

Selected Evidence-Based Strategy Overview for Local Health Departments to Address Obesity

Title of Strategy: Implement comprehensive early care and education (ECE) standards and policies for nutrition and physical activity

Strategy Description:

ECE settings serve 0 - 5 year-olds and include preschools, child care centers, day care homes (also known as family child care), Head Start and pre-kindergarten programs. The focus of this strategy is to ensure that ECE settings meet national nutrition, physical activity and obesity prevention standards.

- Comprehensive nutrition standards for ECEs include several components: provide nourishing and attractive food for children according to a written plan developed by a qualified nutritionist/registered dietitian, assessment and planning of nutrition for individual children, feeding plans and dietary modifications, use of nutritionist/registered dietitian, nutrition learning experiences for children, and food and nutrition service policies and plans.
- Comprehensive physical activity standards for ECEs include several components: age-appropriate minimal time or number of occasions for physical activity, outdoor activity, ECE provider-led activity, and policies and practices concerning the removal of barriers to physical activity participation (e.g., weather and clothing considerations, incorporation of physical activity into curriculum).

Physical activity and nutrition standards are guided by recommendations in Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC), Let's Move Child Care and Caring for Our Children, 3rd edition.

How Health Departments Might Support This Strategy:

- Collaborate with local Smart Start Partnerships to enhance/expand implementation of healthy weight promotion efforts, including *Shape NC: Healthy Starts for Young Children*.
- Participate on one another's councils/boards/committees.
- Coordination to complement/augment each other's' healthy weight promotion efforts.
- Sharing Resources.
- Support the use of evidence-based strategies/interventions in ECE settings such as Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC), Let's Move Child Care, Color Me Healthy and Caring for Our Children
- Document in your annual interim State of the County Health (SOTCH) report actions you are taking to address this evidence-based strategy in your county. Include this strategy when conducting and submitting your next Community Health Assessment (CHA).

Resources:

- Caring for Our Children: <http://cfoc.nrckids.org>
- Color Me Healthy: <http://www.colormehealthy.com/>
- Let's Move Child Care: <http://www.healthykidshealthyfuture.org/welcome.html>
- Nutrition and Physical Activity Self-Assessment for Child Care: <http://gonapsacc.org/>
- Smart Start: www.smartstart.org/tag/shape-nc

Expected State Outcome(s):

Actions at the state and local level will contribute to better health for all North Carolinians.

Local Health Departments Will:

- Increase the number of ECE's that develop or adopt policies to implement food service guidelines.
- Increase the number of ECE's that develop and implement standards to increase physical activity.

Healthy NC 2020 Diabetes-Related Objective:

Increase the percentage of high school students who are neither overweight nor obese (no NC 2020 objective closer than this one to child care).

Contact Person(s):

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The North Carolina Partnership for Children, Inc.

NC County Health Departments Working on this Strategy:

Alamance	Craven	Henderson	Pasquotank
Alexander	Cumberland	Hertford	Pender
Alleghany	Currituck	Hoke	Perquimans
Anson	Dare	Hyde	Person
Avery	Davidson	Johnston	Randolph
Beaufort	Davie	Jones	Richmond
Bertie	Duplin	Lee	Robeson
Bladen	Durham	Lenoir	Rowan
Brunswick	Edgecombe	Lincoln	Sampson
Cabarrus	Franklin	Macon	Scotland
Caldwell	Gaston	Martin	Stanly
Camden	Gates	Montgomery	Surry
Carteret	Graham	Moore	Swain
Caswell	Greene	New Hanover	Tyrell
Catawba	Guilford	Northampton	Union
Chatham	Halifax	Onslow	Wake
Chowan	Harnett	Orange	Warren
Clay	Haywood	Pamlico	Washington