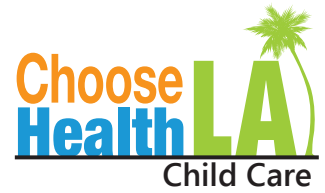


Choose Health LA Child Care

Healthy Habits Learned Early in Life



Cultivating Child Care Leaders to Improve Nutrition & Physical Activity

50% of children ages 0-5 in LA County spend at least part of their day in child care.

1 in 5 children age 3-4 years old in the Women, Infants, and Children (WIC) program in LA County are obese.

60% of children under the age of 5 in LA County are WIC participants.

Created
Choose Health LA Child Care
 to increase healthy eating
 and physical activity in
 child care settings

October 2013 - June 2016

Topics covered in training and coaching

Breastfeeding

Food and Drinks

Physical Activity

Screen Time

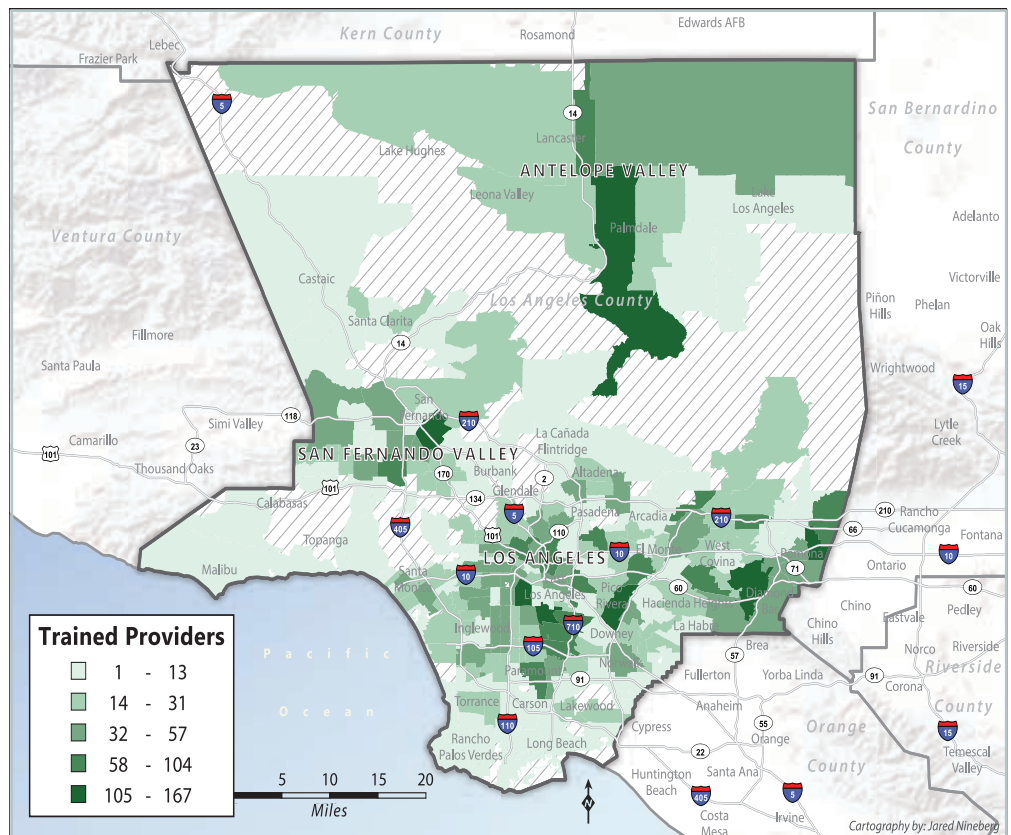
Environment and Policy



**Trained 5,850
 child care providers**

Individually coached
2,320
 child care providers

Informed
24,800
 parents on healthy eating and
 physical activity for themselves
 and their children



Evaluations also highlighted child care providers' knowledge regarding:

- **Water is the healthiest option** for children after play
- The importance of having **written nutrition and physical activity guidelines**
- The importance of the **provider acting as a healthy role model**



Child Care Providers' Policy Development and Parent Engagement Were Strengthened!

Child care providers reported increases* in...

- **Engaging parents** around nutrition and physical activity by providing parents information about...
 - ▶ Written **nutrition and physical activity policies** upon enrollment
 - ▶ What their children are offered (menus) & eating
 - ▶ Child nutrition and healthy eating
 - ▶ Their child's physical activity while in child care
 - ▶ How to encourage physical activity at home
- Families were also engaged by their child care providers when the provider
 - ▶ Served foods that reflect the ethnicity and culture of the children in the center/home
 - ▶ Celebrated special occasions and holidays with healthy foods or non-food treats

*Statistically significant

"We've added yoga and some of the parents will now come to join us... That's a big success to have not only the children do it but the parents want to come and participate."

- CHLACC Provider

Child Care Providers Increased Their Knowledge and Intention to Change Practice!

Choose Health LA Child Care training resulted in important changes in knowledge and practice:

97%

increased their knowledge including areas such as:

- Proper nutrition and serving sizes
- The amount of physical activity needed by children in a day
- Water as the healthiest option after play

96%

plan to do new things in their child care program based on the information they learned, including:

- Reading nutrition labels
- Doing yoga with children
- Talking with parents about nutrition
- Serving food family style
- Continuing to encourage children to try healthy foods

Providers Made Their Daily Practices Healthier!

- Healthy options included an increase in sites serving whole grains and dark colored vegetables.
- Children learned to make their own healthy decisions by...
 - ▷ Deciding which foods they will eat from the foods offered (menus)
 - ▷ Serving themselves from serving dishes at mealtime (family style)
- Child care providers served as role models for physical activity by...
 - ▷ Giving children at least 60 minutes of structured or teacher-led physical activity time
 - ▷ Participating in physical activities with children. Specifically, there were increases in:
 - ▷▷ Staff and children participating in structured physical activity
 - ▷▷ The number of sites where structured physical activity took place



"I have cooking classes every Friday, and all the parents come, and the children are there every Friday. Everything we cook there we eat together."

- CHLACC Provider



Providers Still Have Challenges...



- Lack of parent engagement and motivation
- Lack of awareness or access to resources

To continue improving children's health, child care providers need:

- **The support of parents.** Engaging both child care providers and parents will ensure that healthy habits are practiced in child care and at home.
- **Financial support to make changes.** Funds are needed to be able to offer nutrition and physical activity resources. As examples, the Choose Health LA Child Care program provided: flyers, books, items for gardening (e.g., seeds, planters, shovels, watering cans), physical activity kits (yoga cards, cones, scarves, balls, hula hoops, etc.) and healthy eating kits (recipe cards, aprons, fruit and veggie toys).
- **Networking and learning opportunities.** Child care providers grow when they share ideas and resources with colleagues. When so many of them are single business owners who work out of their own home, these opportunities for community engagement are crucial.



"Physical activity has increased for the children because the staff is engaged in it. Like you said, if you're moving with them they're going to move longer and do more."

- CHLACC Provider

For more information or to get involved, visit the Child Care Alliance of Los Angeles website at www.ccala.net



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