

## Action Plan

### CDPHE Obesity Prevention Priority on Physical Activity Training of Child Care Staff

Planning Period: January 1, 2013-June 30, 2014

#### Context

In 2011, IOM released *Early Childhood Obesity Prevention Policies*, recommending that child care regulatory agencies require childhood educators provide physical activity throughout the day, and that health and education professionals be trained in ways to increase physical activity in children and provide guidance to parents. Nationally, childcare settings have been recognized as an integral setting for impacting child health.

In 2012, the Obesity Integration Project identified physical activity training of child care staff as one of the 12 OIP priorities.

Obesity prevention activities in child care settings contribute to the greater integrated early childhood obesity prevention effort at CDPHE. These CDPHE activities are supported by various funding sources. Evidence and policy recommendations provide substantial confidence that physical activity is a driver in early childhood obesity prevention. In order to accomplish this, funding must be secured to develop a trained workforce to incorporate physical activity into children's daily routines.

I am Moving, I am Learning is a proactive approach to addressing childhood obesity, that has been implemented nationwide in Head Start settings. The overarching goals of *I Am Moving, I Am Learning* are to:

- Increase the quantity of time spent in moderate to vigorous physical activity (MVPA) during the daily routine to meet national guidelines for physical activity (National Association for Sport and Physical Education-NASPE);
- Improve the quality of physical activities for children that are intentionally facilitated by teachers and adults;
- Improve healthy nutrition choices for children every day.

Evaluation research in Head Start describes promising outcomes that are consistent with Colorado's goals for obesity prevention in early childhood. A 2006 Head Start pilot project revealed that accumulated moderate to vigorous physical activity in minutes doubled and tripled in selected classrooms and policies and lesson plans evolved to include physical activity and nutrition aspects. A later evaluation conducted in 2010 revealed that IMIL was perceived by teachers to be flexible in meeting program needs, easily integrated into daily activities, and low cost. All 26 programs participating reported implementation of one or more IMIL program enhancements and planned to continue or expand the efforts during the next year.

CDPHE's role in this strategy is to fund the implementation and evaluation of the effort by other partners well suited for the programmatic effort.

Healthy Child Care Colorado, a program of Qualistar Colorado has identified early childhood obesity prevention in the child care setting as one of four programmatic priorities. Qualistar Colorado is a non-profit organization dedicated to advancing quality early childhood education across Colorado. As part of Qualistar Colorado, Healthy Child Care Colorado seeks to promote the health, wellness and safety of children in early care and education settings by training and providing resources to Colorado's Child Health Consultants and child care providers that will foster a safe and healthy classroom environment for all children. The University of Colorado, Denver, is also engaged in implementing I am Moving, I am Learning in Denver Head Start, as part of a Culture of Wellness in Preschools Initiative. These efforts and the child care sector obesity prevention strategies of CDPHE merge nicely and collaboration among these organizations is beneficial in avoiding duplication and leveraging resources.

This proposed action plan contains work to complete a pilot project to bring I am Moving, I am Learning trainings to Colorado in a sustainable way. Following this action plan, CDPHE and involved partners intend to modify the approach according to successes and lessons learned and expand this strategy to reach more child care providers in other geographical areas.

Goal(s)		Data Source(s)		
G1	By 2020, reduce the prevalence of overweight and obesity by 10% among low-income children ages 2-5 years.	WIC obesity and prevalence data		
G2	By 2016, at least 100 child care centers in addition to baseline have physical activity as part of daily curriculum.	Observation data, post training system implementation		
G3	By 2016, children ages 2-5 years, in at least 100 child care centers in addition to baseline spend more time engaged in physical activity during the child care day.	Observation data, post training system implementation		
<b>Objective A: By September 30, 2013 CDPHE has at agreements with at least 5 local physical activity trainers to be trained in I am Moving, I am Learning, and to train child care providers in their counties.</b>		<b>Lead: Jodi Birkofer in partnership with Healthy Child Care Colorado</b>		
<b>Target Population:</b> Local early childhood partners, such as local public health agencies, Early Childhood Councils, child health consultants, etc. who interact regularly with child care providers in their communities.				
<b>Criteria for Success:</b>			<b>As Indicated by:</b>	
<ul style="list-style-type: none"> <li>Established agreements with at least 5 potential trainers.</li> </ul>			<ul style="list-style-type: none"> <li>Documented agreements between CDPHE or Qualistar and trainers</li> </ul>	
Strategy	Milestones / Key Activities	Target Completion Date	Responsible Persons/Group	Monitoring Plan
Identify and establish a network of state & local partners to deliver physical activity training to child care providers	Ask the assistance of the ECOP Advisory Committee to identify potential training networks	October and December, 2012	Shana Patterson, ECOP Early Care & Education Advisory Committee	Meeting minutes reflect the identified networks
	In partnership with Qualistar Colorado/Healthy Child Care Colorado, identify the process of identifying and recruiting potential trainers.	May 31, 2013	CDPHE ECOP Team	Creation of written process

	In partnership with Qualistar Colorado/Healthy Child Care Colorado, establish agreements with at least 5 potential trainers who will be trained and able to train child care providers in their local communities.	August 31, 2013	CDPHE ECOP Team	Qualistar Colorado's documentation of established agreements between trainers and Qualistar Colorado
	In partnership with Qualistar Colorado/Healthy Child Care Colorado, review and informally evaluate the success of the identification and recruitment process for trainers. Modify the written process based upon the evaluation results.	September 31, 2013	CDPHE ECOP Team	Review and informal evaluation notes, and revised written process

Progress Updates	
1/2013	On October 25 and December 10, 2012, Shana Patterson discussed this strategy with the ECOP in Early Care and Education advisory group and captured their feedback regarding which local early childhood partners would be the best options to become I am Moving, I am Learning trainers.

**Objective B: By June 30, 2013, financial resources are obtained to support a pilot project, involving the training of local trainers in I am Moving, I am Learning, and their training of child care providers.** **Lead: Jodi Birkofer in partnership with Healthy Child Care Colorado**

**Target Population:** Funding entities and partner organizations

<p><b>Criteria for Success:</b></p> <ul style="list-style-type: none"> <li>A grant of at least one year is awarded to Healthy Child Care Colorado/Qualistar Colorado (partner organization) to support I am Moving, I am Learning training for local trainers and their trainings for child care providers in their communities.</li> </ul>	<p><b>As Measured by:</b></p> <ul style="list-style-type: none"> <li>Qualistar Colorado/Healthy Child Care Colorado grant award</li> </ul>
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Strategy	Milestones / Key Activities	Target Completion Date	Responsible Persons/Group	Monitoring Plan
	Assist Qualistar Colorado/Healthy Child Care Colorado searching national databases for funders that match target population and overall objectives	December 2012	CDPHE ECOP Team	Creation of spreadsheet of funders

In partnership with others, secure funding to support identified networks in delivering the train-the-trainer & child care provider trainings	Assist Qualistar Colorado/Healthy Child Care Colorado submitting a grant application, with CDPHE and University of Colorado, Denver as partners by providing child care sector literature review information and programmatic technical assistance to include in grant application	December 2012	CDPHE ECOP Team	Submitted grant application
	In collaboration with Qualistar Colorado/Healthy Child Care Colorado and University of Colorado Denver, identify other funding opportunities to fund the pilot if not awarded the first grant, and to fund the expansion project after the pilot.	June 2013	CDPHE ECOP Team	Potential funders identified on spreadsheet of funders
	Assist Qualistar Colorado/Healthy Child Care Colorado in the submission of additional grant applications as needed, with CDPHE and University of Colorado, Denver as partners, by providing programmatic technical assistance to include in grant application	TBD, based upon success of first grant award and timeline for expansion project	CDPHE ECOP Team	Submitted additional grant applications as needed
<b>Progress Updates</b>				
December 2012	Shana Patterson conducted a search for funding entities that align with the this strategy and created a spreadsheet detailing aspects of the funding entities, grant information, deadlines, etc. CDPHE assisted Qualistar with a grant application to Freeport McMoren. Grant award notification will be announced in April 2013.			
(enter date)	(briefly describe accomplishments to date)			
(enter date)	(briefly describe accomplishments to date)			
(enter date)	(briefly describe accomplishments to date)			

**Objective C: By March 31, 2014, at least 5 local trainers have received IMIL training and have tools and resources to hold trainings for child care providers in their communities.**

**Lead: Jodi Birkofer in partnership with Healthy Child Care Colorado**

**Target Population:** Local potential trainers who interface regularly with child care providers in their communities

**Criteria for Success:**

- Trainers have successfully completed the I am Moving, I am Learning train-the-trainer program.

**As Measured by:**

- Trainers meet training objectives to successfully train child care providers in I am Moving, I am Learning

Strategy	Milestones / Key Activities	Target Completion Date	Responsible Persons/Group	Monitoring Plan
In partnership with others, implement the training system for trainers and child care providers using identified state & local networks	Strategically identify local trainers who represent an organization that has capacity to offer IMIL training to child care providers at little cost to the provider, in the absence of financial support.	August 31, 2013	CDPHE ECOP Team	Documentation of selected trainers
	In partnership with Qualistar Colorado/Healthy Child Care Colorado, coordinate at least one I am Moving, I am Learning train-the-trainer for local trainers.	March 31, 2014	CDPHE ECOP Team	Documentation of details of training, including attendance records and evaluations
	In partnership with Qualistar Colorado/Healthy Child Care Colorado, document successes and challenges related to the first train-the-trainer event and capture recommendations for modifications to the next event.	March 31, 2014	CDPHE ECOP Team	Documentation of event notes, successes, challenges, and recommendations for alternative approaches
	In collaboration with the CDPHE Epidemiology, Planning, and Evaluation Branch, Qualistar Colorado, and University of Colorado Denver, develop pre and post training knowledge and skills assessments for child care providers, if these tools aren't already developed by University of Colorado Denver or the creators of I am Moving, I am Learning.	March 31, 2014	CDPHE ECOP Team	Completion of necessary tools for trainers to collect evaluation data before and after child care provider trainings

	Establish methods to maintain a database of trainers and provide ongoing support, communication, and resources to them.	March 31, 2014	CDPHE ECOP Team	Completion of database structure and communication plan. Documentation of support contacts.
<b>Progress Updates</b>				
(enter date)	(briefly describe accomplishments to date)			
(enter date)	(briefly describe accomplishments to date)			
(enter date)	(briefly describe accomplishments to date)			
(enter date)	(briefly describe accomplishments to date)			
<b>Objective D: By June 30, 2014, at least 20 child care providers are trained in I am Moving, I am Learning and have improved knowledge, skills, and tools to implement physical activity strategies</b>			<b>Lead: Jodi Birkofer in partnership with Healthy Child Care Colorado</b>	
<b>Target Population:</b> Child care providers				
<b>Criteria for Success:</b>			<b>As Measured by:</b>	
<ul style="list-style-type: none"> <li>Twenty child care providers receive training</li> <li>Trained child care providers demonstrate improved physical activity knowledge and skills and have necessary tools.</li> </ul>			<ul style="list-style-type: none"> <li>Training attendance records</li> <li>Pre and post training evaluation</li> </ul>	
<b>Strategy</b>	<b>Milestones / Key Activities</b>	<b>Target Completion Date</b>	<b>Responsible Persons/Group</b>	<b>Monitoring Plan</b>
In partnership with others, implement the training system for trainers and child care	In partnership with Qualistar Colorado/Healthy Child Care Colorado, monitor local trainers as they fulfill their agreements to provide I am Moving, I am Learning training to child care providers in their communities.	June 30, 2014	CDPHE ECOP Team	Records of attendance from trainers
	Offer at least two trainings to CACFP participants.	June 30, 2014	CDPHE ECOP Team	Records of attendance

providers using identified state & local networks	In partnership with Qualistar Colorado/Healthy Child Care Colorado collect necessary data from the trainers related to child care providers' change in knowledge and skills, as a result of the trainings.	June 30, 2014	CDPHE ECOP Team	Collection of pre and post training assessments for evaluation
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Progress Updates	
(enter date)	(briefly describe accomplishments to date)
(enter date)	(briefly describe accomplishments to date)
(enter date)	(briefly describe accomplishments to date)
(enter date)	(briefly describe accomplishments to date)

<b>Objective D: By June 30, 2014, at least 15 of the 25 child care providers that received I am Moving, I am Learning training in the pilot project have four or more new physical activity strategies incorporated into daily curriculum.</b>	<b>Lead: Jodi Birkofer with Qualistar Colorado/Healthy Child Care Colorado as the lead organization</b>
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**Target Population:** Child care center staff

<b>Criteria for Success:</b>	<b>As Measured by:</b>
<ul style="list-style-type: none"> <li>Fifteen child care centers demonstrate implementation of at least for new physical activity strategies.</li> </ul>	<ul style="list-style-type: none"> <li>Post training observation evaluation in the facility</li> <li>Interviews of child care staff</li> </ul>

Strategy	Milestones / Key Activities	Target Completion Date	Responsible Persons/Group	Monitoring Plan
In partnership with others, implement the training system	In partnership with Qualistar/Healthy Child Care Colorado and the CDPHE Epidemiology, Planning, and Evaluation Branch , coordinate the CDPHE effort to create an evaluation plan for the analysis of data related to I am Moving, I am Learning training effectiveness for child care providers and observational data related to implementation of strategies.	June 30, 2013	CDPHE ECOP Team	Completion of EPE Scope of Work for analyzing the training effectiveness data and observational data related to implementation of physical activity strategies

for trainers and child care providers using identified state & local networks	In collaboration with Qualistar Colorado/Healthy Child Care Colorado, University of Colorado Denver, and the CDPHE Epidemiology, Planning, and Evaluation Branch, coordinate implementation of evaluation observational tools (already created by University of Colorado Denver) to be used by Qualistar staff during follow up visits with the child care providers.	February 28, 2014	CDPHE ECOP Team	Prepared tools ready for use during Qualistar follow up visits.
	Assist Qualistar Colorado/Healthy Child Care Colorado in completing the observational evaluation of the child care providers involved in the pilot project. Collect relevant data from Qualistar Colorado/Healthy Child Care Colorado for CDPHE evaluation.	June 30, 2014	CDPHE ECOP Team	Document number of PA strategies implemented into child care curriculum

Progress Updates	
(enter date)	(briefly describe accomplishments to date)
(enter date)	(briefly describe accomplishments to date)
(enter date)	(briefly describe accomplishments to date)
(enter date)	(briefly describe accomplishments to date)

<b>Evaluation Planning</b> <i>(If there is ongoing evaluation for any of your strategies, use this section to map out activities for evaluation planning or data analysis. If not, leave this section blank. Evaluation planning will be addressed during future Obesity Integration Project activities.)</i>			
<b>Key Activities</b> <i>(Note: The activities below are fairly standard from project to project; however, they may be modified if appropriate. For example, if EPE recommends an external contractor after the engagement meeting, you may add activities related to the contracting process.)</i>		<b>Target End Date</b>	<b>Responsible Persons/Group</b>
EP1	During the 2012-2013 year, EPE provided feedback to the grant application submitted by Qualistar in December 2012, and will collaborate with the ECOP Team, Qualistar, and University of Colorado Denver, to establish an evaluation plan related to the I am Moving, I am Learning trainings for child care providers and observation of implementation after the training. The University of Colorado, Denver will provide existing tools for this evaluation. EPE will assist in final decisions regarding these tools for short term measures.	June 30, 2013	EPE

EP2	During the 2013-2014 year, EPE will analyze implementation data collected from the observation visits of the child care facilities that received the I am Moving, I am Learning training. Local IMIL trainers will assist in the data collection.	June 30, 2014	EPE
EP3	Assist with establishing baseline and targets	June 30, 2014	EPE & ECOP Manager
EP4			
EP5			
EP6			

**Evaluation Implementation** *(Initially, this section may be blank. It is intended to capture evaluation or data analysis activities that will be the responsibility of program staff to implement. For example, if a comparison group is being used in the evaluation design, the program may be responsible for discussing the project and securing commitment from the director of the comparison agency.)*

Key Activities		Target End Date	Responsible Persons/Group
EI1	Collect data to necessary for EPE and the ECOP Manager to establish baseline and targets for intermediate and long term measures.	June 30, 2014	ECOP Coordinator
EI2			
EI3			

**Budget Information**

Program Budget	Data and Evaluation Budget
<p>CDPHE: 0.4 combined FTE (2 staff) currently through June 30, 2013, supported by Maternal and Child Health and CDC funds. 0.2 FTE secured after June 30, 2013.</p> <p>Qualistar Colorado: 0.3 FTE plus additional FTE supported by grant funds if awarded to Qualistar Colorado.</p>	<p>(Describe the total dollars available for data and evaluation activities, either through EPE or external contracts. Include the funding source(s). Programs are required to consult with EPE prior to entering into a contract for data or evaluation services.)</p> <p>40 hours of EPE services during the 2013-2014 year, supported by Maternal and Child Health funds.</p> <p>2014-2015 EPE services will be required for analysis but not yet requested or confirmed.</p>

## General Information

**Primary Contacts and Phone Numbers:** Jodi Birkofer (303) 692-2680 or Tracy Miller (303) 692-2347

**Integration Points:** This work is also a strategy of the Maternal and Child Health Early Childhood Obesity Prevention priority. A strong potential connection exists between this work and the work of six local public health agency, Maternal and Child Health programs. These local public health agencies can potentially identify their own staff, or community partners to be I am Moving, I am Learning Trainers.

**Link with Health Equity:** After the pilot project (post June 30, 2014), the primary target will be child care facilities located in low income areas.

**Strategic Partner(s):** Qualistar Colorado/Healthy Child Care Colorado, Colorado Department of Human Services, Division of Child Care, University of Colorado, Denver, Early Childhood Councils, local public health agency MCH programs, and other local partners currently engaged with child care providers.

**Key Stakeholders:** ECOP in early care and education advisory, which includes representation from several early care and education organizations.

## Additional Information

### Outcomes to be addressed in years 2 and 3 (and beyond) Year 2 and 3 “Parking lot” objectives:

- The objectives in this action plan will be repeated during years 2 and 3, targeting a larger audience of child care providers, depending upon funding, in specific geographical areas. Some objectives may be modified based upon what successes and challenges the pilot project in this action plan reveals.
- Years 2 and 3 will also include identification of a Spanish speaking trainer to offer Spanish IMIL to child care providers.

Future years “Parking lot” objectives:

- Same as above.
-