



**Early Ages**  
**Healthy Stages™**  
Growing healthy kids right from the start.



*Working Together to Create Healthier Early  
Childhood Environments*

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January 16, 2019

CUYAHOGA COUNTY  
BOARD OF HEALTH



MT. SINAI  
HEALTH CARE FOUNDATION

# Funding Partners



MT. SINAI  
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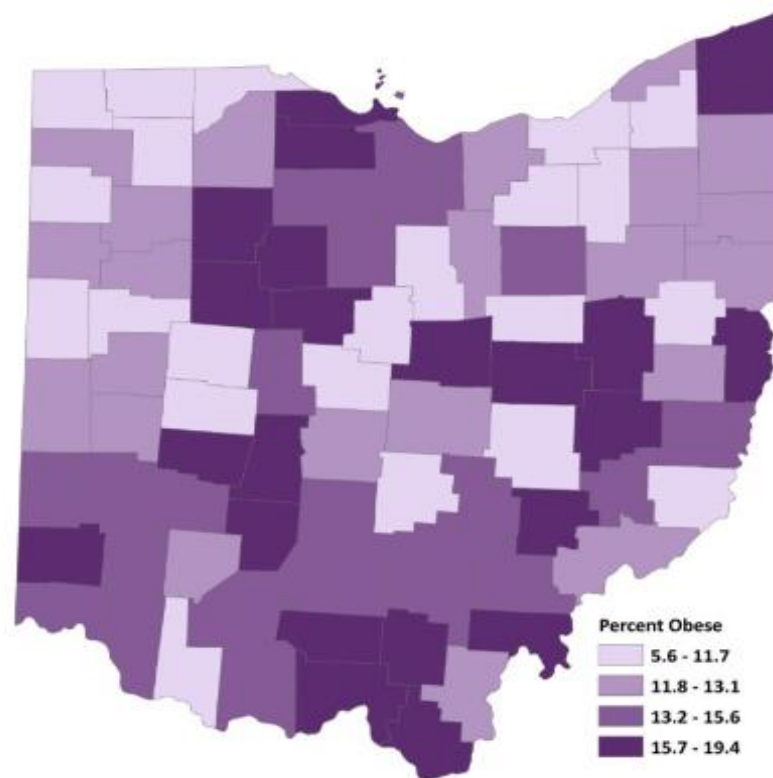
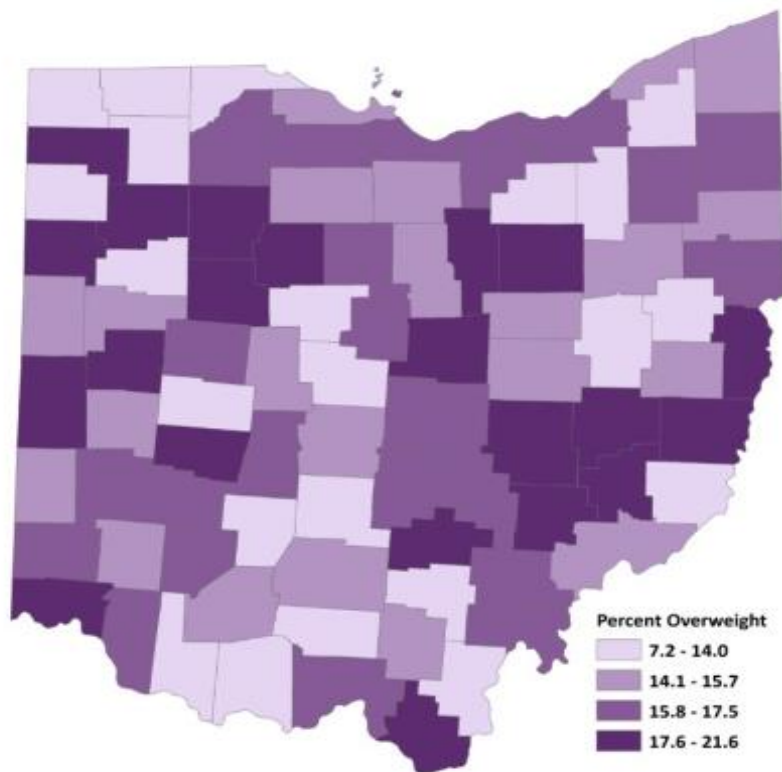
**Tufts**  
UNIVERSITY

Gerald J. and Dorothy R.  
Friedman School of  
Nutrition Science and Policy

# 2016 Early Childhood Obesity Snapshot

**Prevalence of Overweight among WIC Participants Aged 2 to <5 years by County, Ohio 2014**

**Prevalence of Obesity among WIC Participants Aged 2 to <5 years by County, Ohio 2014**



Source: Ohio Pediatric Nutrition Surveillance System, 2014

Note: The prevalence ranges in the four categories for these two maps are different, thus the maps should not be directly compared.

The 2014 PedNSS data suggests there is no consistent geographic trend in Ohio for the prevalence of overweight and obesity among WIC participants ages 2-5 years.

# Overweight and Obesity

Cuyahoga County Overall (n=37,930)	City of Cleveland (n=17,646)	Outside of Cleveland (n=20,284)
32%	35%	30%

*\*Unhealthy weight: Body mass index above the 85<sup>th</sup> percentile for age and sex.*

*Source: Children's Health Initiative, a program of Better Health Partnership*

# Unhealthy Blood Pressure

Cuyahoga County Overall (n=37,930)	City of Cleveland (n=17,646)	Outside of Cleveland (n=20,284)
24%	21%	26%

*\*Unhealthy Blood Pressure: systolic and diastolic blood pressure above the 90<sup>th</sup> percentile for age and sex.*

*Source: Children's Health Initiative, a program of Better Health Partnership*

# How We Began

# Early Childhood Obesity Prevention Summits

- 2012 – Dr. David Katz and Dr. Leona Cuttler
  - Early childhood interventions and best practices
- 2013 – Dr. William Dietz, Starting Point, American Heart Association
  - Implementation of early childhood wellness policies





# Early Childhood Wellness Matters

Cuyahoga County recognizes healthy habits need to start early.

Children's early learning environments give them the opportunity to develop healthy habits right from the start



In 2012,  
**38,000**  
children ages 0-5  
spent time in  
early learning  
environments in  
Cuyahoga County.



On average, young children spend  
**32 hours**  
a week  
in an early  
learning  
environment.



Five year olds  
who have a healthy  
weight are  
**4 times**  
less likely  
to become obese teens  
than five year olds  
who are overweight.



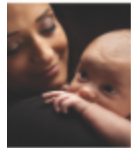
Children who  
are healthy are  
more likely to be  
ready for  
school and  
**ready to  
learn!**



# Wellness Plan Goals

## Our Goal

The goal of the Cuyahoga County Early Childhood Wellness Plan is to:



Increase the duration of breastfeeding along with the introduction of complementary foods for infants through the first year of life

**Infant Feeding**



Increase the availability of healthy foods and beverages

**Healthy Foods**



Increase opportunities for daily activity while minimizing screen time

**Daily Physical Activity**



Increase family engagement around wellness behaviors

**Family Wellness**



# Our Work Today

# Early Childhood Wellness In Action

Cuyahoga County uses two strategies that encourage and support healthy habits for all young children.



Improve environments where children **live**.



A community-led coalition of organizations, providers, and individuals who share a passion for creating healthier environments for young children.

Improve environments where children **learn**.



An Ohio-Approved, healthy program that offers training and technical assistance for early care and education providers on best practices in building healthy habits, menus, and policies.

# Who we are...

Early Ages Healthy Stages is a partnership between early care and education providers, community organizations, health care, social service agencies, businesses and families that works collaboratively to make the healthy choice the easy choice for young children and their families.



# Our mission:

To work *together* to create healthy environments for young children in Cuyahoga County.

# Our vision:

Cuyahoga County is a community that provides all children ages 0-8 with the opportunity to establish healthy lifestyles in the environments where they live, learn, sleep, and play.



# Our Values

- *Equitable opportunities* for all young children
- *A community-first* approach to early childhood health and wellness
- *Elevating* the success of ECE providers and partners
- *Collaboration* over replication

# Building a coalition means more than getting together once a month to talk about our programs.

<b>POLICIES</b>	Working with childcare centers, family care homes and other agencies to implement policies that improve health of young children and their families.
<b>SYSTEMS</b>	Creating networks between gatekeepers and other key resources in the community. Changing the mentality of “how we do things around here.”
<b>ENVIRONMENTS</b>	Making sure that the healthy choice is the easy choice through advocacy and legislation. Altering physical environments to make health accessible to all.



# Strategic Prevention Framework

## Evaluation, Assessment:

Oct 2016- July 2017  
(Short term projects,  
Possible Capstone)  
July 2017- Ongoing

## Assessment, Capacity:

Spring 2016 Preliminary  
Ongoing



## Sustainability/Cultural Competence:

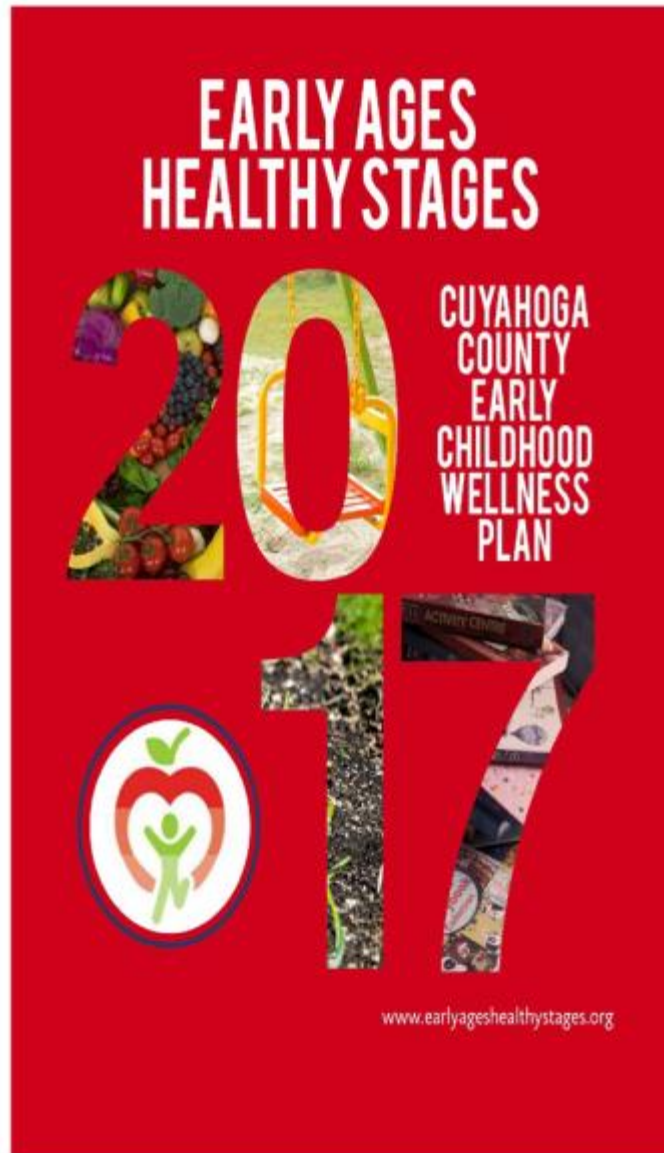
Spring 2016- Ongoing  
Community forums/focus  
groups starting summer  
2017

## Planning:

Sept- February 2017

## Implementation:

March 2017- Mar 2018  
(Short term projects)  
March 2018- Mar  
2020(Long term projects)



EAHS Strategic Plan  
can be found at:

[www.earlyageshealthystages.org](http://www.earlyageshealthystages.org)

# OUR PRIORITIES

At Early Ages Healthy Stages, we recognize that it is our job to help build healthy early childhood environments for all children, regardless of how they look or where they live.

**In Cuyahoga County, we believe that early childhood environments are healthy if...**

Together, we will work to shape these priorities to ensure that all young children in Cuyahoga County are given every opportunity to reach their fullest, healthiest potential.



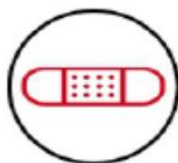
## **Healthy foods are available.**

Young children need access to healthy food in order to make healthy food choices.



## **There are opportunities for active play.**

Active play helps children grow healthy muscles, bones, and brains.



## **Health care is accessible.**

Access to an affordable, medical home helps children stay healthy and meet milestones.



## **Social emotional needs are met.**

Young children thrive in classrooms and communities where they feel safe, connected, and supported.



## **Families are engaged.**

Parents and other family members are a child's first teacher and best role model.

# Innovative Partnership - Healthcare



= Medical home for HeadStart  
children

# Innovative Partnership – Healthy Foods



Education with  
Imagination



Greater Cleveland Food  
Bank School Mobile Market

= First ECE Mobile Market

# Innovative Partnership – Family Engagement



Cuyahoga County  
Public Library  
*cuyahogalibrary.org*

= Thousands of families reached with  
consistent early childhood health and  
wellness messaging

# EaHS Materials

## Create Your Healthy Plate!



**Make Each Plate A Healthy Plate**

- Make 1/2 your plate fruits and veggies
- Include proteins, whole grains and dairy
- Remember variety each day

**Take Time for Meals**

- Be a positive role model by eating the same foods and drinks as children eat
- Encourage children to try foods but never force
- Eat together as a family and use it as a time to catch up on the day
- Turn off screens during meal time

**Growing Great Tasters**

- Cook and prepare foods together
- Try growing food, whatever a garden or use plants
- Choose new foods each week to try together
- Taste testing can be fun!
- Try at least one bite. Don't give up! Keep trying.

**Have a picky eater?**

It's normal for children to be picky eaters. They may not like certain textures, colors, or tastes. Try to be patient and offer a variety of foods. Encourage them to try small amounts of new foods. Picky eating is usually a phase that will pass.



Creating your healthy plate is fun! Point to what you want!



## Healthy Daily Reminders

Week of: \_\_\_\_\_

	S	M	T	W	T	F	S
<b>Build children up with words</b>							
Use noticing or describing words to praise children. (ex. "I see you helped a friend today and that made them happy.")							
<b>Good rest is best</b>							
Sleep is important for health! Here is how much sleep time to aim for: <ul style="list-style-type: none"> <li>• Infants up to 12 months (12 to 16 hours)</li> <li>• Children ages 1-2 (11 to 14 hours)</li> <li>• Children ages 3-5 (10 to 13 hours)</li> <li>• Children ages 6-8 (9 to 12 hours)</li> </ul>							
<b>Growing great tasters</b>							
Join the two-bite club! Encourage each other to take at least 2 bites of each food on your plate.							
<b>Make breakfast count</b>							
Don't skip breakfast! Make sure to eat breakfast before you leave home for the day or at your early care and education program to get the fuel you need to learn and play all day.							
<b>Reduce screen time</b>							
Spend no more than 1 hour a day on a TV, computer, video game, iPad or other electronic device.							
<b>Make snacks count</b>							
Snacks are mini meals! If you are hungry, up to 2 snacks a day fit into a healthy lifestyle. Fruits and vegetables are best between meals.							
<b>Make each plate a healthy plate</b>							
A healthy plate includes one serving of a fruit, vegetable, lean protein, whole grain, and dairy.							
<b>An hour a day to play</b>							
Be active for 60 minutes a day! Take a walk or play catch!							
<b>Take time for meals</b>							
It is important to try and eat meals together. Meal time is a great time for sharing food and talking with one another.							
<b>Water first for thirst</b>							
Drink water first before you reach for milk, juice, or any other sugar-sweetened beverage. Try adding sliced fruit to your water to kick it up a notch!							

email: [info@earlyageshealthystages.org](mailto:info@earlyageshealthystages.org)  
 phone: (216) 201-2001 x 1513  
[earlyageshealthystages.com](http://earlyageshealthystages.com)



# Social Media Toolkits





# Garden Grants



LITTLE DAVIS  
SQUASH

# Health Champions



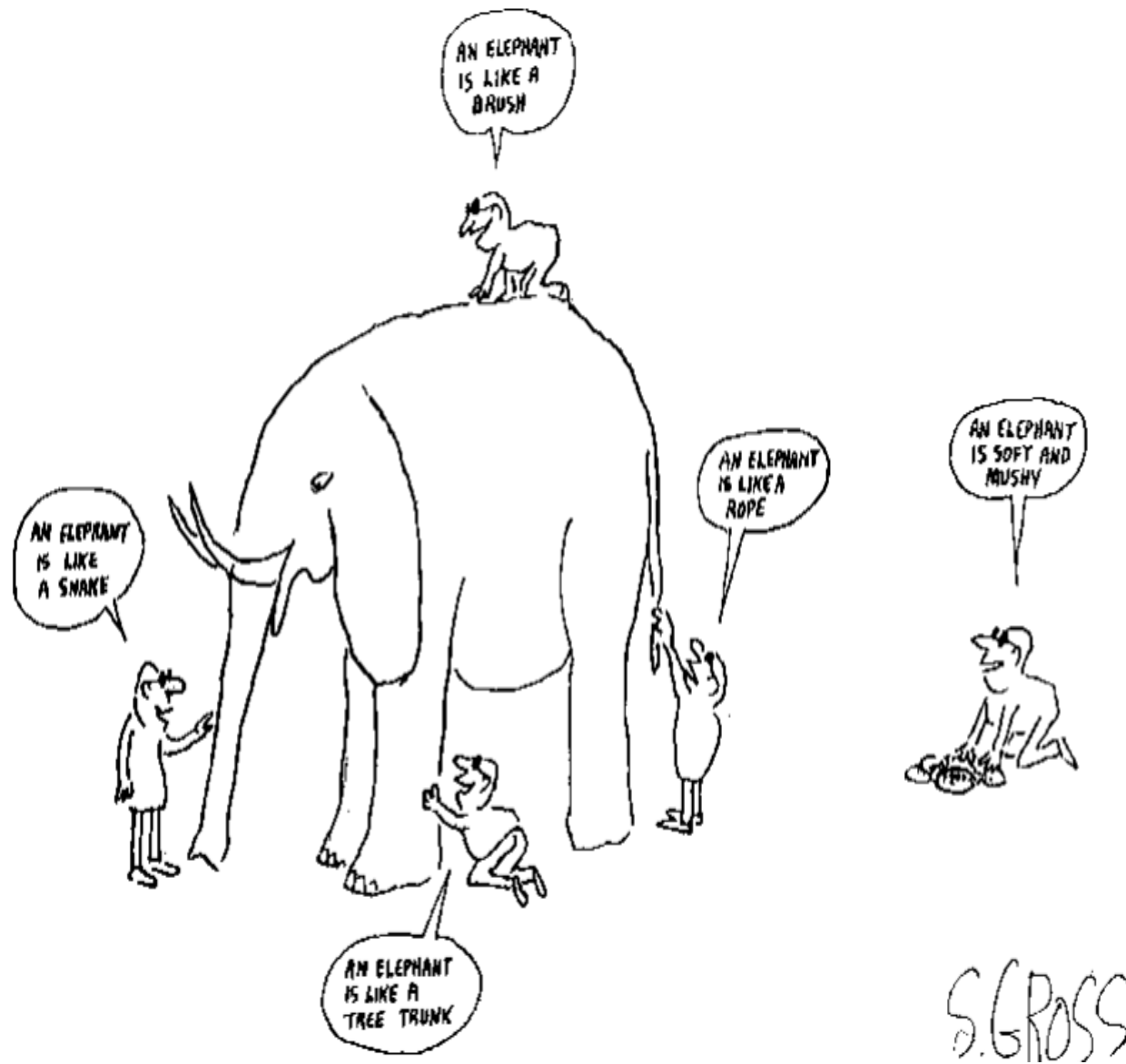
# 2019 EAHS Activity

- Continued implementation of the EAHS strategic plan
- Speaking engagements
- Continued creation of marketing and communication strategies
- Maintenance of national partnerships

# Where We are Going

# Current State

- Stakeholder groups largely focus on how to prevent a problem through a policy, program, and practice lens
- Reality – rates of overweight and obesity and other health issues among children have stayed the same or gotten worse

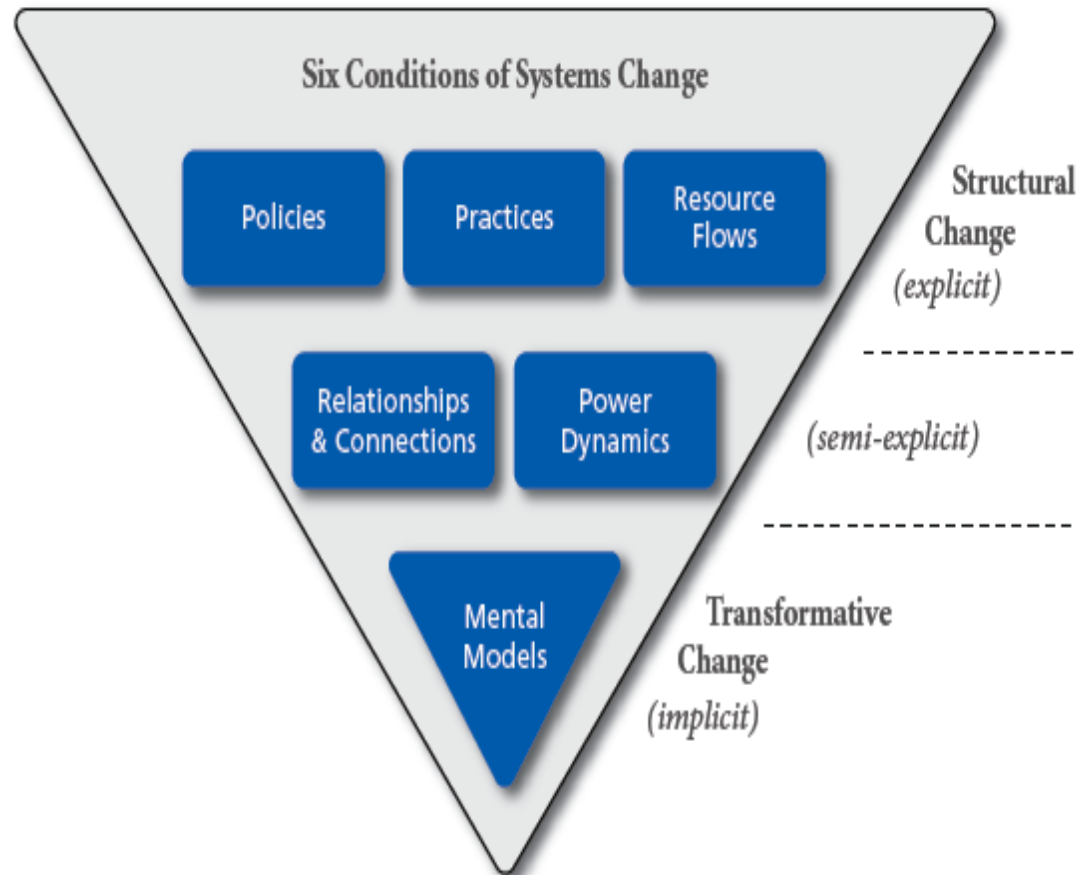


Adapted from Hovmand, P. 2017

# Systems Shift

- Stakeholder groups need to understand the drivers of health issues to inform not only **what** needs to be done but also **how** to do it effectively.
- Goal – activate and engage a group of stakeholders to begin shifting mental models and create the conditions for systems change

# Systems change



Kania, J., Kramer, M., Senge, P. *The Water of Systems Change*. June, 2018



# 'Upstream' approach: EAHS ABC



# Partnerships with Tufts University

- Research project in collaboration with Dr. Christina Economos
  - Friedman School at Tufts University
- Systems science approach applied to community-based obesity prevention
  - Group model building
    - Visualize complex systems
    - Identify leverage points
    - Set priorities for action

# EAHS Action Building Committee (ABC)

- Complimentary approach to the EAHS Coalition
- Recruitment approach:
  - Multi-sector, diverse representation from the EAHS coalition
  - Must have been active in the EAHS strategic planning process
  - Able and willing to commit to full participate in the process over the course of 9 months

# Systems tools

- **Group model building (GMB)**
  - Build shared understanding of complex system
  - Identify and prioritize action steps
- **Social network analysis (SNA)**
  - Understand and enhance diffusion
- **Agent based modeling (ABM)**
  - Model the spread of information through a community

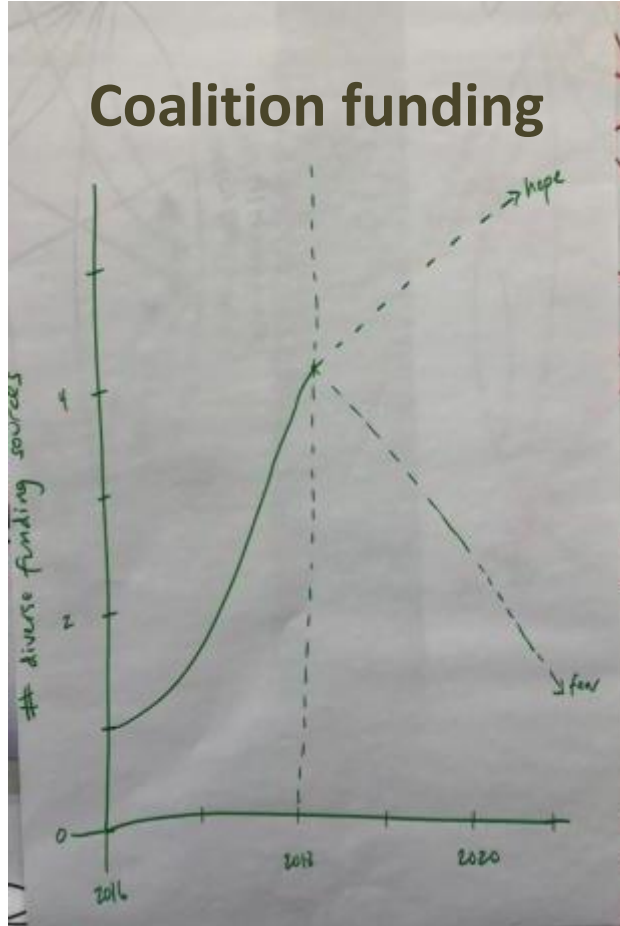
# Group model building



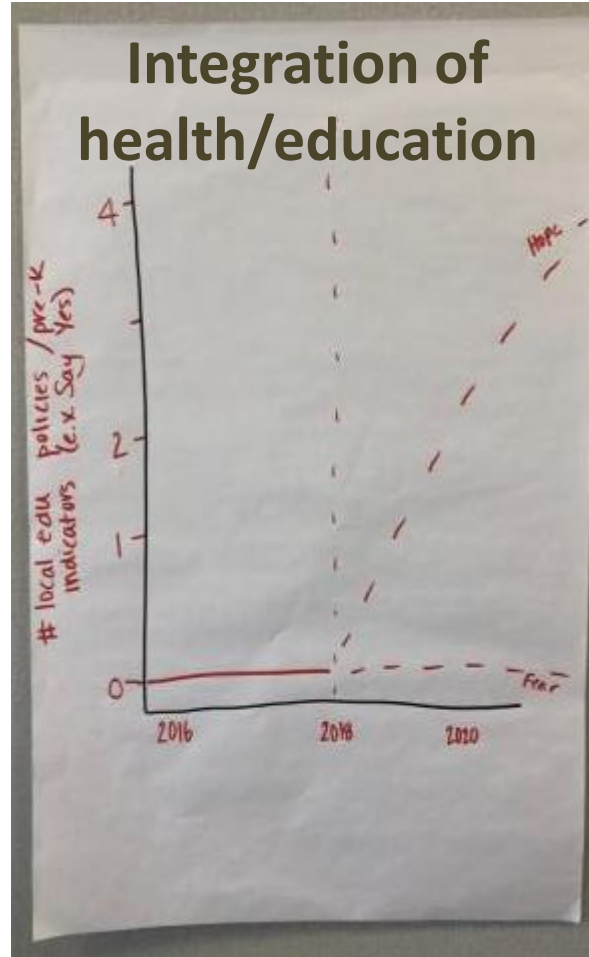
What impacts or is impacted by the work of the EAHS Coalition?

# Group model building

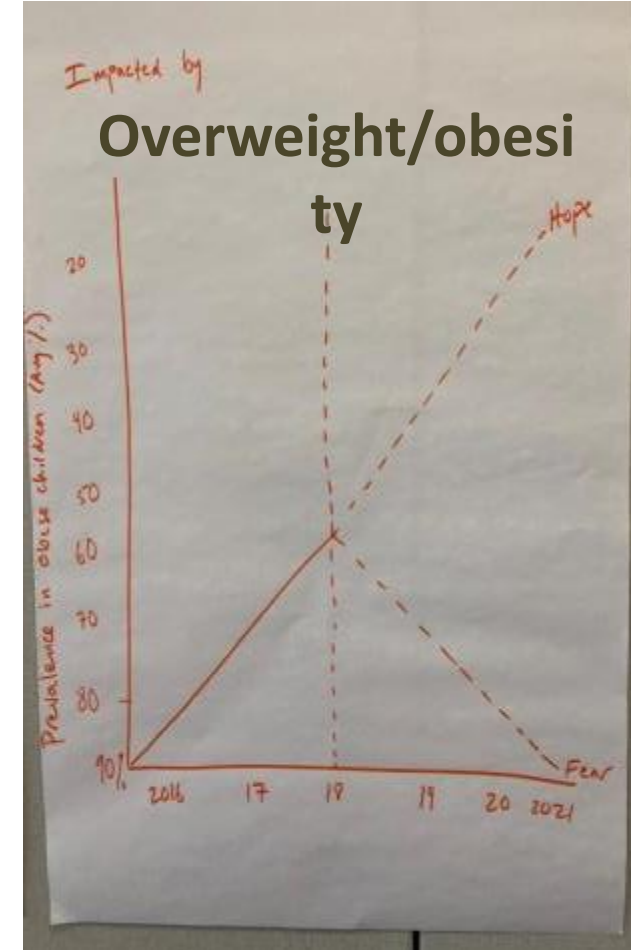
## Coalition funding



## Integration of health/education



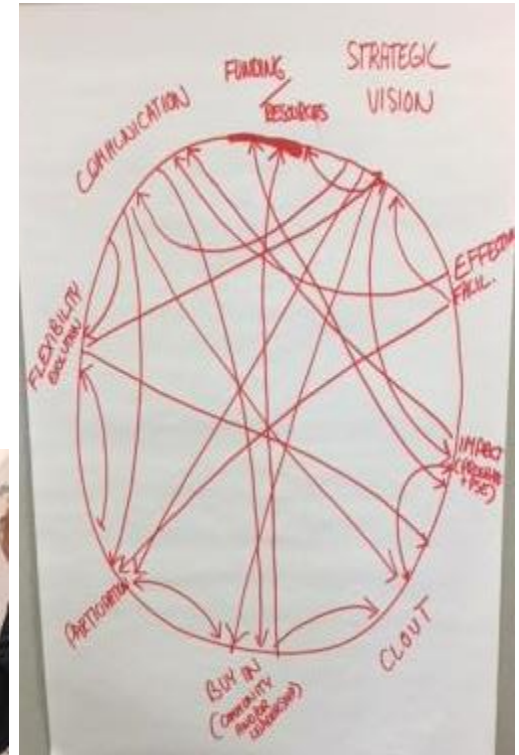
## Overweight/obesity



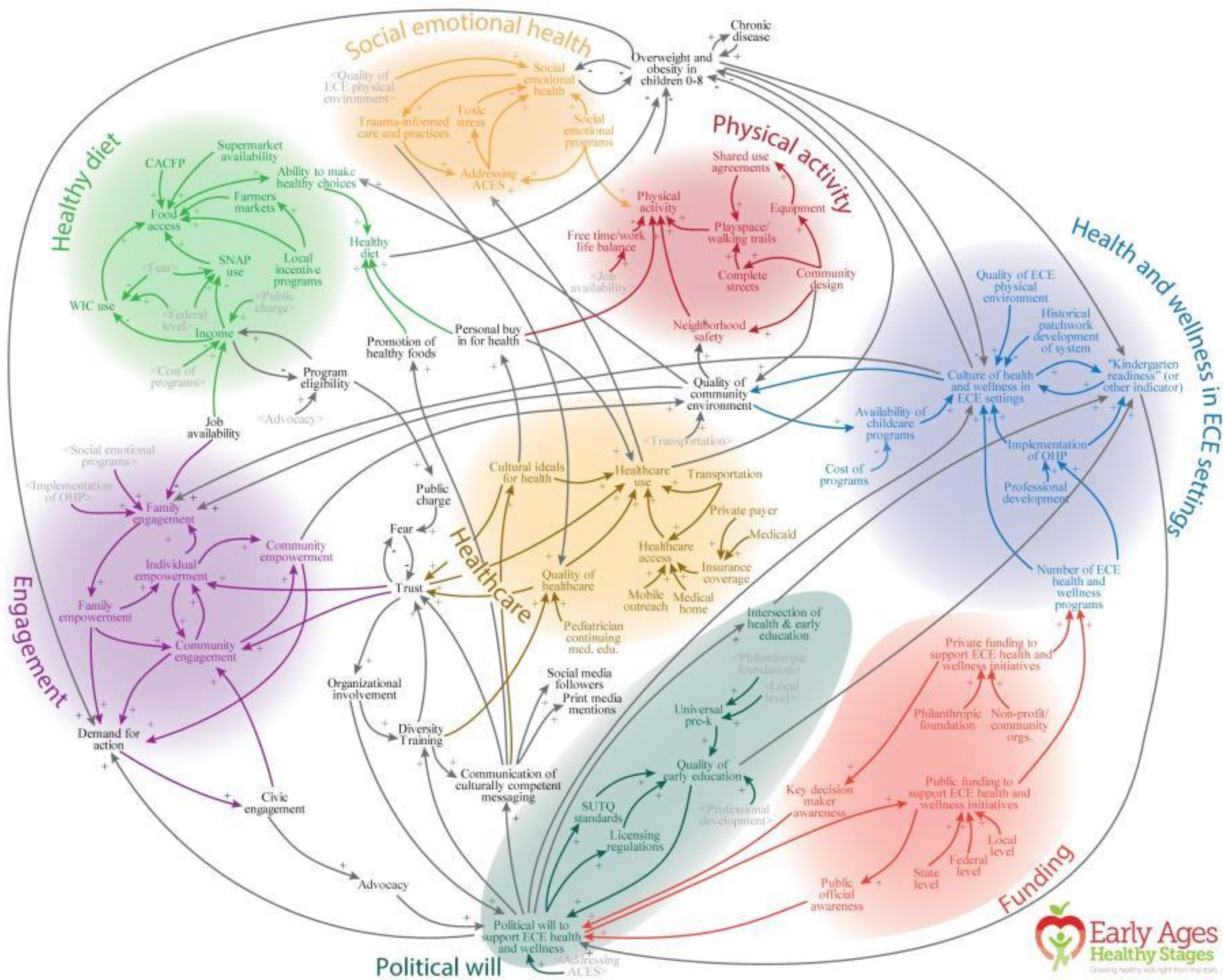
# Group model building



Related variables...



...and how they connect





# Next Steps

- Implement a series of action steps that shift our “system” over the next 2-4 years in a way that prioritizes the health and wellness of young children 0-8 and the intersection of health and early education outcomes
- Understand results from SNA and ABM
- Use the systems map to guide the next version of the EAHS strategic plan

# THANK YOU!

## HOW TO KEEP UP WITH US

Website: [www.earlyageshealthystages.org](http://www.earlyageshealthystages.org)

Email: [info@earlyageshealthystages.org](mailto:info@earlyageshealthystages.org) or [apatrick@ccbh.net](mailto:apatrick@ccbh.net)

Facebook: <https://www.facebook.com/EAHSCuyahoga/>

Twitter: [@EAHSCuyahoga](https://twitter.com/EAHSCuyahoga)

