



Healthy Kids, Healthy Futures:

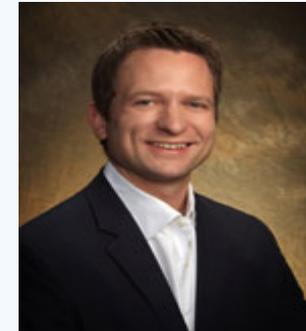
A Study in Child Care Policies and Practices

make the
HEALTHY CHOICE
the
EASY CHOICE

A stylized, colorful illustration of a landscape. The background features wavy, layered bands of blue and white, suggesting a sky or water. In the foreground, there are rolling green hills with brown soil paths. On the left, there is a green tree, a purple flower, and an orange butterfly. A small red bird is flying in the upper left. The overall style is clean and modern.

Introducing.....

Beth, Rebecca and TJ



Healthy Child Care Challenge

- What can you as an **individual** do to improve the health of child care environments?
- What can you do within your **organization** to improve the health of child care environments?
- What can you do within your **community** to improve the health of child care environments?



A stylized landscape illustration featuring rolling green hills in the foreground, a purple and pink flower on a dark stem to the left, and blue and white wavy bands in the background representing hills or sky. The overall style is flat and graphic.

What Does Child Care Look Like in Idaho?

What Does Child Care Look Like in Idaho?

- **79,811** children under the age of 6 potentially needing child care
- **629** child care centers
- **780** child care homes



*Child Care Aware, 2014 Child Care in the State of Idaho Report

How are child care programs licensed?

State Licensing

- Child Care Programs serving over 6 children must be licensed.
- Center, Home, Family

City Licensing

- Local Option
- Varies from city to city

Child Care Licensing Standards in Idaho

Based on state licensing standards and regulations, **Idaho ranks 52**

Standards based on:

- Background Checks
- Adult Child Ratios
- Inspections
- Training
- Basic Health and Safety
- Training of Child Care Providers

Total Score: 23/150	Total Percentage: 15%	Overall Rank: 52
Oversight Score: 0/40	Oversight Percentage: 0%	Oversight Rank: 51
Program Standards Score: 23/110	Standards Percentage: 21%	Program Standards Rank: 52

2011 Annual Child Care Center Costs	
For an Infant:	\$5,834
For a 4-Year-Old:	\$5,059

Who is Caring for our Children?

- **42%** High School Graduate/GED
 - **18%** Associates Degree
 - **17%** Bachelor's Degree
 - **15%** Vocational program/certificate
 - **5%** Graduate of Professional Degree
 - **4%** Some High School
- **60%** of Idaho's child care providers earned less than **\$20,000** per year.
 - **Annual income** for a typical child care worker was only slightly above the **minimum wage**

*Child Care in Idaho, June 2010

The Role of Child Care for Healthy Children





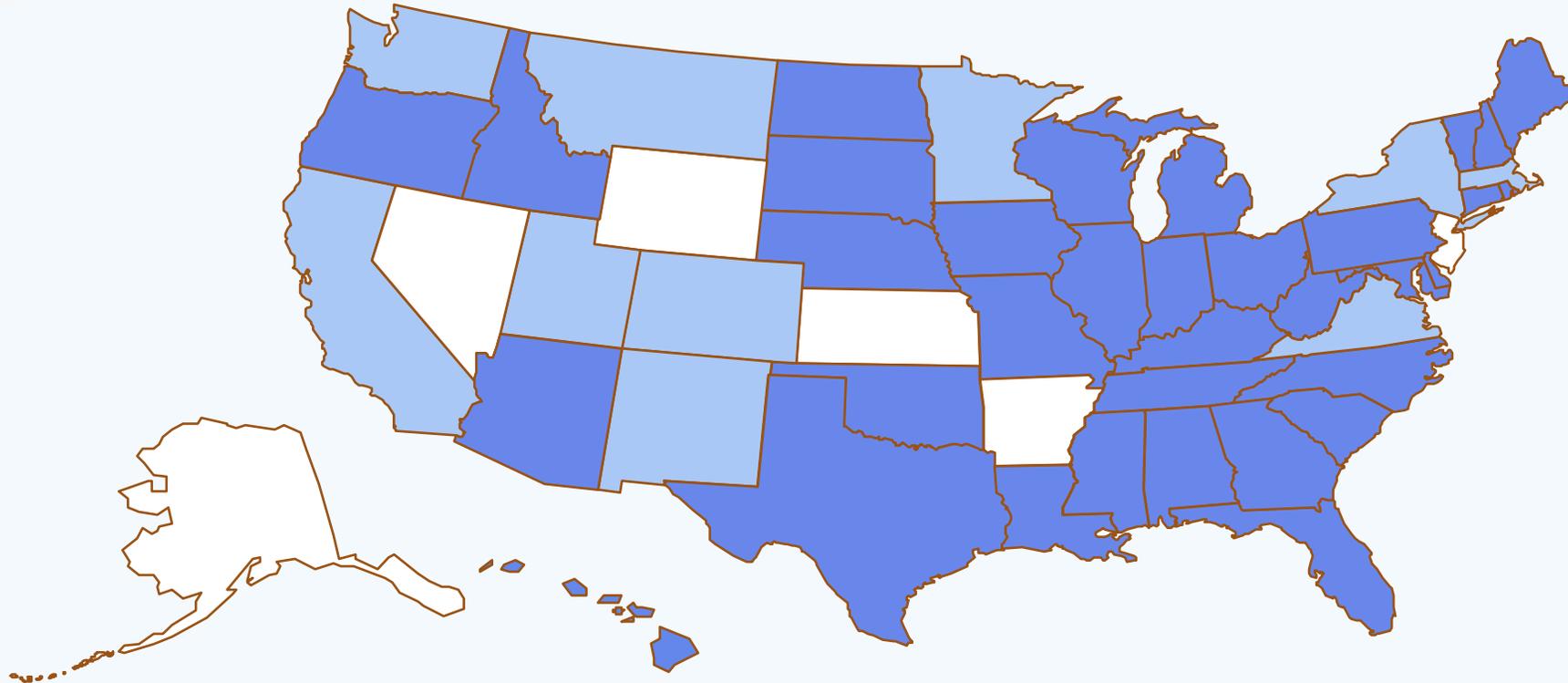
Basics about Childhood Obesity

It is easier to build
STRONG
CHILDREN
than to repair "broken"
ADULTS.
~Frederick Douglass

Obesity Trends* Among U.S. Adults

BRFSS, 1990

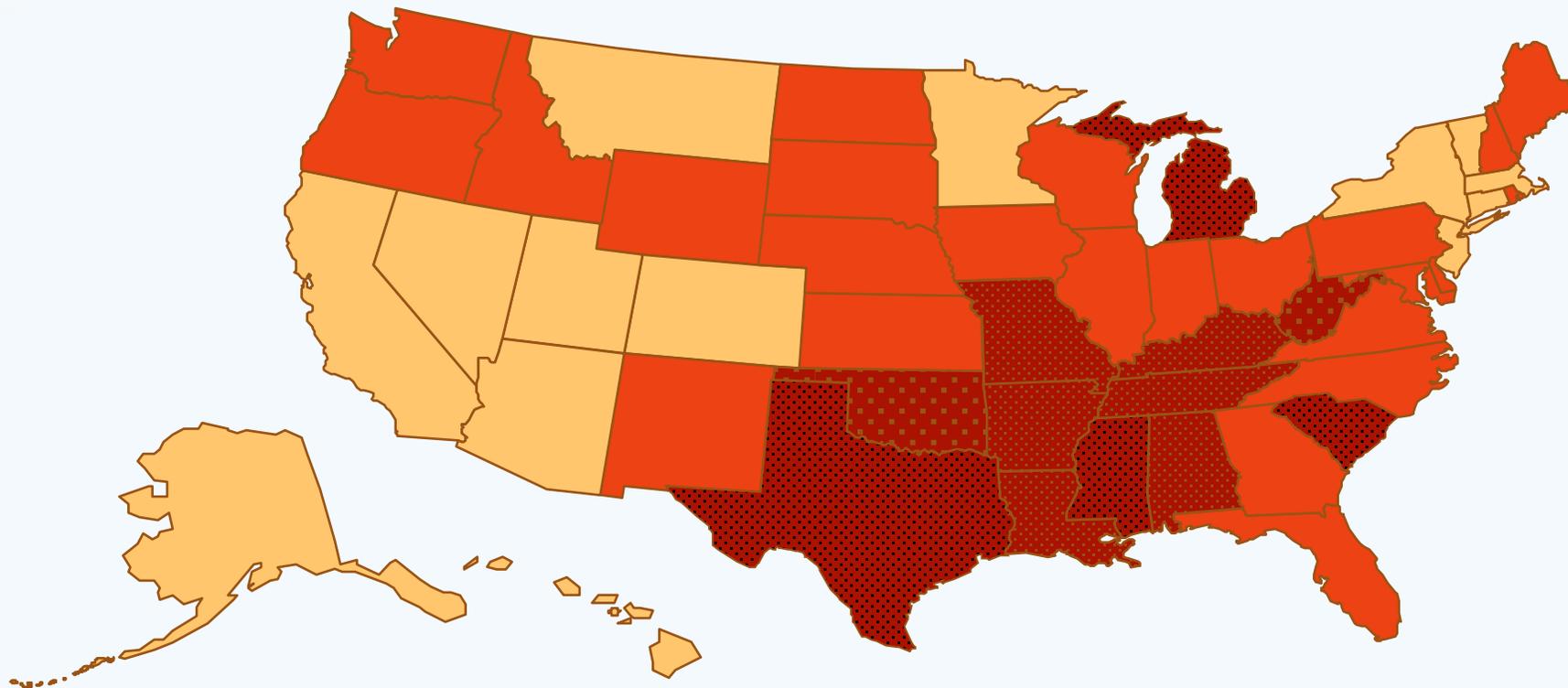
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



What's The Skinny On Idaho Kids?

AMONG CHILDREN AGES 2-19,
1 IN 3 ARE OVERWEIGHT OR OBESE.



Obesity in Idaho- It Lasts a Lifetime

- Children Ages 2-4 Years
25% are overweight or obese
- Third Grade Students
30% are overweight or obese
- High School Students
23% are overweight or obese
- Adults
63% are overweight or obese



Education Consequences

Children who are overweight or obese can be undernourished at the same time.

- Nutrition deficiencies impair brain development and cognitive functioning, including learning.

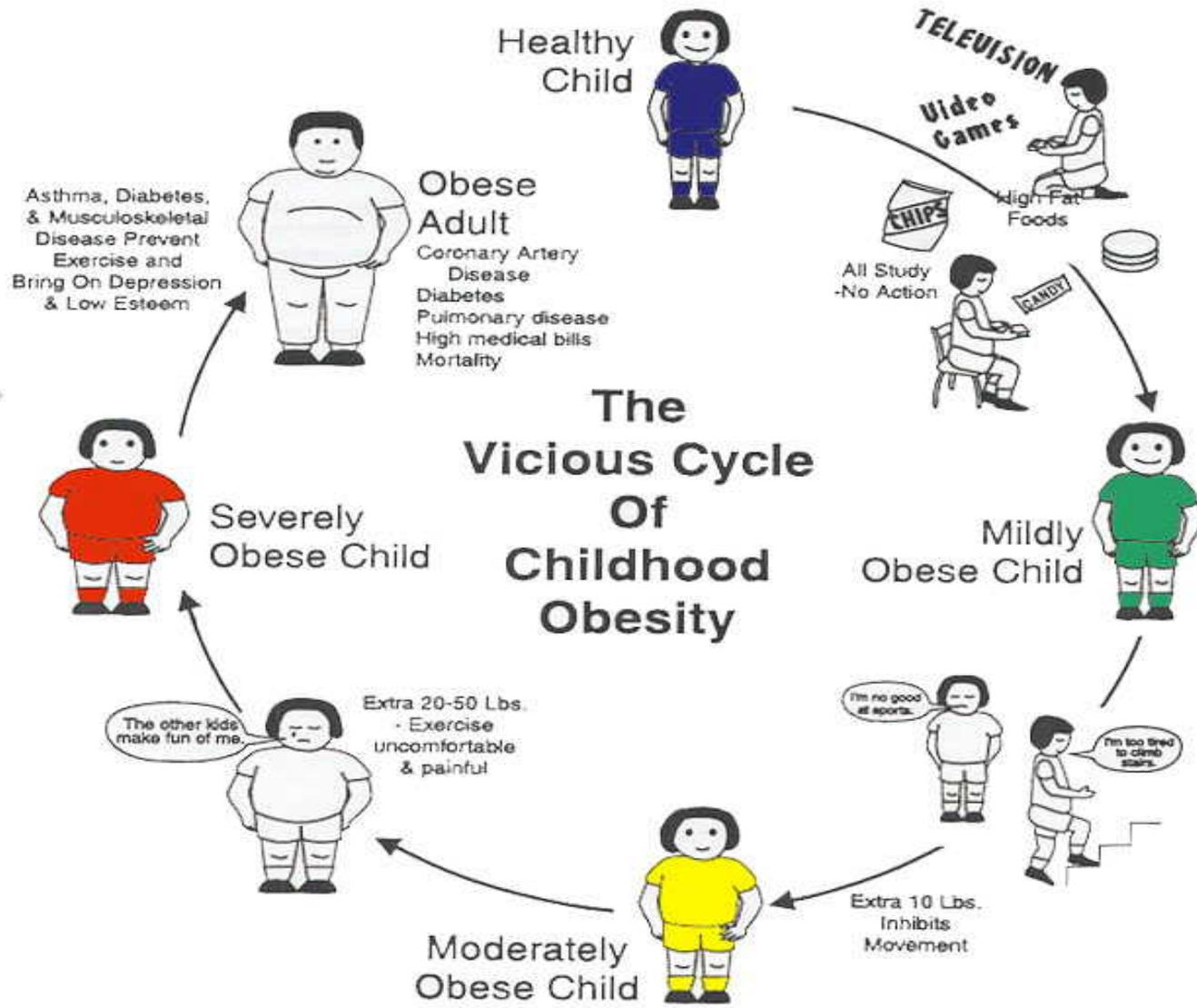
Education Consequences

- Physical inactivity
 - Children who are not active have more behavioral and disciplinary problems, shorter attention spans in class and do worse in school compared to active children.
- Screen Time
 - Interferes with exploration, playing, and interaction with others, which promote social development
 - Competes with being active, reading, and doing homework

Health Consequences

Obesity increases the likelihood of certain diseases and health problems, such as:

- Heart disease
- Type 2 diabetes
- Cancer
- Sleep apnea and respiratory problems
- Hypertension
- High cholesterol
- Stroke
- Osteoarthritis
- Gynecological problems
- Liver and Gallbladder disease



The good news is...

The choices we make are shaped by the
choices we have.

Child care can make a difference!

Child Care Plays an Important Role

- Prevention must start early.
- Children spend many hours in care.
- Child care can provide a healthy environment for children to eat, play, and grow.
 - Children who eat nutritious food during every meal stay healthy and have energy to learn.
 - Activity promotes brain development, improves sleep, builds self confidence, and reduces stress & depression.

Child Care Plays an Important Role

- Help children build healthy habits for life.
 - Food preferences and physical activity habits develop during early childhood and continue into adulthood.
 - Role models: kids do as others do, especially when they're young.
- Providers are in a unique position to educate parents and caregivers about healthy eating and activity.



Physical Activity



Healthy Eating



Healthy Kids,
Ready to
Learn



Resources

Idaho Specific Resources for Providers and Parents

Idaho AEYC

Idaho STARS Project

- Professional Development System for Providers
- Training Calendar for Providers
- Quality Rating and Improvement System
- Child Care Resource and Referral

NAEYC Accredited Programs

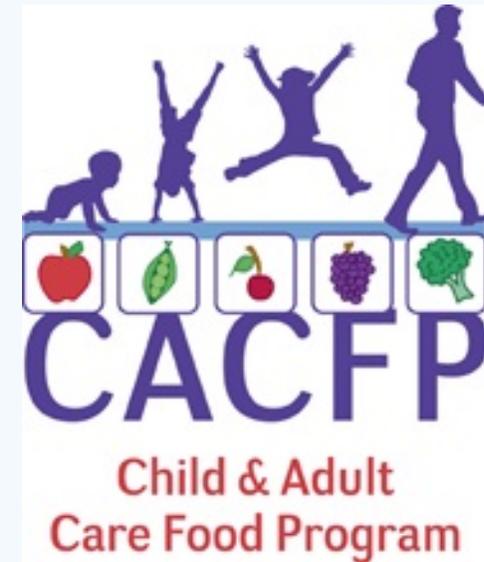
NAFCC Accredited Programs



Idaho Child and Adult Care Food Program

<http://www.sde.idaho.gov/site/cnp/cacfp/statewideSiteList.htm>

- Nutrition focused materials
- Posters
- Activity Sheets





www.healthykidshealthyfuture.org

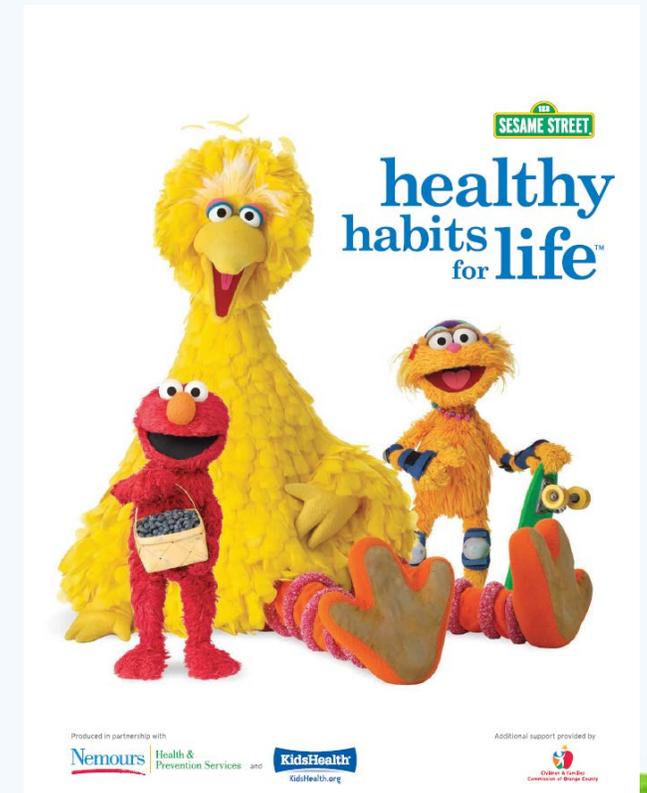
- Checklist and Action Planning Tools
- Staff training materials and webinars
- Curricular materials
- Newsletters
- Success stories from other providers
- Map of LMCC Providers

- **1. Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- **2. Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
- **3. Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
- **4. Beverages:** Provide access to water during meals and throughout the day, and don't serve sugary drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
- **5. Infant Feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

Healthy Habits for Life – Sesame Street

<http://www.sesameworkshop.org/what-we-do/our-initiatives/healthy-habits-for-life/>

- Physical activity and nutrition focus
- Free parent and provider toolkit
- Interactive lessons and curricular materials
- Videos and songs
- We Have the Moves- PA Supplement
- Also available in Spanish



USDA Child and Adult Care Food Program

<http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education>

- Nutrition focused with some info on physical activity
- Sample menus
- Cookbooks
- Curricular materials and lesson plans
- Toolkits- Nutrition and Wellness Tips for Young Children
- Gardening Resources
- Order FREE materials: <http://tn.ntis.gov/>
- Some materials available in Spanish





<http://kidshealth.org/>

- For parents, providers or kids/teens
- General children's health information
- Available in Spanish



<http://www.lets-go.org/programs/early-childhood/>

- For providers with links to parent materials
- Training materials
- EXTENSIVE toolkit for download
- Curricular materials

Let's Move Boise Child Care Workshops





Child care providers receive training and resources in healthy foods and beverages, limiting screen time, and increasing physical activity

- Let's Move Child Care assessment, action plans & resources
- Workshop series in 2013 and 2014 (2)
- 95 child care providers reached



- Statewide implementation beginning Fall 2014
- National League of Cities - best practice in child care professional development
- Media coverage
<http://www.kboi2.com/news/local/national-group-boise-workshop-childhood-obesity-national-league-cities-254071961.html?tab=video&c=y>



5 Let's Move! Child Care Goals

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

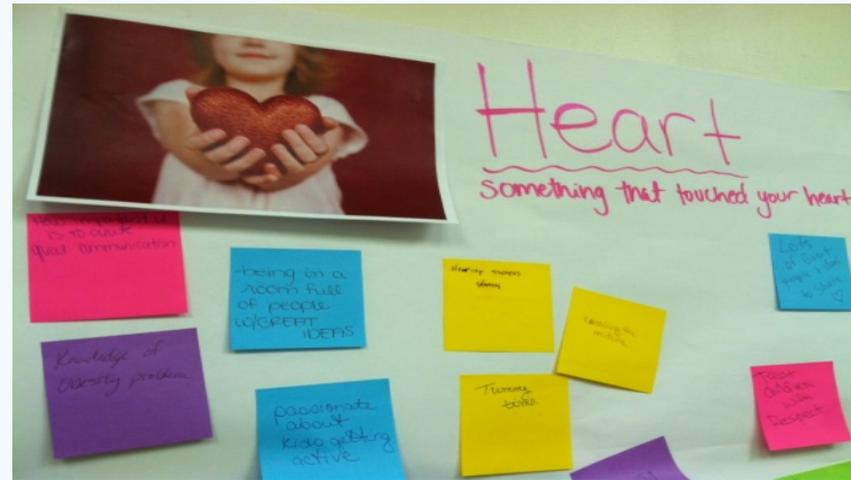
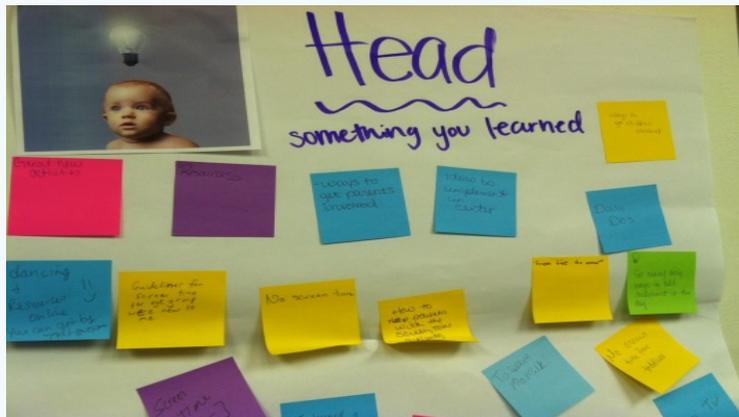


Workshop Partners

- Central District Health Department
- Idaho Association for the Education of Young Children
- High Five Children's Health Collaborative
- Albertsons
- Boise Consumer Co-Op



Brainstorming and Peer-to-Peer Sharing





Interactive Lessons



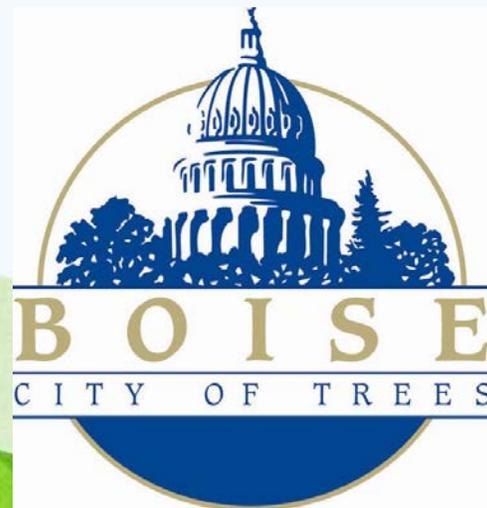


Feedback

- I learned to really care about movement in every form . . . and keep it fun. . . be a model for everyone!
- Excellent presentation. The way the info was presented i.e. breaking it up w/physical activity, food breaks, etc. the day flew by!
- (*I am*) looking forward to implementing an even healthier, more creative, less processed food program that children will enjoy experiencing

Boise City Child Care Policy

Effective Oct 1, 2014



Boise- Health Is A Priority



Outreach

- January, 2013: Began work with CDHD, IAEYC
- March-May, 2013 and March-April 2014 Let's Move! Boise Child Care Workshops
- Major stakeholder outreach
- Boise Mayor and City Council conceptual buy-in
- Surveys and interviews with Boise child care providers
- Crafted policy around input received
- Open Houses
- City Work Sessions for additional input
- Public Hearing
- **Policy Passed September 29, 2014**



Healthy Child Care Initiative

Opportunities for Daily Physical Activity

Weekly written schedule or activity log will include:

- Time in the schedule for daily physical activity for children of all ages
 - Minimum: Twenty (20) min for every three (3) hours in care
- Outdoor play, weather permitting
 - Not required for children <one (1) year of age



Healthy Child Care Initiative

Limiting Sedentary, Non-Educational Screen (Media and Computer) Time

Sedentary, non-educational screen time as written in the weekly schedule or activity log will be limited to:

- One (1) hour per day, not to exceed five (5) hours per calendar week
- Will differentiate between educational and recreational screen time



Healthy Child Care Initiative

Nutrition Standards for Meals and Snacks

Weekly written menu will meet USDA's Child and Adult Care Food Program (CACFP) dietary guidelines

- Those participating in CACFP through Nutrition Works, SDE or Under the Umbrella need not be reviewed by the City of Boise for this standard
- Applies only to meals and snacks served by the child care provider, not anything that parents choose to send
- Will make allowances for children with allergies and special diets



Healthy Child Care Initiative

Infant Feeding

Provide a place for on-site breastfeeding

- This does not need to be a separate space solely for breastfeeding.
- Can be an existing space with adequate privacy that is not a bathroom



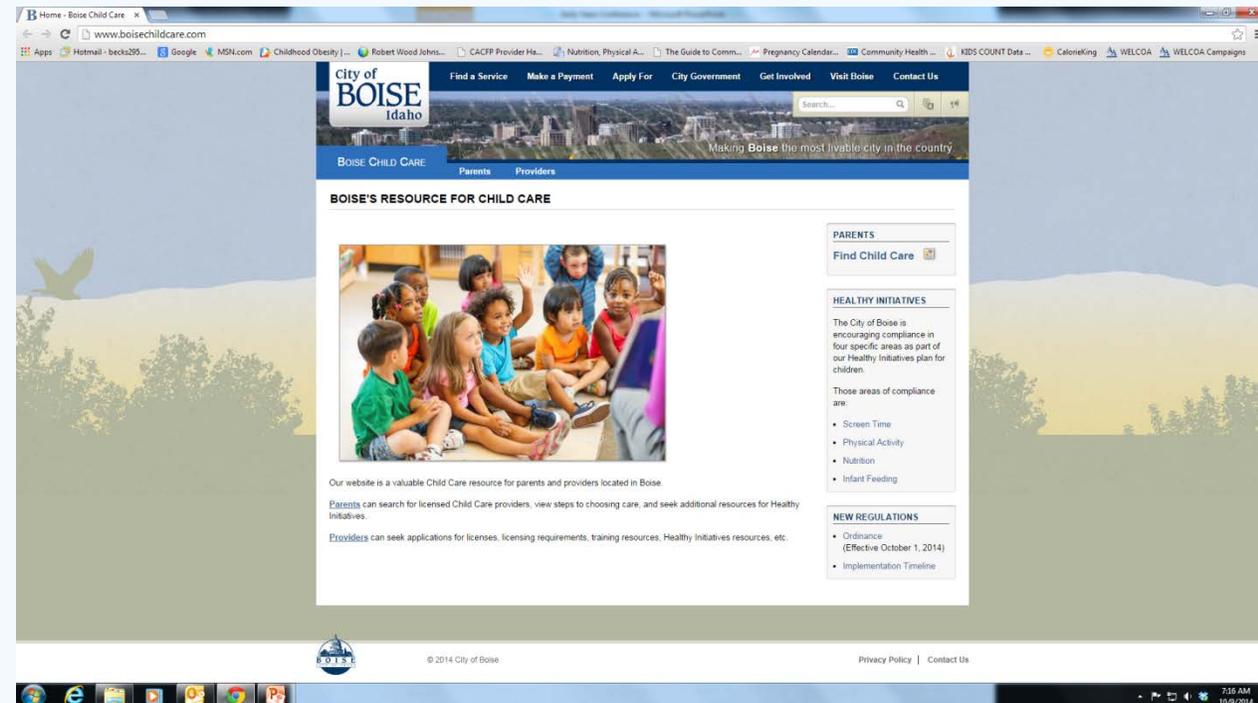
Implementation and Enforcement

- One year policy roll out
- Mandatory 4 hour Healthy Initiatives training for owners/directors for licensure
 - No cost training, free resources provided
 - Training credits available
 - Optional for individual workers
- Review of policies upon annual City inspection
- Compliance listed on City website

Boise City Child Care Website

- Interactive GIS map for provider location
- Rating scale to indicate healthy initiative compliance

www.boisechildcare.com



Idaho Cities with Child Care Licensing

- Ammon
- Boise
- Chubbuck
- Coeur d'Alene
- Idaho Falls
- Lewiston
- Moscow
- Pocatello



Healthy Child Care Challenge

- What can you as an **individual** do to improve the health of child care environments?
- What can you do within your **organization** to improve the health of child care environments?
- What can you do within your **community** to improve the health of child care environments?



Questions?

TJ Thomson
City Council Member
Boise City
TJThomson@cityofboise.org



Beth Oppenheimer
Executive Director
Idaho Association for the
Education for Young Children
boppenheimer@iaeyc.org
208-338-4710



Rebecca Lemmons, MHS
Policy Analyst
Central District Health Department
rlemmons@cdhd.idaho.gov
208-327-8619

