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Keeping All Of Us Healthy

Why We Value Physical Activity and Nutrition in Early Care and Education

A photograph of a young child with light hair, wearing a blue shirt, looking up and smiling as a hand feeds them with a spoon. The background is a blurred green field.

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Today's Presenters

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Session Objectives

- Identify the status of childhood obesity in the USA
- Learn some of the factors that impact childhood obesity
 - Earliest start (infant feeding)
 - Access and culture
 - Influence of adults
- Reinforce your belief that healthy eating and physical activity is important in ECE programs

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The state of weight for young children

- Since 1980, 3X more childhood obesity
 - 28% 2-5 year olds overweight/obese
- Obesity seen earlier
- Racial, ethnic, socio-economic disparities
- Rise in childhood diabetes (1/3 adults by 2050), other chronic diseases
- Obesity linked to attendance & performance

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Early Care Environments and Childhood Overweight and Obesity

- 12-13 million children in child care settings
- Research identifies opportunities for healthier child care
- Health habits established early
- Overweight in kindergarten = 5X obesity rate
- Early childhood educators want to help!

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Children Under One

- What are some of the challenges to feeding infants under 12 months?
 - Barriers to breastfeeding
 - Understanding infant behavior
 - Inconsistent messaging on when to start solids



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Children's Early Experiences

➤ How does access to **healthy food** impact families?



Key to Access	How does it impact families?
Availability	Families can get to a store with healthy food
Pricing	Healthy food is priced competitively
Choice	Families can find healthy food that tastes good
Resources	Families can afford healthy food

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Children's Early Experiences

➤ How does access to **safe spaces for physical activity** impact families?

- Physical health benefits
- Mental health benefits
- Community benefits



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Children's Early Experiences

- How can a family's culture impact healthy eating and physical activity?
 - Culture determines the food choices and physical activity opportunities available
 - Feeding practices by adults influence a child's relationship with food
 - Exposure to marketing



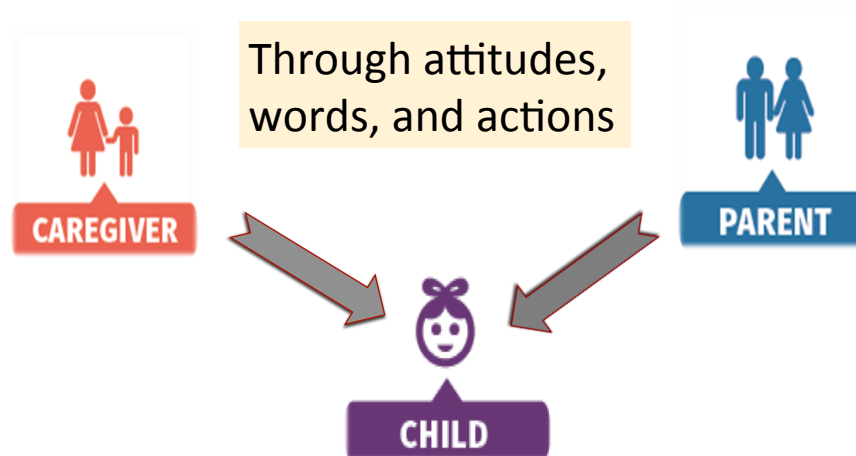
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The Role Adults Play

What kind of impact do adults make through their own behaviors?

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Adults Influence Children



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How does it work?



- What you do:
 - You spend many hours with children in your care
 - You engage in educational activities
 - You demonstrate through your words and actions what is important
 - You reinforce children's behaviors
 - You influence their parents
- You are important!

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The Role Adults Play

- How can a family's understanding of health (or *health literacy*) support healthy weight for the entire family?

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How does it work?



- Families create the environments where children spend the most time
- These environments influence both eating and physical activity
 - Physical environments are what kinds of food/beverages, TV and video/computer screens, and active play areas provided
 - Social environments are how talking, modeling, and encouragement are used
- Information can improve what parents know

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What can you do to help parents?



- You are important sources of information to parents
- Families look to you to inform them about their children and provide guidance
- Give little tips about food, drinks and snacks; this will help (even if you don't think they will!)
- Add mini-lessons on healthy eating and make your classroom more active by moving to music or adding action to books read
- Share what you do in the classroom with parents

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The Role Adults Play

- What is the role of self-care for both adult family members and teachers and how can it support healthy eating and physical activity?

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How does it work?

- 1st rule: Take care of yourself before you can take care of others!
- Think about:
 - Getting enough sleep (7-9 hrs): Watch less TV!
 - Eat your veggies (and some fruit)!
 - Move your body everyday – at least some (20-30min)
 - Watch the sugar beverages (sneaky calories!)
 - Breathe and try to relax when stressed
- Use your work to eat/drink better and move around

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What you can do to help parents

- Talk about healthy behaviors with your children
- Act the part: don't eat unhealthy foods in front of kids (candy, soft drinks, salty snacks)
- Show your active self: be willing to move with the kids!
- Be enthusiastic for health: will help you and your parents!

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Look for the next webinar!

- **Keeping All of Us Healthy: *What You Can Do At Your Program***
- Coming in March 2017

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Webinar Evaluation

- Let us know what you think of what you heard today!
- <https://www.surveymonkey.com/r/VW5Y8TG>

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