NRC
Healthy Weight
Advisory Committee Meeting
July 2010
Convened in partnership with
MCHB & ACF
Why?
Examine the standards more closely to determine how the best practices contained in *Preventing Childhood Obesity (PCO)* may be instilled in programs and regulations to help reverse the childhood obesity epidemic

Who?
21 experts in
  – Child health & development
  – Early care & education
  – Policy & child care regulations
3-Step Agenda for Advisors:

1) Assess the ease of implementation
2) Assess the impact of implementation
3) Brainstorm use
49 PCO/CFOC Standards

- Complex & multi faceted
- Deconstructed into component parts
- Emphasis on obesity prevention
- Edited out many safety items
- Resulted 217 components of standards
Assessment Process

- 217 posters divided in 2 rooms
- 4-point rating scale
- 1000 colored dots
- Gallery walks
EASE

• Promote children’s active play every day
• Don’t use media during meals/snacks
• Serve the right number of meals and snacks
• Don’t allow sleepy children to continue to eat
IMPACT

• Do not feed infants past satiety/feed on cue
• Avoid sugar (candy, sodas, sweetened drinks, fruit nectars & flavored milk)
• Do mix infant formula mixed with other foods
• Serve colorful vegetables & whole fruits
Challenges to Implementation

• Space for physical activity
• Limiting screen time, including computers
• Avoidance of sweets--celebrations = sweets
• Time to find resources
NRC’s Obesity Prevention Agenda  (7/10-1/11)

• *PCO*-Spanish translation
• Licensing Toolkit  & field test (via focus groups)
• 2 Family Checklists for early care & education
  o Healthy eating habits
  o Physical activity as part of the day
  o Spanish translations
• 3 Physical Activity Videos - infants, toddlers & preschoolers
• Achieving a State of Healthy Weight
Achieving a State of Healthy Weight

NRC National Assessment of Obesity Prevention Terminology in States’ Child Care Regulations
Examined nearly 50 high impact components
• Scaled each, 1 to 4 points
• Trained six raters to high rater reliability
• Rated 118 state-level documents
  o center-based care
  o large/group family child care homes
  o small family child care homes
Nearly 7000 ratings on:

- Infant Feeding
- Nutrition
- Physical Activity/Screen Time
Findings
1/2 of the ratings showed the PCO topics were not in the regulations.
2/3 of ratings for Physical Activity/Screen Time indicate no pertinent content.
Even our strongest States can do better!
Data sheets for each state may help identify priorities for regulations that support obesity prevention.
In summary, NRC’s assessment

- A point in time – last qtr 2010
  - regulations continuously evolve
- Baseline from the release of *PCO*
- Intended to help states
  - see how they address obesity prevention
  - identify areas they may want to strengthen