Obesity Prevention in Ohio’s Early Childhood System

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Healthy Child Care Ohio

- Established at ODH in 2002
- Statewide network of CCHCs (RNs/RD)
- Coordinated through contract with Ohio CCR&R Association (OCCRRA)
- Free training and consultation to any ECE provider
- Core standardized modules, including nutrition
“Knitting” Nutrition and Physical Activity into the EC System

- ECCS state plan
- ECE cross-sector rule review writing teams
- Community Wellness Alliance Advisory Council
- New CFCOC Obesity standards
- Licensor Toolkit
“Knitting” Nutrition and Physical Activity into the EC System

- Guiding Young Children’s Behavior by Supporting Social and Emotional Development
  - Early Childhood Core Knowledge & Competencies Social Emotional Field Guide
  - Describes professional competencies to support children’s SE development, along with strategies
  - Six content areas, including Health, Safety & Nutrition
  - Specifically addresses obesity, food insufficiency, physical activity....but not at first
**TIP 3** Insufficient Food

Recent studies have found that nearly 1 in 4 children under the age of five in Ohio experiences "food insecurity," defined as not having adequate physical, social or economic access to food that meets their dietary needs for an active and healthy life. The level of food insecurity among young children in Ohio is the third highest in the country. Children who do not have consistent access to adequate food are at risk not only in terms of their physical health and development, but also their social, emotional and behavioral well-being. Food insufficiency and hunger have been consistently associated with aggression, anxiety, poorer academic performance and lower social skills.

- Learn to recognize signs of food insecurity in children, such as irritability, inattention, hoarding or saving food or extreme hunger. They may be more evident at the beginning of the week or after a break from child care.
- Prepare enough food for meals and snacks so that children can have additional servings if they are still hungry. The Child and Adult Care Food Program offers meal reimbursement to eligible programs. Consider making additional snacks available in the classroom if children need them, or providing "to go" bags for children to take home.
- Become familiar with community resources that can assist families, such as the WIC program, county IFS office, food pantries and programs that offer educational programs on meal planning and nutrition. Sharing this information with all families reduces the stigma of singling out an individual family who may be uncomfortable discussing their need.

**TIP 4** Obesity and Physical Activity

It is estimated that 1 in 3 children is overweight or obese*. Obesity in children has been associated with an increased risk for depression and other mental health diagnoses and decreased levels of self-esteem. On the other hand, children who engage in regular physical activity are more likely to have higher levels of self-esteem and increased concentration and lower levels of stress and anxiety.

- Offer children opportunities for a variety of vigorous physical activities throughout the day. Include both structured (adult-led) activities and free play.
- Offer nutritious foods and beverages in appropriate serving sizes, starting with small portions and allowing seconds if the child is still hungry. Allow children to stop eating when they are full so that they learn to recognize their body's cues. Be aware of infants' signals that they are full, such as turning away from a bottle or spoon.
- Incorporate activities to help children learn about nutrition and making healthy choices, such as cooking, gardening or comparing food labels.
- Limit the amount of "screen time" in your program, including television, videos, hand-held video games and computer time.

*Overweight is defined as a Body Mass Index at or above the 85th percentile and lower than the 95th percentile. Obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex.
Ohio Healthy Programs Project

- ODH Office of Healthy Ohio received funds for Statewide Wellness and Obesity Prevention Program
- RFP issued late 2009 to fill gaps in strategic plan
- OCCRRA (HCCO contractor) funded to target ECE
- Collaboration with Columbus Public Health – Healthy Children, Healthy Weights
- HCCO CCHCs and CCR&R specialists trained
- Curriculum approved for QRIS hours
Becoming a Healthy Program

1. Attend QRIS-approved trainings
2. Implement a healthy practice policy
3. Increase the nutritional content of menus
4. Include parent participation

healthyprograms@occrrra.org
Training Components

- Session 1: Healthy Habits (10 hrs)
  - Healthy activity
  - Healthy eating and feeding
  - Healthy growing
  - Healthy families

- Session 2: Healthy Menus (2.5 hrs)

- Session 3: Healthy Policies (2.5 hrs)
Menu Requirements

- Includes variety every day of the week.
  - Vegetables
  - Whole Fruit
  - Whole Grain Food

- Offers fried foods no more than twice a week.
  - Includes foods that are pre-fried, frozen and reheated in the oven, such as french fries, tater tots, chicken nuggets, etc.

- Offers only lower fat milk (2%, 1% or skim) to all children ages 2 and up.

(adapted from Healthier US School Challenge 2010)
Healthy Programs Application

Early Childhood Professional Level III -> Total Number of Verified Points:

OHIO'S HEALTHY PROGRAM
APPLICATION FOR RECOGNITION IN ACHIEVING HEALTHY PROGRAM STATUS

By completing and submitting this application, I am requesting that Giggles & Wiggles Incorporated be considered for Ohio's Healthy Program status. I understand that if my program receives this award, it will be in effect for 1 year and I will need to re-apply for Healthy Program status annually.

Child care programs will be able to apply for Ohio's Healthy Program status by:

1. Attending the Healthy Children, Healthy Weights training,
2. Implementing a policy to ensure healthy practices are maintained in the program,
3. Demonstrating an improvement in menus and
4. including parents in Healthy Programs project.

To view a detailed description of the four steps involved in applying for Ohio's Healthy Program status, click here (pdf needed)

Program Information:

The information in this section is supplied by ODJFS as reported on your current Program License. If any information is missing or incorrect, please contact ODJFS to update your record.

Program Name: 
Program License Number: 
Program Type: Combination
Infant Capacity: Toddler Capacity: Preschool Capacity: School Age Capacity:
Program Address: 
ODJFS Administrator Name: 
Program Phone Number:
Healthy Programs Sustainability

- HCCO CCHCs will continue to offer training and TA
- Database will continue to operate for new applications and annual renewals
- A limited number of Fit Kits will be available
- Looking into additional funding options
- Considering ways to exchange information with other states
Thank you!

Questions?