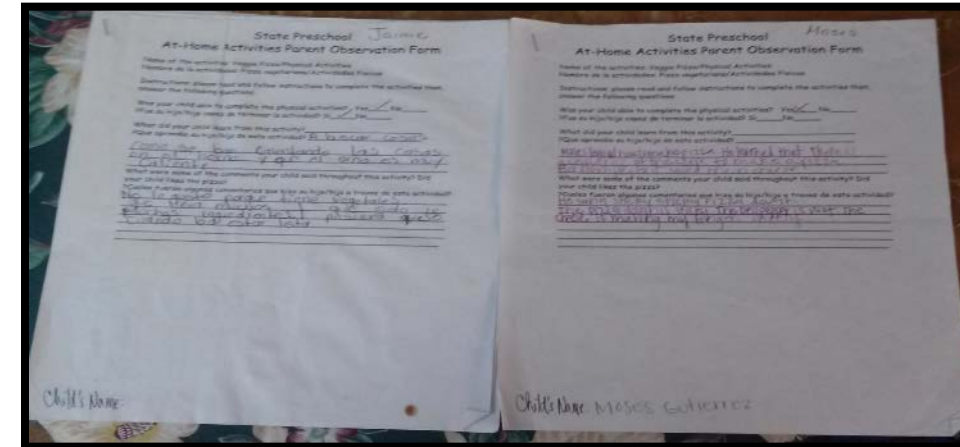
Backpack Program



CHLACC Recipe Cards



At-Home Activities Parent Observation Form



Center launched a “Backpack Program” to engage parents in nutrition education by rotating various backpacks with healthy recipes and physical activity ideas to do as a family.

Outreach to Parents



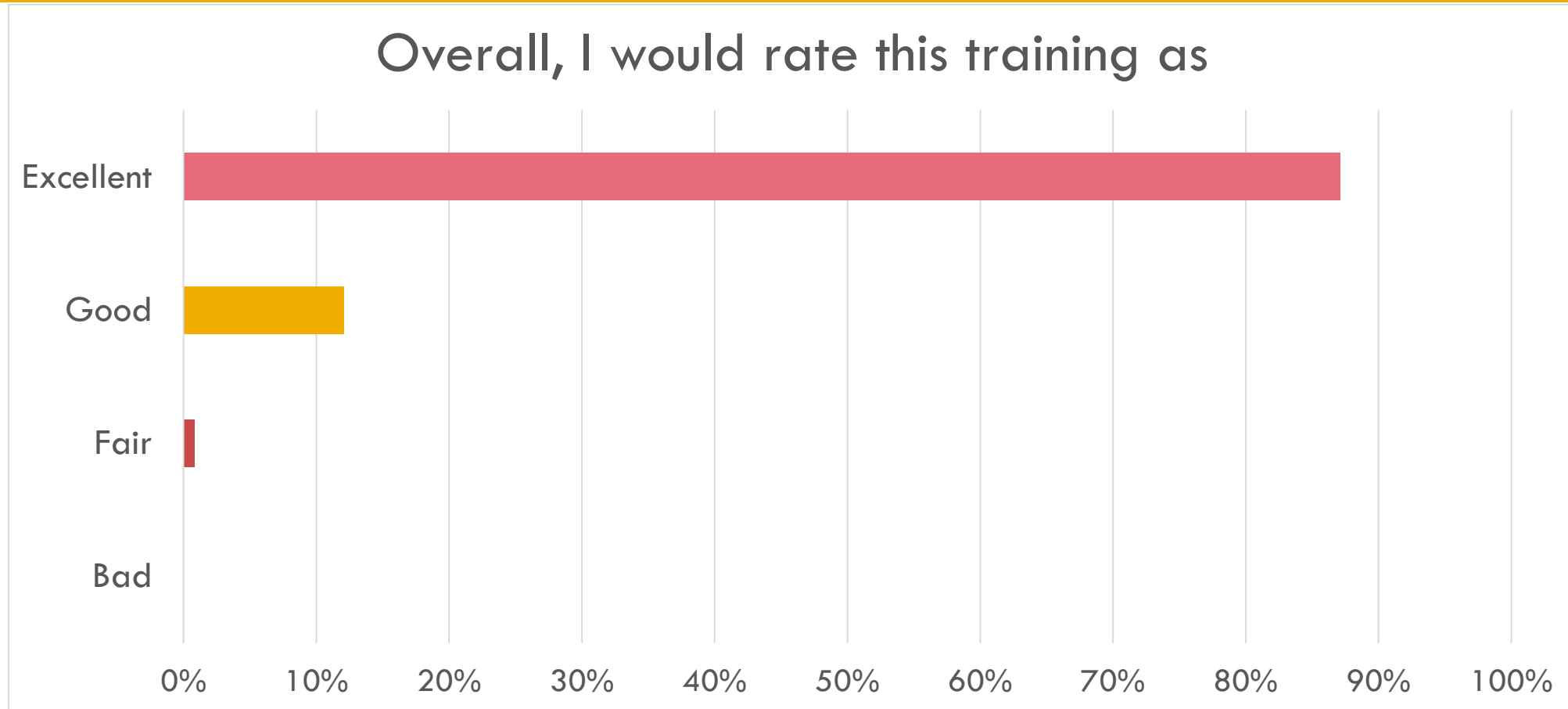
Homemade Chicken Nuggets
Cooking Activity



Preliminary Evaluation

- Training and Coaching **Satisfaction surveys**
- Baseline and 6 month **observational assessments** are conducted in a sample of child care facilities to measure objectively how nutrition and/or physical activity policies, practices, and environments are impacted as a result of the program. A preliminary report will be available early 2016.
- **Policies and Practices self-assessment questionnaire** -- preliminary results from the baseline and follow up measure the impact of training and coaching.

Training Satisfaction Survey Summary



Coaching Satisfaction Survey Summary

Main Goal Area for Coaching Session

| Coaching Goal Area | All Participants | 1 Coaching Session | 2 or 3 Coaching Sessions | Unknown # of Coaching Sessions |
|----------------------------|------------------|--------------------|--------------------------|--------------------------------|
| Support Breastfeeding | 4.0% | 7.8% | 0.0% | 0.0% |
| Improve Food / Beverage | 50.5% | 64.7% | 37.2% | 28.6% |
| Increase Physical Activity | 57.4% | 49.0% | 65.1% | 71.4% |
| Reduce Screen Time | 5.0% | 7.8% | 0.0% | 14.3% |

Coaching Satisfaction Survey Summary

53%

Of coaching participants reported a need for **more resources** to make healthy changes at their child care site

Observational Assessments

Structure:

2-3 hour visit

Observe meal time

Observe outside time

Interview with director

Progress:

- 56 observations conducted as of 10/6/15, including 12 follow ups.
- One additional baseline and remaining 33 follow-ups will be completed by January 2016.
- New cohort of 30 providers will be recruited for this fiscal year.

Policies and Practices Results Report

- Broad impact vs. deep impact
- Ceiling effect
- Training very well received
- 70% said coaching was helpful
- 35% saw increase in demand for their business

Policies and Practices Results Report

- **Breastfeeding:**

- 30% of sites serving 0-2 said breastfeeding coaching “does not apply” to their site

- **Nutrition:**

- FCC more likely to serve snacks and dinner
- Areas that increased significantly, but could still increase further (ex. parents received written nutrition policies, healthy celebrations)
- Flavored milk saw the least decrease

- **Physical Activity (PA):**

- Numbers of sites implementing structured play lower than those implementing unstructured play
- Significant increases in PA policy upon enrollment, staff participating in PA, and parents provided info on how to incorporate PA at home

- **Screen time:**

- Challenging for FCCs because they are home settings
- English-speakers more prepared than Spanish speakers to make changes around screen time; note that quality of screen time is not assessed

Policies and Practices Results Report

- **CACFP participation:**

- Approximately $\frac{3}{4}$ of providers surveyed participate

- **Self-efficacy (preparedness):**

- Providers feel least prepared to address breastfeeding
- Similarly, knowledge change around breastfeeding saw smallest increase

- **Challenge:**

- Lack of support from parents; need more resources for parents

Programmatic Changes Based on Lessons Learned

- ❑ Created a 1-hour version of the workshop for centers, tailored for Head Start and School District sites.
- ❑ Reach out directly to centers to schedule training during staff development time.
- ❑ Market the workshops specifically for license-exempt providers who may want to become licensed.
- ❑ Conduct focus groups with child care providers who participated in the program to collect and synthesize qualitative information.

Focus Groups

Total = 7 focus groups (6-10 participants each)

- ▣ 4 conducted in English
- ▣ 3 conducted in Spanish

Eligibility criteria:

- ▣ English or Spanish
 - ▣ Adult participant in Choose Health LA Child Care training and coaching
 - ▣ Child care provider of children ages 0-5
- ▣ *Participant incentives: \$40 gift card incentive & healthy snacks*


Special Thanks!

Choose Health LA Child Care Coaches:

- ❑ Mayra Unzueta - CCRC
- ❑ PhiVan Ha – Connections
- ❑ Adriana Sanchez – Crystal Stairs
- ❑ Sophia Gonzalez – MAOF
- ❑ Armida Rosario - Options
- ❑ Maria Ponce – Pathways
- ❑ Dell Harris - Pomona



Countywide Campaign



WATER

Sugar Free
Calorie Free
Obesity Free

WARNING: Soda, sports and juice drinks can lead to childhood obesity and type 2 diabetes.

Water: The healthiest choice


ChooseHealthLA.com

Counties of Los Angeles, Orange, San Bernardino, Santa Ana, and Ventura

Public Health

Choose Health LA

first 5 la



WARNING: Soda, sports & juice drinks can lead to childhood obesity and type 2 diabetes.

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ChooseHealthLA.com

Counties of Los Angeles, Orange, San Bernardino, Santa Ana, and Ventura

Public Health

Choose Health LA

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Vote for Healthy Kids!

- ☐ LA2050 funds would allow us to offer nutrition and physical activity trainings to Family, Friend and Neighbor child caregivers in the areas of Los Angeles County with the highest childhood obesity rates, in a fun “Caregiver & Me” setting.
- ☐ Vote before **November 3rd**:
<http://myla2050live2015.makergood.is/projects/caregiverandme>.
- ☐ Ask your colleagues, friends and family to do the same!



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