



Washington State Survey of
**NUTRITION and
PHYSICAL ACTIVITY**



IN CHILD CARE

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A Collaborative Effort

UWcphn



Public Health
Seattle & King County



Washington State Department of
Health

★ Survey
Advisory Team



Survey Advisory Team

Partnering Entities

- Child Care Aware of Washington
- Childhood Obesity Prevention Coalition
- Department of Early Learning
- Local health departments
- Office of Superintendent of Public Instruction
- Seattle Children's Hospital
- Washington State University
- YMCA

Broad Expertise

Licensing rules & regulations
State policy
Child nutrition, physical activity, health and development
Liaising with parents
Professional development trainers
Research
Advocacy

Background | Children in Care

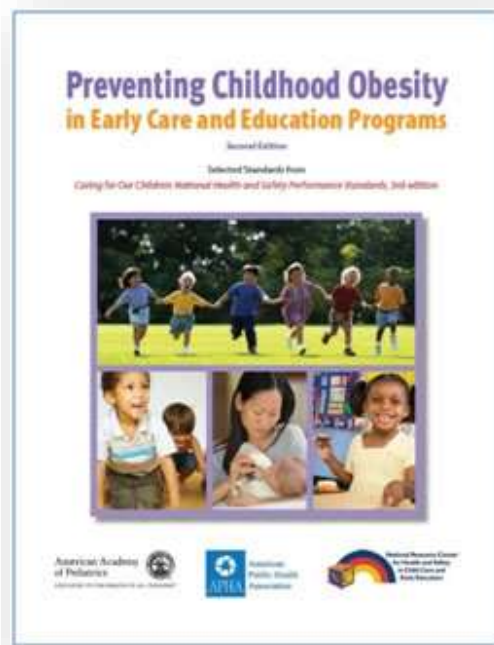
Children in Licensed Child Care in Washington

- More than 128,000 children in licensed child care
- 18% of toddlers and 25% of preschoolers are in child care
- 70% of all children in child care attend full-time

Child care providers are in a unique position to support healthy eating and active lifestyles

(Moore, 2012)

Background | Policies to Support Healthy Weight



WA regulations for both child care centers and family homes include **6 out of 47** best practice standards related to child and infant nutrition, physical activity and screen time.

(CFOC3, 2011; ASHW, 2012)

Primary Survey Aim

Learn about nutrition and physical activity practices, policies, and environments in licensed child care settings in Washington State.



Methods

UW CPHN's website:

<http://depts.washington.edu/uwcphn/work/ece/waccsurvey.shtml>

UNIVERSITY of WASHINGTON

Center for Public Health Nutrition

Working to improve nutrition, physical activity and health in our communities

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Washington State Survey of
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Read the **Summary Report** ([pdf](#))

Read the **Full Report** ([pdf](#))

Survey Tool Development

- Compiled, reviewed literature, tools, methods
- Convened Advisory Team
- Defined survey scope, prioritized measures
- Drafted tools and communication materials
- Pilot tested (20 cognitive interviews), revised
- Designed and built online and paper tools
- Translated into Spanish

Washington's Survey Tools

- **Two tools:** Center Directors | FHCC Providers
- **Two modalities:** Online | Paper
- **Two languages:** English | Spanish
- **Adapted from:**
 - *NAP SACC*
 - *Rudd Center's Child Care Nutrition and Physical Activity Assessment Survey*
 - *Oregon Public Health Institute's Right from the Start*
 - *UC Berkeley's CA Survey of Child Care Providers of 2-5 Year Old Children*
- **Informed by:**
 - *Caring for Our Children, 3rd Ed.*
 - *Let's Move! Child Care*
 - *Nemours*

	Center Director Survey	FHCC Provider Survey
Survey Topics	Number of Survey Items	
Child Care Program Characteristics	14	9
Survey Respondent Demographics	7	8
Foods & Beverages Offered to Children Ages 2-5	22	23
Meal and Snack Time Environment	5	6
Food Procurement	7	7
Time for Indoor & Outdoor Physical Activity	6	7
Physical Activity Environment	5	5
Screen Time	4	5
HEAL Challenges, Attitudes and Beliefs	6	6
HEAL Training	3	3
HEAL Policies	1	1
Communication with Families	2	2
Total number of survey items	82	82

Survey Design

- Sampling frame provided by Department of Early Learning
- No sample selected (we took a census)
- We excluded providers not licensed to care for children ages 2-5
- 97% of our survey population had email addresses on record

Survey Administration

- Partners promoted survey
- Closely followed Dillman's **Tailored Design Methods** for internet and mail surveys
- Pre-survey notification letter, cover letter, survey tool, and weekly reminders
- Hundreds of cash incentives
- Survey ran from Oct. 7 – Dec. 15 (2013)

(Dillman, 2009)

Response Rate

	Total	Centers	FHCCs
Total Eligible	5,507	1,511	3,991
Online surveys emailed	5,364	1,507	3,852
Online respondents	1,665	657	1,008
Online response rate	31%	44%	26%
Paper surveys mailed	1,979	291	1,688
Mail respondents	308	35	273
Mail response rate	16%	12%	16%
Total respondents	1,973	692	1,281
Total response rate	36%	46%	32%

Results (a teaser)

- Descriptive
- Proportion of Centers and FHCCs who reported to follow the best practices
- Distribution of Center and FHCC responses across the range of practices
- Compared practices of CACFP vs. non-CACFP programs
- Results by geographic region

Results (a teaser)

Best Practice	All Centers ^b (n=673)	CACFP Centers (n=377)	Non- CACFP Centers (n=287)	CACFP and Non-CACFP Significantly Different ^c
Fruits and Vegetables				
Whole fruit with no added sugars served twice a day (for half-day programs: at least once a day)	33%	35%	31%	
Non-starchy vegetables served twice a day (for half-day programs: at least once a day)	25%	31%	19%	*
Fruit canned in syrup (heavy or light syrup) is never served	24%	18%	32%	*
"Powerhouse vegetables" (dark green, orange, red, or deep yellow vegetables) served at least once a day	18%	20%	16%	
Vegetables at snack time at least five times a week	10%	6%	15%	*
Grains				
Sugary cereal is never served	71%	77%	63%	*
Grains high in added sugar and solid fat (muffins, cookies, cakes, brownies, Pop-Tarts®) limited or never served	56%	52%	61%	*
100% whole grain foods served at least once a day	40%	47%	31%	*
Sweet Treats				
Sweet treats (candy, ice cream, frozen yogurt, Popsicles®, gummy fruit snacks) are never served	52%	59%	44%	*
Fried Foods and Processed Meats				
Fried potatoes (french fries, Tater Tots®, hash browns, Jo Jo potatoes) are never served	44%	31%	62%	*
Fried and breaded meat (chicken nuggets, chicken strips, fish sticks, corn dogs) are never served	39%	24%	58%	*
Processed meats (hot dogs, sausage, bacon, salami, bologna, SPAM®, lunchmeat) are never served	32%	19%	49%	*
Beverages				
Sugary drinks (juice drinks, flavored waters, sweet teas, sports drinks, soda) are never served	90%	94%	85%	*
Flavored milk is never served	85%	82%	87%	
100% fruit juice is limited to 4-6 ounce servings twice a week or less	73%	76%	70%	
Low-fat (1%) or fat-free (skim) milk is served to children age two and older	57%	79%	30%	*
Drinking water is indoors and outdoors where it is visible and available for self-serve	54%	56%	53%	
Supporting Healthy Eating				
Staff rarely or never consume sweets, salty snacks, or sugary drinks in front of children	84%	83%	86%	
Food is never used to encourage desired behavior	79%	81%	77%	
Staff sit and eat with children and model healthy mealtime behaviors	68%	78%	56%	*

Results (a teaser)

Figure 3. Serve non-starchy vegetables (not potatoes, corn, or beans)

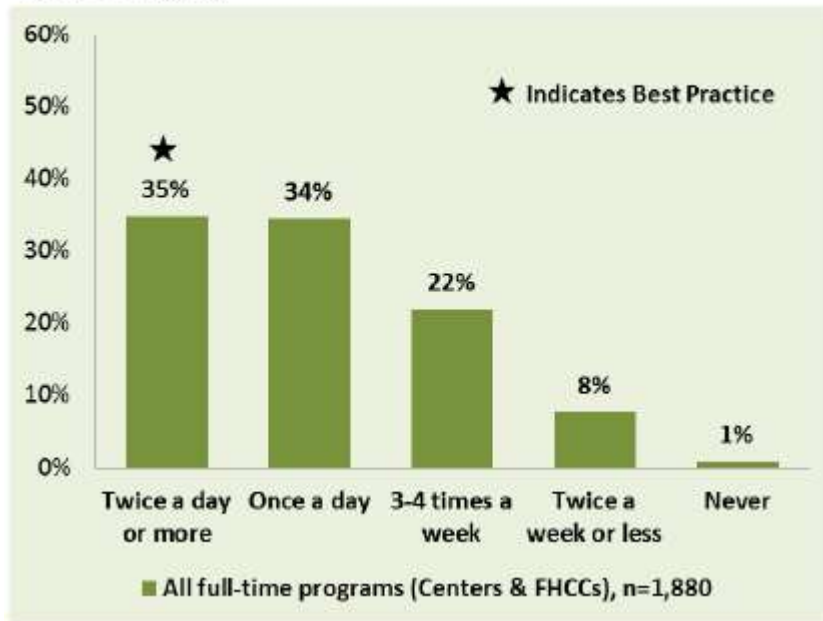
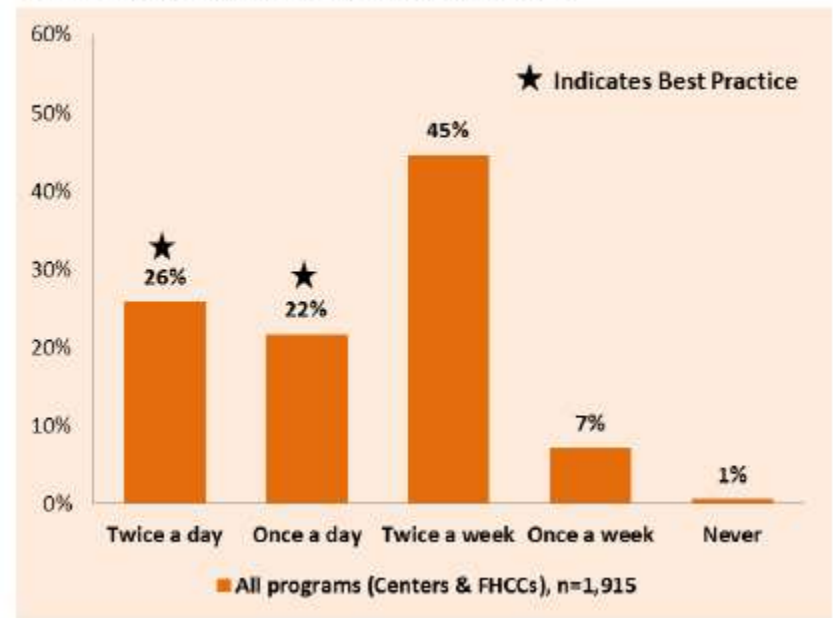


Figure 9. Serve 100% whole grain foods



Results (a teaser)

Best Practice	Total Centers (n=669)	Total FHCCs (n=1,243)
Outdoor Play		
Children go outside even when the weather is rainy, cold, snowy, or hot (with proper clothing and protection from the weather)	63%	56%
Children ages 2-5 play outside 90 minutes or more each day	22%	22%
Children ages 2-5 play outside three times per day or more ^b	NA	11%
Physical Activity		
Two-year-olds get 90 minutes or more of physical activity each day	26%	35%
Preschoolers (children ages 3-5) get 120 minutes or more of physical activity each day	12%	19%
Preschoolers get adult-led physical activity for 60 minutes or more per day (over the course of a day)	8%	20%
Active Environment		
Staff verbally encourage physical activity and often join in during physically active play time	33%	52%
Staff incorporate physical activity into learning activities and transitions every time they see an opportunity	32%	35%
Screen Time		
Screen time is limited to one hour a week or never offered	88%	35%
If screen time is provided, it is rarely or never used to encourage desired behavior	86%	71%
If TV or videos are shown, they are always free from commercials and advertising	85%	35%
TV is rarely or never on where children can see it or hear it, even if they are not watching it ^b	NA	56%
^a Excludes 23 Centers and 38 FHCCs that reported to exclusively offer half-day care and/or have no children ages 2-5 in care.		
^b This question was not asked on the Center Director survey.		

Results (a teaser)

Figure 26. Time provided each day for children ages 2-5 to play outside

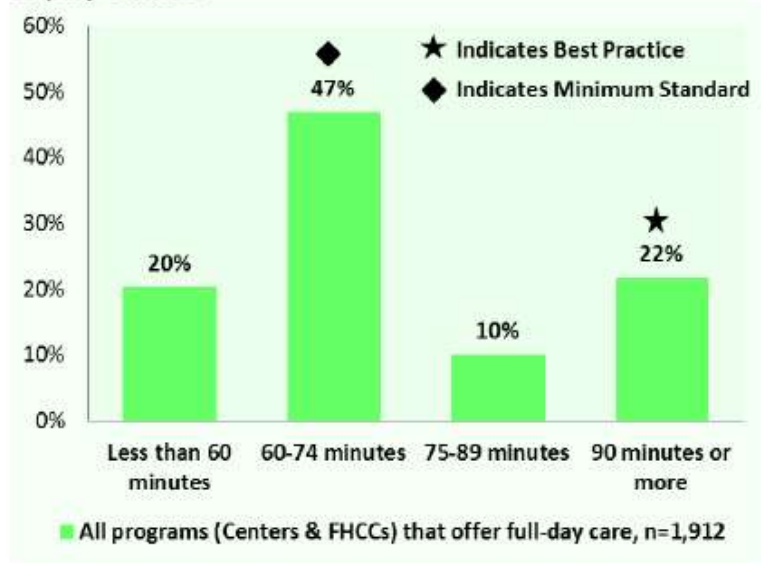
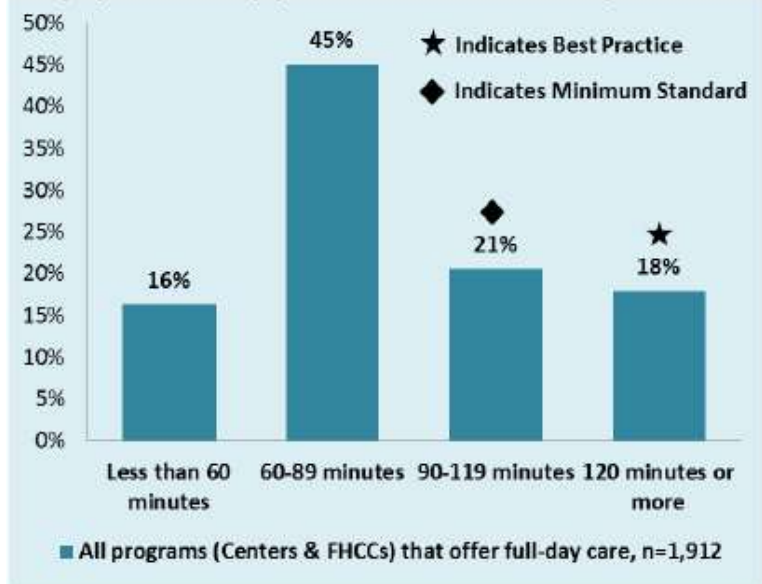


Figure 29. Time provided each day for children ages 3-5 for physical activity (both indoor and outdoor)



Results (a teaser)

- Healthy beverage practices
- Positive eating environments
- Attitudes and
- Sugary cereal never served
- Fruits and vegetables
- Whole grains
- Fried and pre-fried foods
- Family-style meals
- **Physical activity and active play**

Spectrum of Opportunities for Obesity Prevention in Early Care and Education Settings
(Used with permission from the CDC, Division of Nutrition, Physical Activity, and Obesity)



(CDC, N.D.)

Actions and Next Steps

- Results and report disseminated to stakeholders and child care providers
- Data in use by experts and practitioners
- Results are driving recommendations and actions for the Governor's *Healthiest Next Generation Initiative*
- Data briefs and action guides

Thank you. Questions?

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Rudd Center's Child Care Nutrition and Physical Activity Assessment Survey

<http://www.uconnruddcenter.org/files/Pdfs/ChildCareDirectorSurvey.pdf>

Oregon Public Health Institute

<http://ophi.org/strategic-projects/healthy-child-care/right-from-the-start-child-care-assessment/>

UC Berkeley's CA Survey of Child Care Providers of 2-5 Year Old Children

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