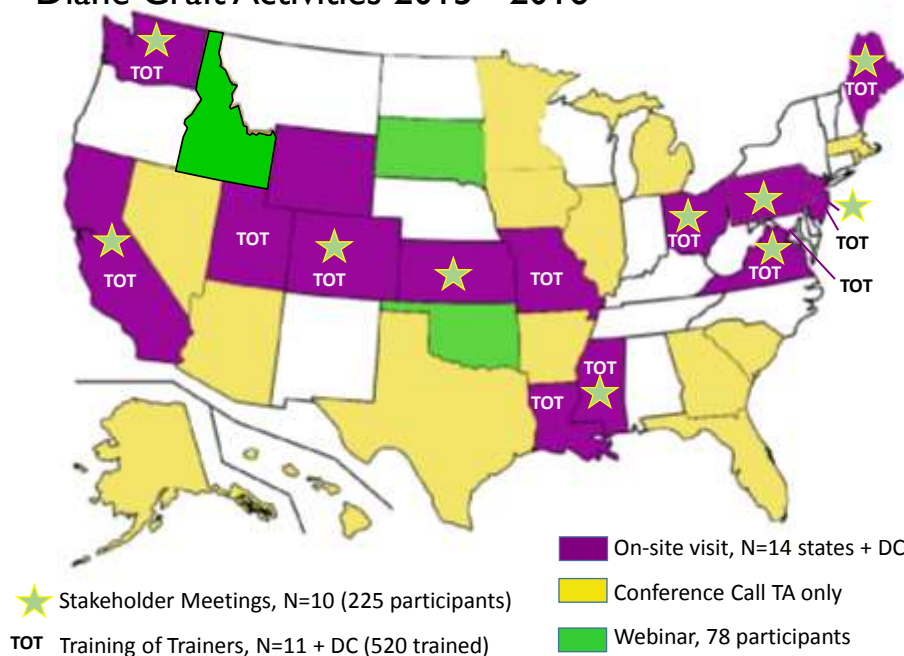


States' Strategies for Promoting Early Childhood Physical Activity



Diane Craft Activities 2015 - 2016



9 States' Strategies for Promoting PA:

- Arizona
- New York
- North Carolina
- Colorado
- Kansas
- Wyoming
- Georgia
- South Dakota
- North Dakota



CDC's Framework for Obesity Prevention in the ECE Setting The 'Spectrum of Opportunities'



www.cdc.gov/obesity/downloads/spectrum-of-opportunities-for-obesity-prevention-in-early-care-and-education-setting_tabriefing.pdf

States' Strategies for Promoting PA: Arizona

- Arizona Dept. of Health Services
 - Hosted full-day workshop on PA for young children
 - Invited key state/county leaders
 - Objective was capacity building
 - Created awareness and motivation to promote PA within each agency/organization
 - Leaders now share a common understanding of PA for young children



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States' Strategies for Promoting PA: New York State

- Revised licensing regulations
 - Strengthened PA
- NYS CACFP
 - Eat Well Play Hard-CCC
 - Eat Well Play Hard-DCH
- QRIS
 - Added PA with resources
- Share/link professional development efforts
- Physical Activity Specialists



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States' Strategies for Promoting PA: North Carolina

Infrastructure support for PA

- NC CACFP
 - Eat Smart Move More
- Smart Start Hub Specialists
- NAP SACC
- SHAPE NC
 - Nutrition (NAP SACC)
 - Outdoor Learning Environments
 - Be Active Kids
- Be Active Kids
 - Early Childhood Physical Activity Institute



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States' Strategies for Promoting PA: Colorado

- Many efforts underway including intensive work changing policy and practice in child care centers
- One inexpensive effort
 - Goal: Everyone speaking with a common voice
 - Created common public health messages regarding EC obesity prevention
 - Encourage all state and local agencies/organizations to use same posters and public health messages



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States' Strategies for Promoting PA: Kansas

Add two questions re: PA to
licensing monitors' checklist

- Verbalized question:
- Could you share and describe a few popular physical activities children do on a typical day?
- Behind-the-scenes question
- Are children, including children with special needs, provided with at least 60 minutes or more of PA, including activities that develop large motor skills (running, climbing, jumping, dancing, kicking, throwing a ball, catching, leaping, etc.)?



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States' Strategies for Promoting PA: Wyoming

Challenges

- Sparse population over vast distances
- Resistance to government intervention
- Only two 1305 staff for all components

Response to challenges

- CACFP trainers adding PA content
- WY Dept. of Health 1305 person and WY Dept. of Educ. collaborated to host free PA trainings for providers
- Advertised training through many partners



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States' Strategies for Promoting PA: Georgia

- Georgia Shape (includes Gov. office)
 - State-wide stakeholder group
 - Long-standing group to coordinate ECE efforts
- HealthMPowers (SNAP-Ed)
 - Intense training on EC physical activity
 - Training includes Growing Fit
 - 100 centers reached over three years
- Eat, Move, Talk
 - Trainings targeting southern Georgia
 - Modified to reach providers in relevant way



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States' Strategies for Promoting PA: South Dakota

• FitCare

- Reaching half of child care providers in South Dakota – all in Sioux Falls area
- Focus on helping centers develop and implement PA policies
- Uses three step approach to promote PA policies across child care centers
 - Discuss with center director why PA policy matters
 - Develop PA policy with center director
 - Provide staff training and offer resources on PA



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States' Strategies for Promoting PA: North Dakota

- Ongoing ECE stakeholder group developed booklet on Active Play & Healthy Nutrition
 - Source of information on policies and PA activities/nutritious recipes for providers
- Multi-agency collaboration with Mini-Colln funding
- Developed and distributed through multiple channels
 - ND Dept. of Health
 - ND Dept. of Human Services
 - ND Dept. of Public Instruction
 - Child Care Aware of North Dakota
 - ND Head Start



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Better Kid Care Online training modules

- Two new training modules for child care providers
- Focus on leading early childhood physical activities in child care settings
- No charge – certificate option costs \$5

On Demand Child Care Training

Featured module:

Physical Activities for Young Children: Lead with Confidence



Physical activity is as important for the growth and development of young children as is the establishment of healthy eating habits. Successful introduction of movement to children requires well-organized, fun, inclusive activities that have clear instructions and planned transitions. This module prepares the early care and education professional to plan and implement physical activities with young children and includes a wealth of practical, low cost and easy to implement activities.

Learn to:

- Describe the benefits of physical activity.
- Identify goals for physical activity movement for young children.
- Determine essential elements for successful leadership of physical activities with young children.
- Understand the importance of role modeling physical activities with young children.
- Plan at least one new activity to implement with children in the child care setting.

Spanish modules available
Eligible for CEUs
Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

extension.psu.edu/youth/betterkidcare


Better Kid Care Online training modules

- Diane Craft shares PA concepts and demonstrates PA with young children
- Two 2-hour modules
 - Generic EC PA
 - Family Child Care EC PA

On Demand Child Care Training

Featured module:

Family Child Care: Overcoming Barriers to Lead Fun Physical Activities



Family child care providers face unique challenges in offering and participating in physical activities with the children in their care. This module provides practical, economic solutions to the barriers that can influence a family child care provider's ability to lead successful physical activities whether the issue is space, cost or provider ability. Learn from a leading physical education expert about fun ways to incorporate more physical activity into every day.

Learn to:

- Identify barriers to physical activity in family child care settings.
- Examine practical and cost-effective solutions to specific barriers.
- Explore fun and adaptable physical activities to implement in the family child care setting.
- Plan ways to introduce fun activities into the daily routine.

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Eligible for CEUs
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