ExSPANding Your Horizons

Carrie Dooyema and Nora Geary

ECE Team Members

Obesity Prevention and Control Branch Division of Nutrition, Physical Activity, and Obesity
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
Without Intervention, Over Half of Today’s Children Will Have Obesity as Young Adults

- A recent modeling study using BMI trajectories for youth shows that, by 2050, the majority of today’s children, 57.3% will have obesity by age 35 if our society doesn’t take immediate actions.

DNPAO’S FUNDED PROGRAM RECIPIENTS

Fiscal Year 2018

Align! Align! Align!

LEGEND:
- High Obesity Program Funding
- REACH Funding
- State Funding
Spectrum of Opportunities 2.0 for Obesity Prevention in ECE
1. Nutrition and physical activity standards added or enhanced

2. System-level supports added or enhanced
Nutrition & Physical Activity Standards: Caring for Our Children

Comprehensive
http://nrckids.org/CFOC

275 Standards
http://nrckids.org/CFOC/Childhood_Obesity

47 High-Impact Standards
http://nrckids.org/HealthyWeight
47 High-Impact Obesity Prevention Standards
System-Level Supports: Spectrum 2.0 Sub-Options

1. Improve licensing standards for obesity prevention
2. Include obesity prevention content in licensing approved trainings
3. Provide incentives for providers to exceed licensing standards
4. Enhance content in licensing commentary/support materials
5. Use licensing monitors as a technical assistant touch-point
6. Collect and use data from licensing monitors
7. Support enhanced local standards (if not pre-empted by the state)

1. Ensure availability of on-demand trainings for CEUs
2. Require core content in ECE certification/degree programs
3. Ensure optional training in ECE certification/degree programs
4. Ensure that state-approved trainers are qualified to train on current obesity prevention standards and best practices for achieving them

1. Increase CACFP participation and retention rates
2. Promote enhanced standards within CACFP
3. Support a specific obesity prevention facility-level intervention
4. Include full obesity prevention content in CACFP trainings
5. Build technical assistance competencies for obesity prevention
6. Partner with Sponsoring Organizations to incorporate obesity prevention into their work
7. Address barriers to full utilization of federal CACFP funds

1. Standardize expertise among existing TA network providers
2. Assess and address the need for additional TA providers in the state

1. Include obesity prevention standards
2. Require/supervise assessments of policies and practices
3. Require/supervise action planning
4. Strengthen expertise of QRIS coaches/TA providers
5. Offer incentives to support implementing obesity prevention strategies
6. Update training and education requirements

1. Maintain an ongoing, statewide recognition program
2. Promote a specific obesity prevention intervention statewide
3. Make intervention participation incentives available statewide

1. Organize stakeholders statewide to develop access initiatives
2. Launch or strengthen statewide Farm to ECE initiative
3. Develop guidance, tools, and incentives for central kitchens
4. Strengthen fresh food procurement and distribution chains

1. Require obesity prevention standards (Subsidy)
2. Require preservice training on obesity prevention (Subsidy)
3. Require annual clock-hour training on obesity prevention (Subsidy)
4. Require parent education and engagement on obesity prevention topics (Subsidy)
5. Promote enhanced standards within state funded programs (Pre-K and Head Start)

1. Include standards for obesity prevention content areas
2. Create guidance materials for meeting ELS using obesity prevention strategies
Standards + System-level Support
ECE providers in licensed programs must be trained in obesity prevention content.
ECE providers in licensed programs must be trained in obesity prevention content.
ECE providers in licensed programs must be trained in obesity prevention content.
Programs receive quality points for following CACFP meal patterns.
Programs receiving CCDF funding must participate in state QRIS.

Programs receive quality points for following CACFP meal patterns.

ECE Funding Streams (Subsidy, Pre-K, Head Start)
Programs receiving CCDF funding must participate in state QRIS.

Programs receive quality points for following CACFP meal patterns.

Programs receive quality points for participating in Farm2ECE activities.
State TAs trained in an obesity prevention intervention

Licensed providers must adhere to CACFP meal patterns

Programs receive quality points for following CACFP meal patterns

Programs receiving CCDF funding must participate in state QRIS

ECE providers in licensed programs must be trained in obesity prevention content

ECE System-Level Linkages
Your SPAN Work, Year 1
Which Spectrum Areas are States commonly working in? (non animated)

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Which Spectrum Areas are States commonly working in?

Raise your hand if your state is working in...
Strategies

- Launch recognition program
- Cross promote between Spectrum Areas
- Develop TA resources to support implementation
- Train child care health consultants on obesity intervention (Go NAP SACC)
- Identify TAs to support facility-level intervention (e.g., Go NAP SACC)
- Train child care health consultants on nutrition and breastfeeding
- Establish PA & Nutrition specialists in state CCR&R
- Develop and facilitate obesity prevention training for state TA network
Strategies

• Revise and update PD modules to align with new licensing standards
• Increase reach of PD modules through cross promotion
• Map systems of influence for ECE professional development standards and training guidance

• Crosswalk standards and required trainings and implement nutrition content enhancements in QRIS
• Incorporate state recognition program into QRIS (programs receive QRIS points for participating in recognition program)
• Require QRIS providers to conduct a systematic assessment of policies related to obesity prevention
Strategies

• Promote compliance with CACFP and conduct outreach in high risk communities

• Develop strategy/system to increase participation in CACFP

• Convene and connect Farm to ECE programs and organizations, share resources and develop a statewide network to improve access to locally grown fresh produce

• Facilitate central kitchen partnership for a CACFP designation
Strategies

• Require licensed providers to follow current CACFP meal patterns

• Suggest improvements to breastfeeding standards in licensing
Strategies/Approaches

Examples from the room?
What was accomplished in Year 1?

• Completed Spectrum 2.0 worksheets (State Profile, Feasibility of Opportunities, Rating, Action Plan)
• Convened a stakeholder meeting
• Collaborated with new partners
• Hired new staff
• Signed memorandums of understanding with new partners
• Developed a state action plan
What do you need from us?
Nemours Healthy Kids Healthy Future: Technical Assistance Program (HKHF TAP)

- Supporting 11 with funding and TA to advance ECE systems and facility level work
- Provide one time opportunities to support SPAN states expand their current plans
  - CACFP Mapping
  - Natural Learning Environment Certification
  - Go NAP SACC
  - Equity Training/workshop
  - Facility level interventions (CATCH Training or ECELC Learning Collaboratives)

- Developing a Training and TA Network for Physical Activity in EC (PALS Project)
  - Integrating physical activity content into state ECE technical assistance networks and pre-service/professional development systems
5 states selected, others participating
Teams utilize the CoIIN process to improve ECE nutrition environments, policies and/or practices utilizing a comprehensive farm to ECE approach
Teams receive
• Regular webinars,
• Networking opportunities,
• Technical assistance from national experts,
• Small annual stipend and annual in-person learning sessions
TAPS, PALS and CoIN States

Rhode Island
Delaware
Maryland
Dist. Columbia
Other Projects

- 4 State ECE Surveillance Pilot (2018-2020)
  - Contracted funded to Westat to pilot an ECE surveillance system survey; Currently obtaining OMB approval. Hope to be in the field in Fall of 2019
  - When complete we will have a packaged off the shelf survey for states to use if they wish to track the policies and practices of ECEs
  - Happy to share the survey with other states
- Possible repeat of the ECE State Indicator Report
- Use of GO NAP SACC
Questions?
Speed Dating
Question 1

Please describe where you work and your role in childhood obesity?
Question 2

Which Spectrum Areas are you focused on (e.g., Licensing, Pre-Service & Professional Development, QRIS, TA Networks)?
Question 3

What is one challenge you are working to overcome in your SPAN work?
Question 4

Please share one “win” related to obesity prevention in ECE from your state.
Question 5

Please share one **BOLD GOAL** you hope to accomplish during SPAN.

After discussing with your partner, write it down on a post-it note and post on the **bold goal wall**