

Supporting the Need  
for Promising Policies  
and Practices:

*Childhood Obesity  
Prevention in Early  
Care and Education*



**Debbie I. Chang, MPH**

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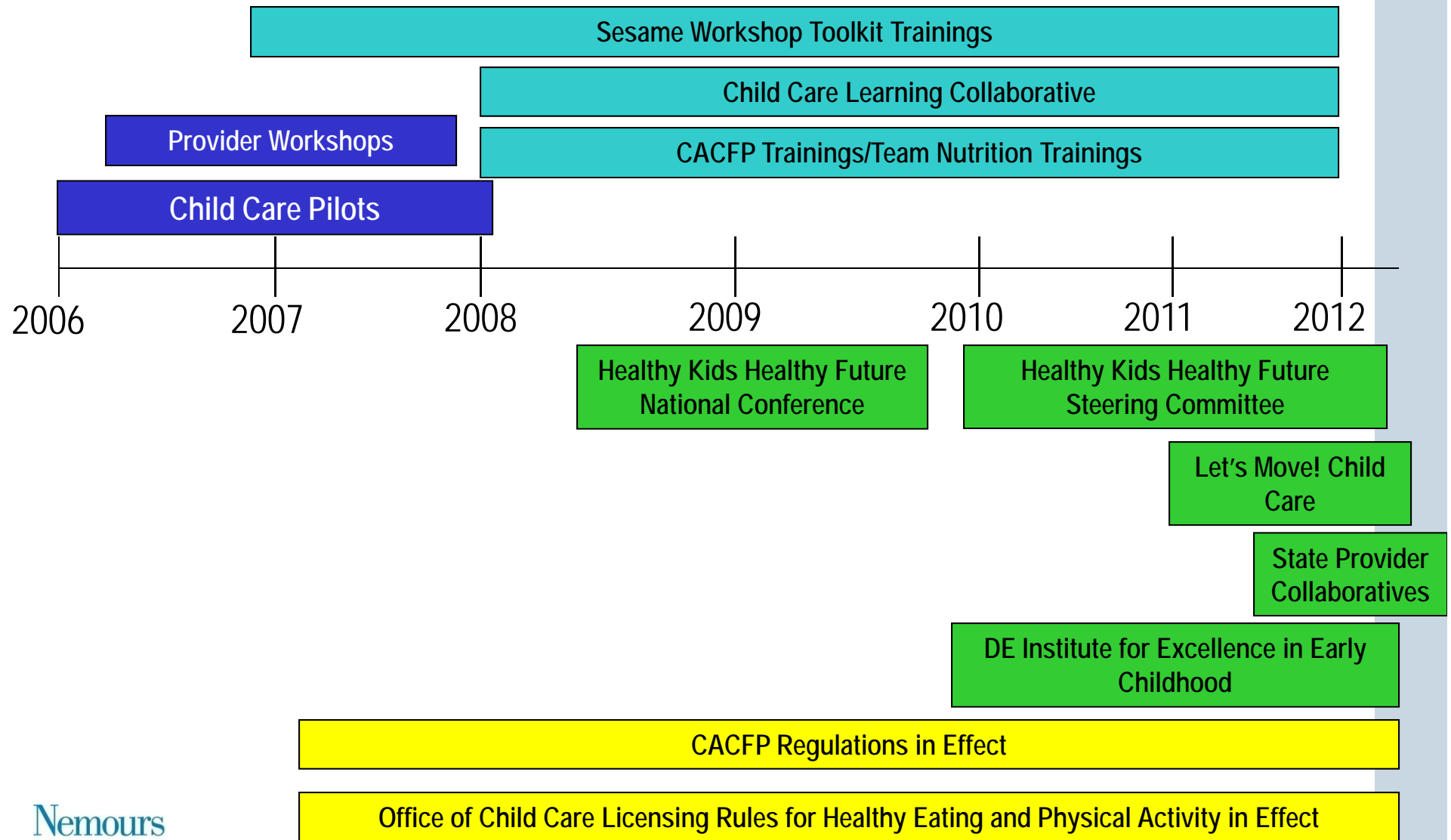
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## Why Focus on Early Care and Education?

- 12 million children spend time in child care
- Influencing a place where children spend a significant proportion of their time
- Opportunity for primary prevention
- Avoid the default of thinking only K-12
- Opportunities to act locally and nationally



# Start Local – NHPS Success in Delaware



# Disseminate Knowledge to Spread the Model Nationally

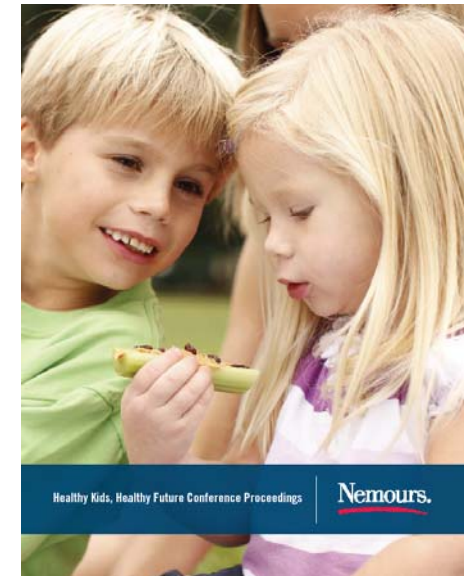


Published: “A Statewide Strategy to Battle Child Obesity in Delaware”



LET'S MOVE!  
Child Care

Healthy Kids, Healthy Future Conference, Website, Steering Committee Meetings, Hill Briefing & Proceedings



# Spread and Scale Opportunities through Policy and Practice in 2012

- Strong implementation of the Healthy, Hunger Free Kids Act
- Preserve and leverage existing funding streams that support healthy eating and physical activity, including those from the Prevention and Public Health Fund
- Support nutrition and physical activity training and technical assistance for providers who care for children, including health care providers, child care providers and teachers
- National Early Care and Education Learning Collaboratives

## Sharing Lessons Learned

- **Work with strategic partners – identify shared priorities**
- **Listen to, and address, the concerns of providers**
- **Be at, or create, the right tables**
- **Be intentional about knowledge mobilization:**
  - Reaching the most children in the shortest amount of time
  - Working with the right partners
  - Thinking about spread and sustainability
- **Be nimble and opportunistic to take advantage of key opportunities**

*"It is important that centers ensure that children eat healthy and engage in physical activities as this is the cornerstone of healthy development. Having specific guidelines instituted by the Office of Child Care Licensing ensures that centers have a framework to utilize in creating their center and family policies. The implementation of these guidelines has not been difficult. Yes, it does take some creativity and thought process to change our menus or to pack a nutritious lunch, but the end result is that children are eating healthy."*

Cheryl Clendaniel, Early Childhood Administrator, The Learning Center





**Debbie I. Chang, MPH**

Office of Policy and Prevention  
Nemours  
(p) 302.444.9127  
(e) dchang@nemours.org

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

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