

pa nutrition AND physical activity self-assessment FOR child care

Overview and Orientation Webinar

PA NAP SACC Child Care Wellness Mini-grant Project

Welcome and Introductions



Lori McMonigal
TIU 11 Coordinator for Special Projects
lmcmonigal@tiu11.org
717-248-4942
ext. 112

Nancy Alleman
ECELS Lead
Training/Technical Assistance Coordinator
nalleman@paaap.org
800-395-3948 or 484-446-3013

Cindy Wilson
TIU 11 Project Specialist
cjwilson@tiu11.org
717-248-4942
ext. 143



Goals for the webinar

- ❑ To provide a general overview of the PA NAP SACC Child Care Wellness Mini-grant Project
- ❑ To orient you to the project website – www.panapsacc.org
- ❑ To describe tasks, timeline, and support provided



Food for Thought...

What percentage of young people (ages 2 to 19) are considered to be obese?

- a. 5%
- b. 17%
- c. 51%
- d. 73%





What are some factors that influence childhood obesity?



Lasting impact



Research shows that children who are overweight or obese at ages 2-5 years are 5 times more likely to be overweight or obese by adolescence and are at greater risk for chronic health conditions in adulthood.




Child Care – An opportunity for health



According to the U.S. 2017 Bureau of Labor Statistics, the percentage of families with children where both parents worked was 61.9%.


Children consume between 50% to 100% of their recommended daily dietary allowances while in child care.





www.panen.org/keystone-kids-go






pa **nutrition** AND
physical **activity**
self-assessment
FOR child care


The Self-Assessments: Preschool

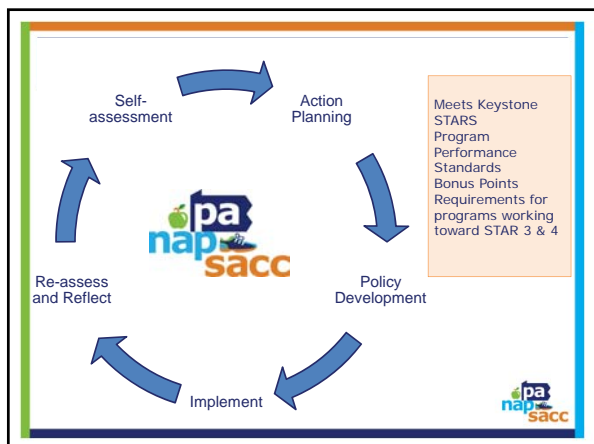
<p><u>PHYSICAL ACTIVITY</u></p> <ul style="list-style-type: none"> • Time Provided • Indoor and Outdoor Play Environments • Teacher Practices • Physical Activity Ed and PD • Physical Activity Policy • Screen Time 	<p><u>NUTRITION</u></p> <ul style="list-style-type: none"> • Fruits and Vegetables • Meats, Fats and Grains • Beverages • Feeding Environment • Menus and Variety • Nutrition Ed and PD • Nutrition Policy
---	--



The Self-Assessments: Infant & Toddler

<p><u>BREASTFEEDING</u></p> <ul style="list-style-type: none"> • Environment • Support Practices • Ed and PD • Policy 	<p><u>PHYSICAL ACTIVITY</u></p> <ul style="list-style-type: none"> • Time Provided • Indoor/Outdoor Play Environments • Teacher Practices • Screen Time • Policy
<p><u>NUTRITION</u></p> <ul style="list-style-type: none"> • Types of Food • Infant/Toddler Feeding Practices • Infant Feeding Education and Professional Development • Infant Feeding Policy 	





2018-19 Keystone STARS Performance Standards

Bonus Point Activity: Currently, four bonus point activities are included in the revised standards for STAR 3 and 4 programs, or STAR 2 programs working toward levels 3 or 4. The following bonus point activity aligns with the work of the PA NAP SACC project:

- Program participates in an organized effort to promote nutritional health for children. (example: farm to early learning, obesity prevention activities, food security initiatives) (2 points)
- Standard LM.3.4.10: Program utilizes a licensed or certified health professional or health care consultant to establish and maintain health policies above those required by certification. (3 points)



430

Total number of Early Childhood programs that successfully completed the project



17,837

Estimated total number of children and families impacted



67%

of programs reported offering more fruits and vegetables.



83%

of programs reported increasing opportunities for children, staff and families to learn more about healthy behaviors such as proper nutrition and physical activity.

72%

of programs reported increasing the daily amount of time children spend being physically active.




The Project Website:
www.panapsacc.org




Review

Form a program team.





Complete the preschool and infant toddler self-assessments and submit final responses using online links. Save your feedback and review it to think about strengths and areas for improvement.

Teachers offer portable play equipment to preschool children during free play time?
 Choose one of the following answers:
 Rarely or never
 Sometimes
 Often
 All need a few items are always available to encourage physical activity.
 The play time includes free choice activities during center time. It can also include activities in a gym, multi-purpose room, or other space that allows children to move freely.



Review

Use the self-assessment results to identify 1-2 nutrition goals and 1-2 physical activity goals that will improve practice and policy.

Save the date! Action Planning Webinar

Two different time slots available:

Wednesday, November 7th, from 1:30-2:30

Thursday, November 8th, from 1:30-2:30

Registration details will be coming later this month.





pa nutrition ^{and} physical activity self-assessment for child care

Recipe for Success:

The Goddard School
Wayne, PA
Executive Director
Michele Semplice



PA NAP SACC is an assessment, action planning, implementation and reflection. PA NAP SACC is designed for early childhood programs to help them evaluate and improve nutrition and physical activity practices and policies in their centers, homes or home-based settings.

Self-Assessment

The self-assessment was very interesting! **We created a committee to go through this process so that we were able to get different perspectives** on how we were currently doing. The self-assessment revealed that we needed improvement, although many were just little tweaks.

Action Steps

One of our goals was to increase indoor and outdoor portable play equipment. Our space is limited, so **we needed minimal equipment that still could support a variety of gross motor skills** and be used in multiple ways with different age groups. Increasing portable play equipment has really made a difference in our physical activity practices.

Policy Links

We had very basic guidelines on nutrition and physical activity when we started this program. The Child Care

Health Consultant we worked with reviewed the guidelines we had and offered suggestions on what more to include. **We now have formal written policies on nutrition and physical activity** and also have resources to reference if anyone has a question as to why a certain policy exists.

Advice to Others

Before we started the project I thought we had good policies and procedures in place. **This program really opened my eyes to how much more we can do to encourage healthy lifestyles.** PA NAP SACC is definitely worth the effort! Just a few small changes and healthy, detailed policies can make a huge difference in your program and the children's lives.

Interested in learning more?
Visit pa.napsacc.org and begin your continuous quality improvement journey by taking the self-assessment.

This publication was supported by the Pennsylvania Department of Health through the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health and Preventive Health and Health Services Block Grant funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



Official Policy

- Improve an Existing Policy
- Develop a Policy



Technical Support



Model Child Care Health Policies



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN
Pennsylvania Chapter



ECELS
Early Childhood Education Linkage System
Healthy Child Care Pennsylvania



ECELS Website and Services

www.ecels-healthychildcarepa.org

- Technical Assistance for Child Care Wellness Mini-Grant Participants and Child Care Health Consultants
- Educational opportunities: webinars, self-learning modules, fee for service workshops



ECELS Technical Assistance Coordinators

- Contact all participating programs by phone to offer technical assistance
- Link a child care health consultant (CCHC) with up to 40 programs that are chosen for an onsite visit
- Final evaluation of submitted nutrition, physical activity and screen time policies



Child Care Health Consultant (CCHC)

- Assist programs in linking to ECELS resources, e.g., Model Child Care Health Policies (MCCHP) electronically
- Review all nutrition, physical activity and screen time policies using MCCHP as the standard



ECELS Resources

Home > Publications > Manuals/Booklets/Policies

Manuals/Booklets/Pamphlets/Policies

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100



Model Child Care Health Policies

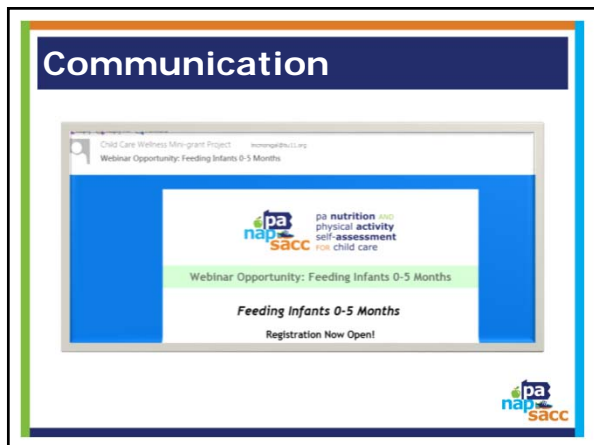
The PA Chapter of the American Academy of Pediatrics and the American Academy of Pediatrics published the 5th edition of Model Child Care Health Policies in October 2013. Significantly revised and updated, the new edition is a practical tool for adoption and implementation of best practices for health and safety in group care settings for young children. This edition replaces the previously published versions and updates of individual policies that were posted on the ECELS website. ECELS encourages early education and child care professionals to adapt the model policies as site-specific documents that fit their programs. Two formats are available: one replicates the hard copy publication. The other format, posted 12-13-2014, has form fields that allow users to insert their site-specific details directly into the PDF document.

Read more

- Download - Crosswalk of MCCHP with Stepping Stones
- Download - Model Child Care Health Policies, 5th edition
- Download - MCCHP_Fat_with_Form_Fields final.pdf



Project Timeline – Part 1	
Action Steps	Timeline
Complete online Self-Assessment(s) .	October 26, 2018
Participate in Action Planning Webinar .	TBD: Week of November 5, 2018
Complete and submit online Action Plan with copy of existing policies, if applicable, to TIU . <i>Revised or newly developed policies are not due until May 2019.</i>	November 16, 2018
Complete and submit Planned Purchases form to TIU .	December 5, 2018
Receive 1 st half of mini-grant payment - \$250 .	Checks mailed by TIU by January 4, 2019



Project Timeline – Part 2	
Action Steps	Timeline
Implement action steps, including revision or development of nutrition and physical activity policy.	November 2018 – May 2019
Submit newly created or updated Policies to TIU .	On or before May 3, 2019
Complete online Self-Assessment(s) a second time.	May 17, 2019
Complete online project Reflection .	May 31, 2019
Receive second half of mini-grant payment - \$250 .	Checks to be mailed by TIU by June 14, 2019

Questions and Support

		
Lori McMonigal TIU 11 Coordinator for Special Projects lmcmonigal@tiu11.org 717-248-4942 ext. 112	Nancy Alleman ECELS Lead Training/Technical Assistance Coordinator nalleman@paaap.org 800-395-3948 or 484-446-3013	Cindy Wilson TIU 11 Project Specialist cjwilson@tiu11.org 717-248-4942 ext. 143



This webinar was supported by the Pennsylvania Department of Health through Funding Opportunity DP18-1807 State Physical Activity and Nutrition Program and Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

