



# National Early Care & Education Learning Collaboratives Project

## Systems Level Work

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Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004102-01) to support states/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

# Project States/Communities



# Summary of the Model – Micro or Provider Level

- Developed and tested by Nemours in Delaware.
- 1 year peer learning experience, 5 in-person learning sessions with on-site and remote technical assistance in-between.
- Participating programs utilize an Action Plan process to build center buy in, set goals and make improvements.
- Participating programs receive incentives (cash, gift cards), resources (i.e. Meals without Squeals, activity kits) and credits (licensing, professional development, CEUs)
- A collaborative is comprised of leadership teams from 20-30 ECE programs. A leadership team is 2-3 center staff – Center Director, Teacher, cook, parent. Each collaborative has 2 assigned trainers/technical assistant providers.
- Aligned with national best practice guidelines from:
  - *Lets Move!* Child Care (LMCC)
  - Preventing Childhood Obesity in Early Care and Education Programs (2<sup>nd</sup> Edition)
  - Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) tool
- Robust evaluation via Gretchen Swanson Center for Nutrition



# Summary of the Model – Macro or Systems Level

- Use CDC’s Spectrum of Opportunities to help each state/local partner identify ways to integrate content into existing state ECE and child health systems (i.e. professional development, licensing, CACFP, QRIS).
- Each state developed a sustainability plan for supporting providers that went through learning collaboratives and for bringing HEPA content support to all other providers in the state through systems integration.
- Nemours and CDC meet bi-monthly with state/local partners to provide coaching and TA around this system level work and to track progress (activities).
- Connecting state partners with other childhood obesity prevention initiatives (i.e. YMCA’s Promoting Healthy Communities, Farm to Preschool)



- Working with states/localities on systems level changes so that all ECE providers in the state can be supported in meeting best practices in Healthy Eating, Physical Activity, Screen Time and Breastfeeding.

- States are provided technical assistance, coaching and peer support from other states to develop a plan for integrating content into one or more of their systems using the CDC's Spectrum of Opportunity. They are then working their plan and tracking results using support from Nemours and CDC.



Examples of state level systems work that is based on the Spectrum of Opportunities:

Kentucky – licensing regulations

Missouri – CACFP recognition program

North Florida – QRIS points

New Jersey – QRIS self-assessment and program improvement

Virginia – Professional development via Infant/Toddler Specialist network

# Thank You!



# Resources On-Line

<https://healthykidshealthyfuture.org/about-ecelc/>

Description of model

All curriculum, materials, tools and resources including tools for system integration (under State/Local Resources)