
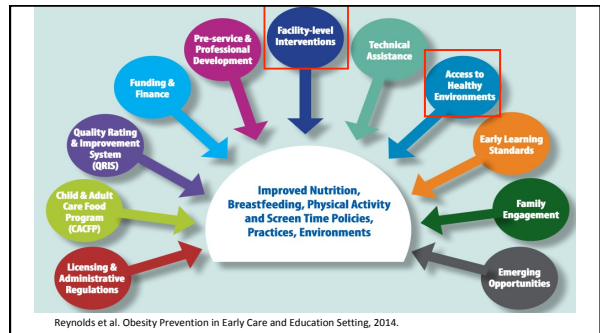



# Access to Healthy Environments at ECE Settings

Dianne S. Ward  
UNC Department of Nutrition

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## Facility-Based Interventions




**Where on the SEM Framework?**

- At the Child
- At the Teachers
- At the Center Director or FCCH provider
- At the Organizational
- At the Community (e.g., Child Care Resource & Referral staff; cooperative extension agent; Child Care Health Consultant)

## Facility Level Interventions Can...

- Focus on Child Education and/or Behavior**
  - Curricula for motor skill development or importance of healthy food
  - Activities to increase physical activity or integrate nutrition education into standard curriculum (e.g., learning color through fruits & vegetables)
- Focus on Staff Behavior**
  - Enthusiastic modeling of healthy eating; engaging in informal talks about food;
  - Reinforcing children's positive physical activity behaviors; joining in active play with children

## Organizational Intervention Example: Go NAPSACC Program



**4 P's Approach**

- Provisions:** food/drink, activity time, outdoor play
- Practices:** reinforcing healthy eating and active play through staff behavior
- Professional education:** providing training to staff, outreach to families, and formal lessons to children
- Policies:** public affirmation of the home or center's provisions, practices, & policies

## Access to Healthy Environments



- Can be achieved through:**
  - Joint-use agreements: Policies to increase access to additional play spaces (e.g., next door church, community space, adjacent school facility)
  - Farm-to-ECE initiative: working with local farmer
  - Cooperative Food Purchasing: joining other child care programs to purchase foods
  - Community fund-raising: Enhanced outdoor learning spaces
  - Central kitchen: to improve food quality while remaining cost-neutral

### Potential Benefits of Central Kitchen

- More kitchen infrastructure, means less reliance on processed foods
- Greater buying power for lower prices and more local sourcing
- ECE staff time freed up to focus on care and education

- **Initial analysis indicates improved meal quality with a central kitchen**  
**Menus from two Central Kitchens Evaluated**
  - Central Kitchen HEI = 71.08\*
  - Childcare Center Comparison HEI = 57.95\*\*

\*15 weeks of meals for each kitchen entered into NDSR software to generate nutritional analysis, based upon menus. 5 weeks Q1-3, 10 weeks Q4.  
 \*\* Meal observation data from NC Healthy Me, Healthy We study, food intake measured.

### Nutritional Comparison – Central Kitchen vs. Center Prepared

	Centralized Kitchen	Healthy Comparison
Energy (kcal)	993 kcal	954 kcal
% Cal from Carbs	53.6%	55.3%
% Cal from Fat	27.7%	30.3%
% Cal from Protein	18.6%	14.4%
<b>Total Sugars</b>	<b>87.9 g (17.6% of total sugar)</b>	<b>73.9 g (28.5% of total sugar)</b>
<b>Fiber</b>	<b>7.7 g</b>	<b>7.4 g</b>
<b>Food Group Totals (# of servings)</b>		
Fruits	3.34	1.24
<i>Fruit Juice including Citrus Juice</i>	<i>13.17 (4% of total fruit)</i>	<i>14.02 (69.0% of total fruit)</i>
<i>Fruit (including Citrus Fruit)</i>	<i>19.11 (57.6% of total fruit)</i>	<i>1.95 (15.2% of total fruit)</i>
<i>Citrus Fruit</i>	<i>13.18 (39.4% of total fruit)</i>	<i>1.67 (1.6% of total fruit)</i>
<i>Vegetables (total servings)</i>	<i>11.92</i>	<i>12.77</i>
Dark green Vegetables	0.181	0.006
Grains (total servings)	0.364	2
Complete Whole Grain	0.647 (47.43% of total grains)	0.679 (33.95% of total grains)
Some Whole Grain	0.151 (11.07% of total grains)	0.06 (0.03% of total grains)
Refined Grain	0.566 (41.5% of total grains)	1.26 (13.02% of total grains)
Meat, Poultry, Eggs, Nuts and Seeds	0.083	0.078
Bony and Bonyless Seafood	0.283	0.01
Milk - Reduced Fat	0.025 (58.07% of total dairy)	0.673 (52.17% of total dairy)
Milk - Low Fat and Fat Free	0.51 (14.03% of total dairy)	0.729 (47.63% of total dairy)
<b>Micronutrients</b>		
Total Vitamin A Activity (Retinol Equivalents)	936 mcg	118 mcg
Vitamin D	5.5 mcg	4.0 mcg
Vitamin K	81.5 mcg	11.1 mcg
Total Fat	346 mcg	165 mcg
Calcium	651 mg	315 mg