Take Two: Focusing on New Opportunities for Nutrition and Physical Activity in Early Care and Education

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An Introduction
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HKHF Technical Assistance Program (TAP) Basics
What is HKHF TAP?
What are our program strategies?
Who is the team?

States & Activities
Where are we implementing?
Who are our partners?
What are the priorities for year 1 and 2?

Evaluation
How will we measure and report our impact?
The Basics...

Healthy Kids, Healthy Future TAP
Technical Assistance Program

5 years
Cooperative Agreement
August 2018 - July 2023
(6 NU38OT000304-01-02)

$2.5m
Awarded for Year 1
August 1, 2018 - July 31, 2019

3
'Projects'
1) ECE Organizations
2) National Program
3) T/TA for Physical Activity

1
Target Population:
Statewide ECE Organizations

10
Technical Assistance and Partnership Support (TAPS) States

United States
HKHF TAP Team & Technical Assistance Contacts

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Strengthening Public Health Systems and Services through National Partnerships to Improve and Protect the Nation’s Health

1. Public health systems infrastructure
   Improve operational capacity, such as policies and plans, administration and management, and quality improvement

2. Leadership & workforce development
   Improve leadership and workforce competencies, recruitment and retention

3. Data & info systems
   Improve collection, management, interpretation, and dissemination of data to guide decision making

4. Communication & information technology
   Improve the use of communication and information technology to affect health decisions and actions

5. Partnerships
   Improve the establishment and maintenance of results-driven partnerships

6. Laws & Policies
   Improve the ability to interpret and inform laws, including statutes and regulations, and policies that affect health

7. Programs & Services
   Improve the identification of best practices and implementation of evidence-based/informed programs and services
What are we trying to do?

- Implement and integrate nutrition, physical activity, breastfeeding, and screen time standards into statewide ECE systems
- Improve ECE facility level policies, practices, and environments related to nutrition, breastfeeding support, physical activity and screen time
- Implement best practices related to nutrition, physical activity, breastfeeding support and screen time
- Improve state capacity to train and provide support on physical activity in ECE settings

Nemours

Healthy Kids, Healthy Future TAP Technical Assistance Program
Spectrum of Opportunities Framework

"The framework outlines how both standards and support for ECE providers to achieve these standards can be embedded into a state's ECE system."
Spectrum of Opportunities

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

♦ 'Spectrum 2.0' includes sub-options, which provide ideas and strategies for enabling change within each of the opportunities
♦ Guidance materials and worksheets accompany the Spectrum 2.0 to support teams in assessing their opportunities
♦ Each opportunity and sub-option should address equity considerations and strategies
PALS is an "out-of-the-box" training package for ECE T/TA staff to use with ECE providers.

Combines content learning with facility-level self-assessments, policy development opportunities, resources and materials.

Aimed at supporting practice change in ECE programs leading to healthier, more active children.

States apply to Nemours & CDC to request PALS for their state T/TA network(s). Nemours provides Train-the-Trainer and on-going TA.
TAPS States

Alabama Partnership for Children
- Go NAP SACC
- Breastfeeding Friendly Child Care Initiative
- CACFP outreach & promotion
- Farm2ECE
- Equity training for state stakeholder group

HealthMPowers
- Pre-Service & PD: Eat.Move.Talk Training
- Learning Collaboratives
- Training and TA

Health Council of Southeast Florida
- Statewide recognition program
- CATCH Training
- Reconnect statewide stakeholder group

Child Care Aware of Kansas
- Breastfeeding Friendly Child Care
- Go NAP SACC
- QRIS: Links to Quality

Iowa Department of Public Health
- QRIS: Go NAP SACC
- CACFP
- PALS
- Learning Collaboratives
TAPS States

Louisiana Department of Health
- Recognition Program (WellSpot)
- Farm2ECE
- Go NAP SACC

Maine

Medical Care Development, Inc.
- 5 year strategic plan
- Go NAP SACC
- Learning collaboratives

New Jersey

YMCA Alliance of NJ
- CATCH & Start Healthy, Stay Healthy
- Go NAP SACC
- Reconvene stakeholder group

Healthy Early Wisconsin
- Kids Forward
- Supporting Families Together Association
- CACFP

Wisconsin

Virginia Early Childhood Foundation
- CACFP outreach & promotion
- Learning collaboratives
- Go NAP SACC

Virginia
**Year 1 & 2 Priorities**

**Year 1: August 1, 2018 - July 31, 2019**

- National and state start-up
  - 10 states develop action plans
  - 10 states launch and implement systems & facilities level activities
  - Finalize PALS training package and begin CDC clearance process
  - Complete 3 PALS trainings in states
  - Convene and train 50+ state team representatives in June
  - Offer proactive and reactive TA, including TA memos, monthly calls, and webinars
  - Provide evaluation guidance to states and begin data collection (baseline)
  - Launch 'one-time' opportunities with national partners (e.g. Child Care Aware of America)
  - Develop equity approach and enhance equity strategies in state action plans

**Year 2: August 1, 2019 - July 31, 2020**

- Expansion and full implementation
  - Add 1 new TAPS state (South Carolina) and support development of their action plan
  - Develop relationships with SPAN states and offer one-time opportunities
  - 10 states continue to implement and expand state action plans with both systems and facilities level activities
  - Nemours & CDC provide TA and training
  - Engage 5 new states for PALS
  - CDC clearance process completed for PALS training package
  - Collect additional evaluation data, e.g. NAP SACC data, learning collaboratives reach from Year 1 collaboratives completed
  - Document lessons learned and success stories
Evaluation
**HKHF TAP LOGIC MODEL**

🌟 Improved healthy eating & physical activity among children in ECE settings
🌟 Children who experienced health ECE settings less likely to be overweight at Kindergarten

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**INPUTS**
- $, staffing
- CDC & Nemours’ TA
- State partnerships & experience
- Lessons learned
- GO NAP SACC

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**ACTIVITIES**
- TA provision
- States develop action plans
- States establish/enhance partnerships
- States implement HEPA initiatives in ECE
- Nemours and CDC support state peer networking & sharing
- Nemours & CDC provide in-person & virtual TA & trainings

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**OUTPUTS**
- State action plans
- New & enhanced partnerships
- Outreach & training materials
- Training curricula & materials
- Enhanced HEPA standards
- Improved support for and access to CACFP

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**SHORT-TERM**
- ↑ states implementing evidence-informed standards & practices
- ↑ Support from states implementing standards
- ↑ ECE facilities subject to best practices and standards
- ↑ Trainers & ECE providers trained on best practices
- ↑ Results focused partnerships
- ↑ ECE facilities using Go NAP SACC
- ↑ HEPA activities in ECE facilities

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**INTERMEDIATE**
- ↑ ECE facilities meeting CFCC standards for HEPA
- ↑ ECE staff trained in best practices
- ↑ ECE programs implementing breastfeeding & infant feeding best practices
- ↑ time spent on physical activity in ECE facilities
- ↓ screen time for children in ECE facilities
Evaluation Purpose

- Describe how HKHF TAP was implemented at the national and state level
- Describe how the systems level work was done at the national, state and facility level. Determine how many facilities and children were affected by the changes ("reach")
- Understand the changes in state capacity to implement obesity prevention in ECE
Evaluation Questions

1. How has past experience informed the HKHF TAP approach?
2. How has using the Spectrum of Opportunities shaped HKHF TAP?
3. What TA strategies have been used and how effective have they been?
4. What facility level and system level changes have resulted from HKHF TAP?
5. What overall contributions has HKHF TAP made to obesity prevention in ECE and state early childhood systems?
6. How has state capacity changed to implement obesity prevention in early childhood?
Year 2 Participation in PALS

- PALS is looking for states to participate for Year 2 (August 2019-July 2020). State interested in participating should:
  - Have identified an interest in integrating physical activity into their state ECE systems
  - Be willing to partner with other ECE agencies to identify T/TA staff to participate in the Train the Train
  - Be willing to integrate the PALS training into their professional development systems

If interested, please complete a PALS interest form at the Exhibitors table or email Brianna.holmes@Nemours.org for more information.
Healthy Kids, Healthy Future

Giving early care and education providers the tools to help children get a healthy start.

LEARN MORE

CHILD CARE & EARLY EDUCATION PROVIDERS
Focus on five goals to develop healthy habits.

STATE & LOCAL LEADERS

TRainers

HOW DO WE KEEP KIDS HEALTHY?
THANK YOU
Contact Information

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