Ohio Healthy Programs

Heidi Scarpitti, RD/LD
Public Health Nutritionist
Ohio Department of Health
Emily Torres
Public Health Associate
Ohio Department of Health

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5 Reasons Why Early Childhood is the Critical Window

1. There is a newly recognized pattern emerging across the US. Children are gaining weight at younger ages than ever before.[1,2]
2. Obesity prevention interventions focused on 2 to 7 year olds have been shown to be effective and have a lasting impact on children.[3,4]
3. It is easier to impact the habits of 0 to 5 year olds than to change habits in adulthood.[5]
4. Preferences for food and levels of activity are set by the time children are 2 to 3 years old.[6]
5. Delayed action regarding obesity prevention can lead to skyrocketing costs and morbidity, while early intervention can lead to decreased health risks later.[7]

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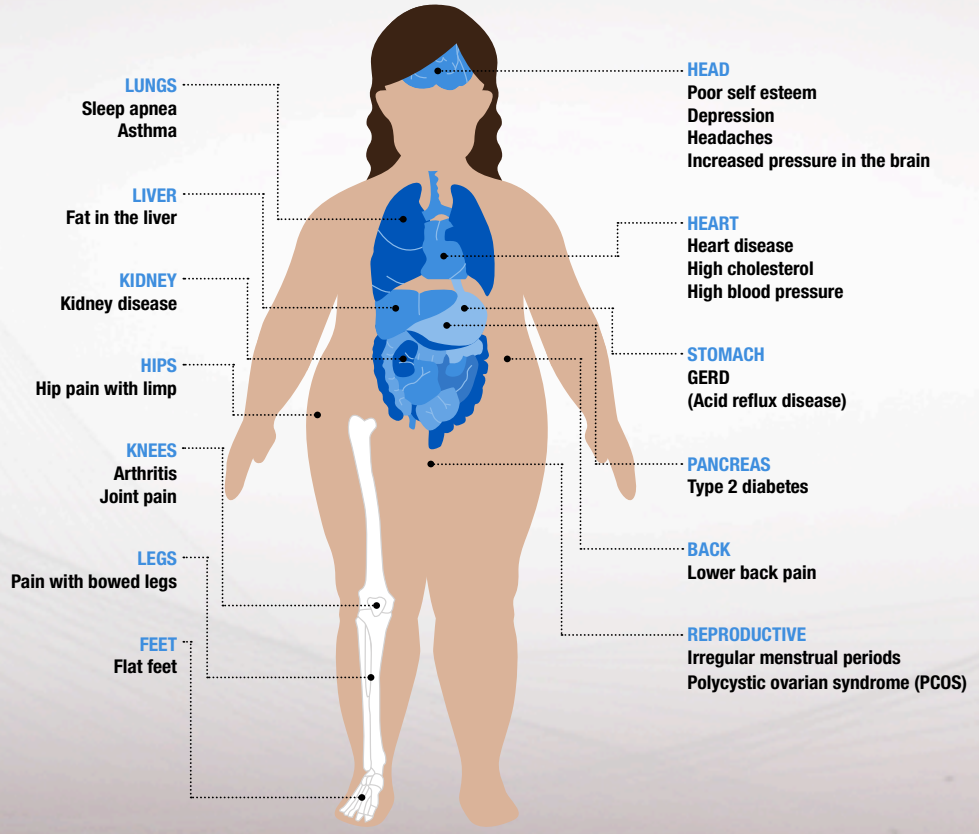
Complications of Childhood Obesity

Children entering kindergarten with excess weight are 4X as likely to become obese by the 8th grade



Ohio Healthy Programs

The Ohio Department of Health (ODH) partnered with the Ohio Child Care Resources & Referral Association (OCCRRA), and Columbus Public Health (CPH) to provide early care and education centers, and preschool programs with educational resources, trainings and technical assistance on healthy eating and physical activity best practices for children (birth to 5 years of age).

Ohio Healthy Programs training curriculum comes from Healthy Children, Healthy Weights, which was created in 2004 by CPH.

In 2015, the Ohio Department of Health began a partnership with Children's Hunger Alliance supporting the Healthy Children, Healthy Weights curriculum to train family child care providers.

OHP is supported by the CDC funded State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

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Ohio Healthy Programs Designation

Four parts:

1. **Attend correct portion of SUTQ approved trainings**
2. **Implement / adopt policy to ensure healthy practices are maintained in the program**
3. **Align menus with OHP standards**
4. **Engage families around an OHP topic**

Trainings

1st Requirement

Six training topics – Divided into 3 sessions:

Session 1 – Healthy Habits, Parts 1-4 (10 hrs)

One staff person from each age level represented must attend

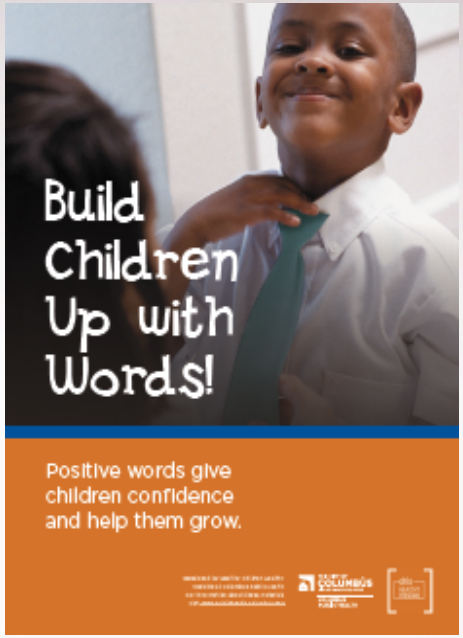
Session 2 – Healthy Menus (2.5 hrs)

The staff cook should attend

Session 3 – Healthy Policies (2.5 hrs)

The Administrator must attend

15 hours of Ohio approved for Step up to Quality training for early care and education providers!



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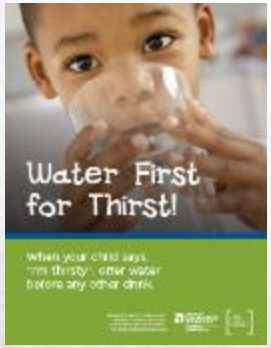
Policy Implementation

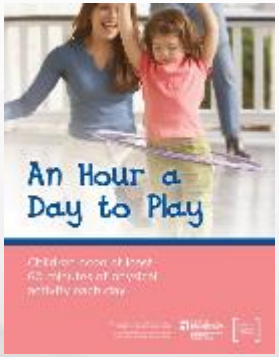
2nd Requirement:

Implement a policy to ensure healthy practices are maintained in the program.

Handbook included with policy guidance

Examples:





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Menu Improvements

3rd Requirement

- Offering a different non-fried vegetable everyday in a 5 day period
- Offering a different fruit everyday in a 5 day period(not counting juice)
- Offering a whole grain food everyday
- Offering fried foods no more than 1x/wk
- Only offer beverages without any added sugar or sweeteners
- Offering 100% juice no more than 1/d and limit portion size (4-6oz)
- Only offer cereals with 6gms or less of sugar per dry ounce
- No highly processed meat regardless of animal type (beef, turkey etc.)

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Parent Engagement

4th Requirement

Required to include a parent engagement piece in the program each year such as:

- **providing bulletin boards,**
- **cooking activities,**
- **hosting a healthy lunch or**
- **healthy articles for newsletters.**

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13 Key Messages

Spanish, English and now Somali

Breastfeeding Welcome

Make Snacks Count

Reduce Screen Time

Make Each Plate a Healthy Plate

Build Children Up with Words

Growing Great Tasters

An Hour a Day to Play

Water First for Thirst

Take Time for Meals

Make Breakfast Count

Healthy Celebrations

Good Rest is Best

Cold Weather Fun

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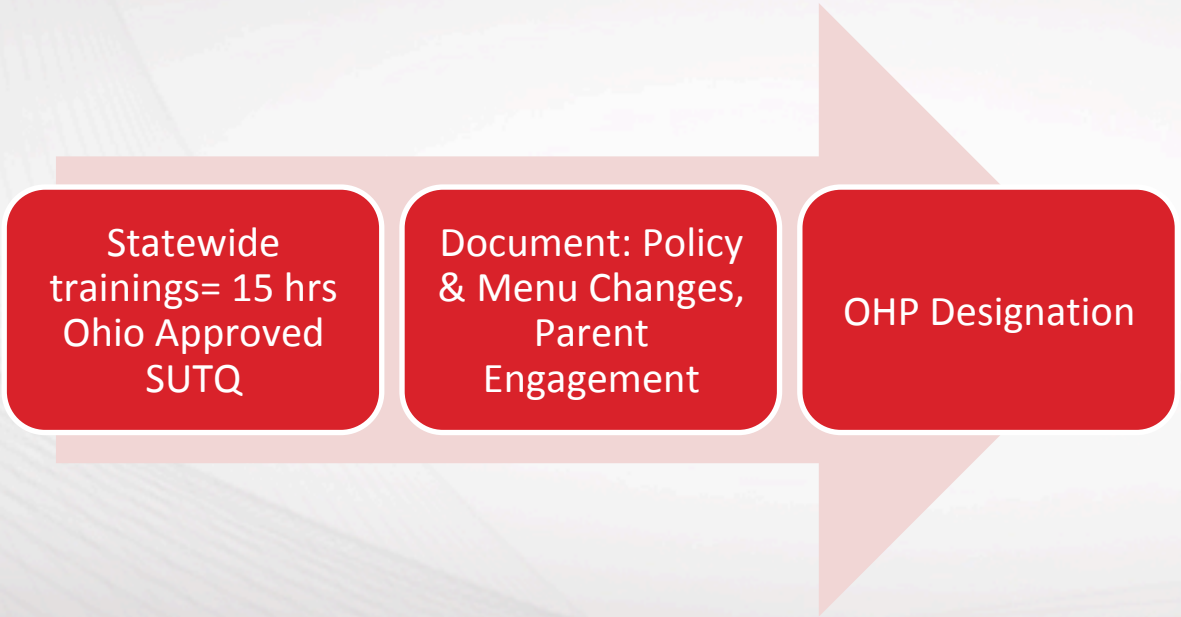
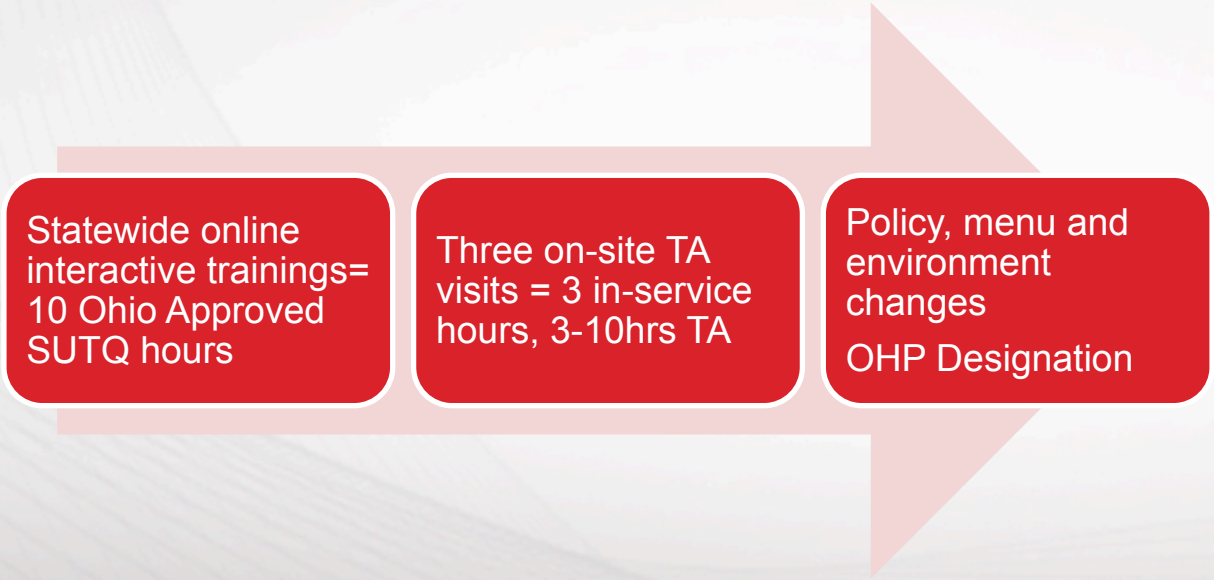
Ohio Healthy Programs



OHP For Family Child Care Providers



Trainings + policies + menus + parents = OHP designation

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Ohio Healthy Programs Success!

Over 25,250 early care and education providers have participated in OHP trainings.

More than 287 sites have earned state designation as an *Ohio Healthy Program*.

Designated sites have adopted over 1,015 healthy menu changes, 2,156 policy improvements and have hosted hundreds of family engagement activities.

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OHP Policy and Menu changes, to date (298 programs)

Policy Area	ALL FY
Physical Activity	230
Screen Time	64
Food and Beverage	862
Infant Feeding	50
Eating Environment	437
Gardening	21
Building Children Up with Words	22
TOTAL	2156

Total Menu Changes	All FY
Different Vegetable Daily	143
Different Fruit Daily	75
Whole Grain Daily	224
Fried Food, 1X Per Week	144
Lower fat milk	63
100% Juice 4-6 oz per day	153
No SSB	35
No highly processed meats	81
Cereals, <6grams of sugar	98
Total	1015
Exceeding Components	251

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Ohio Pediatric Obesity CoIIN

Members from multiple state agencies

- Focus on incorporating healthy eating and active living (HEAL) into system changes
- Previously added 5 rules to early care and education licensing rules
- Working on recommending HEAL to quality rating system for early childhood education

ASPHN
Advancing Health Through Leadership
formerly ASTPHND

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5 New Licensing Rules

Adopted from recommendations made by CoIIN and OECHN.

ECEs and FCC, Type A and Type B Homes:

1. No solid foods before age 4 months unless written physician documentation.
2. Policy in place describing supports for onsite breastfeeding or pumping.
3. No screens during meal times and snack times.
4. Non-crawling infants - tummy time each day.
5. Scheduled active play each day, indoor or outdoor, gross motor play includes: climbing, jumping, running, riding wheel toys, music, & movement.

The CoIIN team developed statewide recommendations that can help children learn healthy weight behaviors, by increasing healthy eating and physical activity for 0-5 year olds. Work is ongoing to promote the inclusion of these recommendations into Ohio's QRIS (quality rating improvement system) for early childhood education.

In 2017, these recommendations were discussed in 9 focus groups across the state, composed of a total of 66 people directly involved in the ECE community. The recommendations including the adoption of OHP menu requirements, increased physical activity time, and decreased intake of SSB were discussed thoroughly. The information gained from these focus groups was used to modify the recommendations and the next step is to submit them for inclusion!

ODH : Comprehensive Approach

- Health Practitioners – MD, OD, RD, RN, WIC, HV, CHW
- Early Care and Education Settings – preschools, centers, family child care homes, and head starts
- Family engagement Community partnerships
- Additionally…

Consistent messaging
Sustainability through PSEC
Surveillance Systems

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2014-2018: Early Childhood Health Programs

Parenting at Mealtime and Playtime (PMP) for healthcare professionals caring for 0 to 5 year olds, conducted in collaboration with the Ohio Chapter, American Academy of Pediatrics (OAAP)

Ohio Healthy Programs (OHP) for early care and education (ECE) providers conducted in collaboration with the Ohio Child Care Resource and Referral Association (OCCRRA), Columbus Public Health and Children's Hunger Alliance.

Ohio Early Childhood Health Network 100+ members from 50 public and private agencies, interested in improving health and wellness for 0 to 5 year olds in Ohio, supported by ODH and its affiliated organizations

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2015-2018: Early Childhood Health Programs Programs

OHP for Family Child Care Provider adapts OHP via webinars and 3 onsite TA visits to meet the needs of this provider population in collaboration with Children's Hunger Alliance.

Pediatric Obesity Collaborative Improvement and Innovation Network (CoIIN) includes members from multiple state agencies (ODH, ODJFS, ODE, & OHSAI) focused on ECE policy recommendations.

BMI Surveillance was conducted across the state in 2017 to more accurately assess the state of obesity in children aged 2-5 years.

For more information on these programs visit:

The Ohio Department of Health

www.odh.ohio.gov

Ohio Child Care Resource and Referral Assoc.

https://occrra.org/

Children's Hunger Alliance https://www.childrenshungeralliance.org/provider-services/ohio-healthy-programs/

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Contact Information

Heidi Scarpitti RD/LD
Public Health Nutritionist
Early Childhood Health Program, Ohio Department of Health
Heidi.Scarpitti@odh.ohio.gov

Emily Torres
Early Childhood Health Program, Ohio Department of Health
Emily.torres@odh.ohio.gov

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