



Healthier Childcare Environments through Statewide Collaborations: Lessons Learned from Maryland

January 28, 2015

CDC DNPAO ECE Networking Call

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CDC's Spectrum of Opportunities for State Action for Obesity Prevention in Child Care





MD Child Care Wellness Impact

- Licensing & Administrative Regulations
 - 219,392 children participating in regulated child care settings benefit from enhanced nutrition, physical activity, and screen time regulations
- CACFP
 - Maryland requires all providers follow CACFP standards
- QRIS (Maryland EXCELS)
 - The Let's Move Child Care checklist quiz and action plan included as a Recognition of Additional Achievements: Health and Wellness
- Professional Development/Technical Assistance
 - Trained more than 735 providers to implement Let's Move Child Care goals and best practices, impacting over 13,000 children in their care



Licensing & Administrative Regulations

- Child Care Centers Healthy Eating and Physical Activity Act of 2014
- Program Requirements: Schedule of Daily Activities
 - No passive technology (means non-interactive television, videos, and streaming media) for Children under 2
 - No more than 30 minutes/wk of age-appropriate, educational passive technology for Children 2 and older
- Nutrition: Food Service
 - Align with CACFP guidelines
- Physical Plant & Equipment: Indoor Space
 - Provide designated space for breastfeeding mothers
- Staff Requirements: Directors
 - Complete training supporting breastfeeding practices



Quality Rating and Improvement System

MARYLAND EXCELS
 CHECK FOR QUALITY EARLY CHILDHOOD
 AND SCHOOL-AGE PROGRAMS



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<p>Bright Beginnings Children's Center, LLC II Calvert Owings, MD 20736 410-286-2561 Center Based 04/17/2015 View Details</p>	
<p>Cathy Ross http://www.cathyscare.com Anns Arundel Glen Burnie, MD 21061 410-553-6694 Family Provider 07/11/2015 View Details</p>	
<p>Colleen Newman http://www.mybabyandmore.com Carroll Westminster, MD 21158 443-605- 8313 Family Provider 04/16/2015 View Details</p>	
<p>Goddard Child Development Center http://www.nasagcdc.com Prince George's Greenbelt, MD 20771 301-286-8588 Center Based 07/24/2015 View Details</p>	
<p>Jackie Henson Washington Hagerstown, MD 21740 240-489-4872</p>	

By Name:

County:

Zip code:

Rating:

Achievement:

- Asthma Friendly Child Care
- Health and Wellness
- Quality Business Practices
- Cultural and Linguistic Competency

Type:

SEARCH



Professional Development/ Technical Assistance

- In-person Training
 - Collaboration among local health departments, University of Maryland Extension educators and local child care resource and referral centers
 - 735 providers trained to implement Let's Move Child Care goals and best practices, impacting over 13,000 children in their care
- Online Training-- *Wellness Policies in Your Child Care Center*
 - 6 modules include nutrition standards and education, healthy mealtime environments and physical activity
- Educational Materials Dissemination
 - Maryland Family Network partnership

Let's Move Child Care Success Stories

LET'S MOVE! America's Move to Reduce a Worldwide Generation of Kids

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Learn the Facts | Eat Healthy | Get Active | Take Action | Join Us

LET'S MOVE! BLOG

Washington County, Maryland Put Centers

Thanks to Tammy Thomas, MD, MS, (the executive director, Washington County, in January 2012) the Washington County Health Department in its Child Care (LMCC) best practices among health professionals Learning Center and HighSchool 22 publications practice in meeting the goals within environments to help the children in their care the Nemours Learning Center in Washington County for its 30 children when it decided to launch an integrated health care to support 50-60 months an engaging children in healthy and movement from introductory online activity play time in the morning to the total park to play on the equipment (open, flexible), or a 15-minute walk. Studies show when each child stays with their parent and when outside active play time in the morning and afternoon is a day to play outdoors in and around implementing LMCC to encourage parents to visit the

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Nemours Children's Health System
Your child. Our promise.

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Let's Move! Child Care Checklist Quiz Is Incorporated Into Maryland's Quality Rating Improvement System (QRIS) and CACFP Programs



The Maryland Department of Health and Mental Hygiene and the Maryland State Department of Education have a long history of partnership in supporting early childhood obesity prevention strategies in child care settings. Past and current collaborative efforts include Maryland's Community Transformation Grant (CTG),

the Centers for Disease Control and Prevention's (CDC) State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health FOA (1305), Team Nutrition Grants and Race to the Top Early Learning Challenge initiatives.

In January 2012, state agency representatives including the Director of the Office of Child Care and the CTG Program Manager attended "A Comprehensive Approach to Address Childhood Obesity in the Early Care and Education Setting" Region III & IV Training in

FIVE GOALS

1. Physical Activity
2. Screen Time
3. Food
4. Beverages
5. Infant Feeding

Let's Move! Online

Next Steps

- Conduct Childcare Wellness Policies and Practices Survey
- Communicate with providers
- Maintain statewide collaborations
- Integrate emerging research & resources

What's Blooming Inside!

ALERT! Child Care Subsidy Programs	5
Ca\$h Reimbursements for Providers	11
Developmental Screening	19
Focus on Family	9
Judy Centers bring their "A" Game	16
Let's Move!	18
News you can Use from Credentialing	13
Race To The Top Update	18
We are "Happy!" in the Library Corner	8



Upcoming Survey About Health and Wellness in Child Care Centers



This October, the University of Maryland School of Medicine Department of Pediatrics will launch the online Child Care Wellness Policies and Practices Survey to gather statewide information about nutrition and physical activity policies and practices in child care centers. The survey is conducted in collaboration with the Maryland State Department of Education Office of Child Care, the Maryland Department of Health and Mental Hygiene, and the Maryland Family Network.

Directors of child care centers will be invited via email to participate in the survey. All responses will be confidential and only presented in aggregate. Survey responses will be used to assess current child care wellness policies and practices and identify best practices. Statewide findings will be shared with child care providers through the PARTNERS newsletter. Let's help make Maryland the healthiest state for young children with a 100 percent response rate!

For more information about the survey, please contact the principal investigator Erin Hager, Ph.D.: nutrition@peds.umaryland.edu.