

# Early Childhood Obesity Prevention (ECOP) in Early Care and Education Settings

## ECOP Unit Updates (9/14/16)

### Funding Overview

#### Centers for Disease Control & Prevention-

Current 5 year funding ends 6/30/18

- a. Physical activity in early care and education settings: *I am Moving, I am Learning* training and integration
- b. Workplace lactation accommodation (includes child care providers as employers)

#### Amendment 35 Cancer, Cardiovascular, Chronic Pulmonary Disease grant -

Current 3 year funding ends 6/30/18

- a. Technical assistance to local public health agencies to promote and support lactation accommodation in the workplace

#### Maternal Child Health Block grant -

Finish current 5 year 9/30/2016; Next 5-year cycle begins 10/1/2016

- a. Consistent healthy weight messaging: 9 Ways to Grow Healthy Colorado Kids
- b. Physical activity in early care and education settings: *I am Moving, I am Learning* training and integration
- c. Breastfeeding in child care: Breastfeeding in child care toolkits and training

#### CACFP received a USDA Team Nutrition Training Grant - 3 yr grant (begins 9/30/2016)

*Colorado CHOP: Cooking up Healthy Options with Plants* to improve the nutritional content of meals and snacks offered in child care centers participating in the Child and Adult Care Food Program (in Weld and Pueblo counties) through:

- Intensive 6 hr culinary training focusing on fresh fruits and vegetables for child care directors and cooks
- In-center culinary coaching using community-based coaches
- Offer USDA Grow it, Try it, Like it! Curriculum training
- Offer gardening sub-grants to build child care facility and community support for creating healthy child care environments with support from community Master Gardeners, monthly webinars and more.

For more information contact Jennifer at [Jennifer.dellaport@state.co.us](mailto:Jennifer.dellaport@state.co.us)

### I am Moving, I am Learning (past, present, future)

2013-present

- *I am Moving, I am Learning* (IMIL): A proactive approach for addressing physical activity in early care and education settings (ECEs). IMIL seeks to increase daily moderate to vigorous physical activity (MVPA), improve the quality or movement activities intentionally facilitated by adults, and promote healthy food choices every day.
- IMIL trainings: Over 705 staff representing 327 centers have been trained in IMIL to date using CDC funding (i.e., excludes partner organization trainings).

- Partners: Healthy Child Care Colorado (contractor 2013-present), Culture of Wellness in Preschools, ECCLA, local public health agencies, Healthy Way to Grow, and others.
- IMIL trainers: Used train-the-trainer model approach throughout Colorado.
- Local public health agency IMIL coach pilot (2015-2016): Boulder, Jefferson, El Paso, and Mesa counties facilitated structured physical activity changes at centers in their communities.
- Lessons learned: After first two years' IMIL trainings ECE providers reported feeling overwhelmed and having difficulty implementing changes at the center. Providers requested on-site individual support post training to incorporate structured physical activity into their daily lesson plans, schedules, and transition times. IMIL training was shortened from a two-day to a one-day training.

#### 2016-2017

- Contractor: Healthy Child Care Colorado will provide IMIL trainings and "Wellness Champion" trainings targeting the counties with higher prevalence of obesity among WIC 2-4 years olds and/or large reach.
- Wellness Champion trainings: ECOP staff, Healthy Child Care Colorado and public health staff are developing a Wellness Champion training curriculum (adapted from Culture of Wellness in Preschools and Jefferson County models). The curriculum will include how to successfully facilitate and coach ECEs on making physical activity changes at their centers, ideas for modeling structured physical activity, working through challenging scenarios when working with ECEs, and how to write structured physical activity into lesson plans and/or schedules to receive one physical activity point for Colorado Shines.
- Colorado Shines and the new licensing rules and regulations are motivators for ECEs to make healthy changes.
- You are invited: Physical Activity in ECE settings Work Group September 14, 2016  
Location: CDPHE's Board Room 1:00-2:30 pm.

#### **The Child and Adult Care Food Program (CACFP) Outreach**

- CACFP Outreach Slides: Two CACFP Outreach slides are now available for community partner's use. The slides provide basic information on the CACFP and contact information for centers interested in applying for the program.
- CACFP New Meal Patterns: Colorado CACFP released the new USDA meal patterns on April 22, 2016. CACFP plans to gradually release guidance and training materials now through early spring of 2017. Programs are encouraged to begin incorporating new rules at a pace right for their organization. Programs must comply with all new rules by October 1, 2017.

For more information contact Jodi at [jodi.christopfel@state.co.us](mailto:jodi.christopfel@state.co.us)

### **Breastfeeding in Child Care Toolkit and Lactation Accommodation**

Breastfeeding in Child Care Advisory Committee is essential in guiding toolkit development training, and overall dissemination.

- Two toolkits - one focused on centers and one on home providers = more inclusive language - same messages. Dissemination begins December 2016.
- Training - available online, free of charge for providers and health inspectors.
- Possible future development of a Breastfeeding-Friendly recognition program.

For more information contact Stacy at [Stacy.Miller@state.co.us](mailto:Stacy.Miller@state.co.us)

### **Speaking with one voice: Healthy Weight Messaging**

Join Colorado health advocates to engage and empower families and caregivers in ways to promote healthy weight in early childhood. The *9 Ways to Grow Healthy Colorado Kids* is a statewide campaign to increase public awareness of the evidence-informed risk and protective factors of childhood obesity.

- Nine Colorado consumer-tested messages address healthy weight gain during pregnancy, breastfeeding, parent role modeling, infant feeding, healthy sleep and more. Available resources include free posters and handouts (offered in English and Spanish), newsletter templates, provider talking points, and more.

For more information, refer to handout for available resources and ordering information or visit <https://www.colorado.gov/cdphe/9-ways-grow-healthy-colorado-kids>