Pediatric Obesity mini CoIIN

Celebrating Success Webinar

May 17, 2018

Oregon, North Dakota, Indiana, Oklahoma, California and Ohio

Child Care Professionals Impact A Child's Future Today!

Promote healthy growth and development by participating
in the Child & Adult Care Food Program (CACFP)

Oregon CoIIN Team

OHA / Public Health Division:

Heather Morrow-Almeida
Robin Stanton

Oregon Department of Education / Child Nutrition Programs:

Vicky Boyce
Kimberly Cardona
Joyce Dougherty (retired)
Jeremy Eaton
Lynne Reinoso

Oregon Department of Education / Early Learning Division:

Alicia Gardiner (past)
Meredith Russell
Mark Wardell

Purpose and Goals:

To identify low CACFP participation in areas of greater diversity and low income families, then target training and outreach for CACFP in order to increase enrollment benefiting vulnerable children.

- Gap analysis—using CACFP, child care and census data to identify target areas
- Train licensing specialists and quality improvement specialists about CACFP and provide outreach tools
- Specialists provide outreach about CACFP to targeted centers; feedback loop about visit
- Increase in CACFP providers!

Project Summary

Successes

- Partnership building
  - All team members invested in process & project
  - Licensing specialists have received training & resources about CACFP
  - The ELD is re-envisioning their team for staff development &how to partner with CCR&R for shared practices, messages and materials
  - CACFP & ELD teams held joint meeting to facilitate mapping opportunities about shared activities
- Surveys to inform practice
  - 102 child care centers
  - Survey Licensing Specialists post-training and after child care center visit
- Outreach materials developed
  - Postcard; talking points; marketing video on website
- Training for Licensing Specialists
  - Implementing PDSA in training & outreach
- Leveraged other work
  - QRIS, child care licensing rules & CDC 1305
- Data system sharing
  - Impetus for 2 divisions to look at program data differently
  - ELD is incorporating information into their data system about CACFP participation
  - Looking at how to integrate data within a future new data system

Challenges

- Setting up face-to-face meetings
- Time & complexity working with IT units in 2 divisions
  - Gap analysis dependent on data
  - Delayed implementation of PDSA
- Competing priorities delayed implementation

North Dakota

Team Members

- Shonda Wild-
- Krystle McNeal-
- Becky Eberhardt-
- Stephanie Miller-
- Mikaela Schlosser and Cheri Kiefer-

Project Description

2015-2016

Develop evidence based companion guides to North Dakota's Early Learning Guidelines for physical activity and nutrition.

2017

Develop a Train the Trainer curriculum, related to nutrition and physical activity best practices.

Childcare alive!

Shaping the First Five
Nutrition and Active Play
Train the Trainer

Project Summary

Successes

- Strengthened partnerships around nutrition and physical activity for Early Care and Education
- Best Practice Guides for Active Play and Healthy Eating-based on ND's Early Learning Guidelines--Resource for ND providers
- 5 Trainers trained in the ChildcareAlive! Shaping the First Five curriculum
  - Will offer sustainability of the training across the state for years.

Challenges Overcome

- Evaluation/Sustainability came after project idea.
  - Worked as a team to find a solution

Indiana

Oklahoma's Evolution

Collaborative Effort

***Oklahoma State Department of Health's**

Center for the Advancement of Wellness & Child Guidance Services

***Oklahoma Child Care Resource and Referral Association (OCCRRA)**

***Center for Early Childhood Professional Development (CECPD)**

Oklahoma State Department of Health
Creating a State of Health

Child Guidance Services

Team Members

- **Candace Macedo,** OSDH, Center for the Advancement of Wellness
- **Jana Cornelius,** CECPD
- **Kim Quinn,** OSDH, Child Guidance Service
- **Miranda Manning,** OSDH, Center for the Advancement of Wellness
- **Stephanie Lippert,** OCCRRA

Project Description

- We've worked together to provide a shift in the delivery of training for child care providers
- Focus on 2 main trainings:
  - Outdoor Learning and Physical Activity
  - Reducing Screen Time

Working to include benefits of physical activity and movement and the link to reduction of challenging behavior in Early Childhood Environment (ECE) as part of these trainings.

Project Summary

Successes

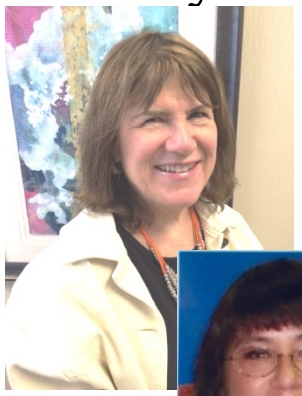
- Brought together 4 major agencies working with child care community and found common ground for collaboration.

Challenges Overcome

- Timeline for the project shifted quite a bit because of our goad to include variety of agencies. Integrating different policies and goals within each entity.
- Loss of manpower with major shifts at OSDH and dramatic budget cuts for all state agencies.

California Pediatric Obesity Nutrition mini CoIIN's CORE members

- Children's Council of San Francisco
- California Department of Public Health (CDPH)
  - Maternal Child & Adolescent Health (MCAH) Division
  - Nutrition Education & Obesity Prevention Branch (NEOPB)
- California Emergency Medical Services Authority (EMSA)
- University of California, Davis (UCD), Human Lactation Center



Other Team members

- California Department of Education (CDE), Nutrition Services Division, Child Care Training Unit
- California Department of Social Services Child Care, Licensing Program-Policy Unit
- First Five California
- 7 MCAH Local Health Jurisdiction (LHJ) Programs (Imperial, San Francisco, Santa Clara, Alpine, Los Angeles, Long Beach, Del Norte)

Thanks to Our Team

Children's Council of San Francisco: Raegan Sales (Core member), Jessica de Barros Barreto, Mona Malan

Nutrition Education and Obesity Prevention (NEOP) Branch, California Department of Public Health (CDPH): Melba Hinojosa (Core member)

UC Davis: Jane Heinig (Core member)

Emergency Medical Services Authority: Lucy Chaidez (Core member)

Maternal Child and Adolescent Health (MCAH) Division, CDPH: Suzanne Haydu (Core member), Mari Taylan, Paula Curran, Carina Saraiva, Kendra Kelly

California Department of Education: Laurie Pennings, Elizabeth Moreno, Kelley Knapp

Community Care Licensing Division, California Department of Social Services: Alison Newkirk; Shoghig Khadarian

First Five California: Sylvia Flores

Imperial Department of Public Health, MCAH: Kitty Gay, Adriana Ramirez, Yoliviviana Sanchez

San Francisco Department of Public Health, MCAH: Jodi Stookey, Mary Hansell, Curtis Chan, Jenna Gaarde

Santa Clara Department of Public Health, MCAH: Charisse Feldman

Alpine Department of Public Health, MCAH: Nichole Williamson

Los Angeles Department of Public Health, MCAH: Janet Scully

Long Beach Department of Public Health, MCAH: Nancy Riano

Del Norte Department of Public Health, MCAH: Sunny Baker

Project Description

Updated and enhanced the nutrition, physical activity, and reduced screen time information (including links to Spanish and Chinese resources) on the EMSA Nutrition training web page http://www.emsa.ca.gov/childcare_nutrition that is used by training instructors and childcare providers to meet the requirements of a law that began January 1, 2016. The law added one (1) hour of nutrition training to the previous seven (7) hour preventive health and safety practices course required for licensees of child care homes and centers.

Project Summary

Successes

- Completed Spanish and Chinese translations of mini-CoIIN Partner materials for posting to their websites and linking to from the EMSA web page.
- Mini-CoIIN partners reported the sharing of information and participation on the CoIIN was a positive experience.

Challenges Overcome

- All work was done on a volunteer basis thus…
- Finding Chinese and Spanish reviewers of translators-it occurred but was time consuming to acquire.
- Reviewing all the portions of the curriculum took time and lasted longer than expected.
- Posting to EMSA web page was delayed as their whole web site was under revision.

The Ohio CollN Team Successes

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

April 3rd,2018

Year One – 2015

- Step 1-Develop a prioritized list of health and wellness standards derived from the *Caring for Our Children, National Health and Safety Performance Standards for Early Care and Education Programs, 3rd Edition*
- *Step 2-Present list and obtain feedback from focus groups across the state including c*enter providers, center administrators, family child care providers, licensing specialist, and community members
- Step 3-Incorporate these healthy eating and active living (HEAL) standards into licensing.

5 Rules adopted December, 2016!

1. Provide each non-crawling infant the opportunity for tummy time each day

2. No foods, other than formula or breast milk to infants under 4 months of age, unless there is written documentation on file from a physician, physician's assistant or certified nurse practitioner.

Ohio Department of Health

3. Screens (television, computer, etc.) will not be on during meals and snacks.

4. Scheduled active play suitable to the developmental levels and ability of each child in care, including indoor gross motor play such as climbing, jumping, running, riding wheel toys, yoga, other physical fitness or music and movement on days when outdoor play is not provided.

5. Programs shall have a policy in place describing supports for onsite breastfeeding or pumping for mothers who wish to do so (if the program serves infants or toddlers).

Year Two - 2016

- Provide tools to engage large, untrained ECEs in self-assessment, training and sustainable changes
- 15 Early Care and Education Sites were recruited to complete the online nutrition and physical activity self-assessment tool Go NAP SACC , create an action plan, and enrolled in the Ohio Healthy Program training.

Year two

Not all 15 ECE programs completed all of the components. However, all 15 programs were educated about the importance of assessment tools, action plan development and healthy eating and active living for their program participants, teachers and families!

Year Three – 2017

- Incorporate healthy eating and active living (HEAL) standards into existing domains of Ohio's QRIS system

- Use focus groups to gather comments on suggested QRIS HEAL standards

9 Focus Groups Conducted

- 66 participants including:
  - Center providers, center administrators, family child care providers, licensing specialist, community members

- Revisions from focus groups were incorporated into standards

Recommended QRIS Standard Submitted, May 2018

- 8 HEAL standards were submitted to the licensing agencies
- Uncertain of timeline for review
- HEAL is included in the state ECE strategic plan so we are hopeful for adoption

Thank you to all current and past team members!!

Department of Health

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Ohio Head Start Association, Inc

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Ohio Department of Health

Pediatric Obesity mini CoIIN

Celebrating Success Webinar

May 24, 2018

3:00 pm ET

Pennsylvania, Wisconsin, Iowa, Kentucky, Arkansas, Missouri and Louisiana