

# Early Childhood Working Group Survey

- 2013: 290 individuals completed the survey on health and wellness practices within KC area early care and education programs.
- Topics:
  - frequency of select daily practices (e.g., adults join table at meal time, meals and snacks are scheduled regularly),
  - types and frequency of foods served;
  - physical activity practices;
  - opinions on obesity
  - training issues



# Daily Practices

Practice	FCCP (n, %)	CCC (n,%)
Parents are informed about what their children eat most or all of the time	n=245, 84.5%	n=149, 91%
Staff join children for meals most or all of the time	n=186, 64.1%	n=141, 86%
Staff eat and drink the same food as children most or all of the time	n=186+, 64.1%	n=112, 68.3%
Water is freely available most or all of the time	n=280, 96.6%	n=150, 91.5%
Food is used to encourage positive behavior rarely or never	n=227, 78.3%	n=134, 81.7%

*Consideration for improvement*

# Foods Served

Practice	FCCP (n, %)	CCC (n,%)
Fruit served at least 1 time/day	N=283, 97.6%	n=156, 95.1%
Vegetables served at least 1 time/day	N=286, 98.2%	n=156, 95.1%
Whole grains are offered at least 1 time/day	N=250, 86.2%	n=122, 74.4%
Milk served to children 2+ is usually skim or 1% low-fat	N=238, 82.1%	n=122, 74.4%
100% fruit juice offered 1-2+ times/day	n=259, 57.1%	n=62, 37.4%
Cooked veggies prepared with added fat rarely or never	N=217, 74.8%	N=114, 69.5%
Sweet or salty foods offered rarely or never	n=131, 45.2%	n=70, 42.7%
Flavored milk (e.g. chocolate) is offered rarely or never	N=244, 84.1%	n=131, 79.9%
Sugary drinks or sports drink are offered rarely or never	N=274, 94.5%	n=153, 93.3%

*Consideration for improvement*

# Physical Activity

Practice	FCCP (n,%)	CCC (n,%)
At least 1 hour of play and planned movement	N=271, 93.4%	n=145, 88.4%
Outdoor active play provided to all children at least 1 time/day	N=286, 98.6%	n=159, 97%
Good to much variety in play equipment and planned activities	N=258, 89%	n=144, 87.8%
Restriction of play time is used as a disciplinary tool rarely or never	N=208, 71.7%	N=119, 72.6%
Staff participate in physical activity with the children most or all of the time	n=214, 73.8%	n=128, 78.1%

*Consideration for improvement?*

# Nutrition & Physical Activity Education and Training:

## FCCPs

- Significant proportion of parents do not receive or rarely receive information that encourages PA (~48%) and healthy eating (~36%).
- 30% of providers indicate parents are provided information that encourages PA several times per year.
- 37% indicate parents are provided information on child nutrition several times per year.

## CCCs

- Less than 1/3 of providers rarely or never give information to parents that encourage PA
- 38% of child care directors indicate parents are provided information that encourages PA several times per year.
- 33% of directors indicate parents are provided information on child nutrition several times per year.

# 2016: HLI in Early Care Survey

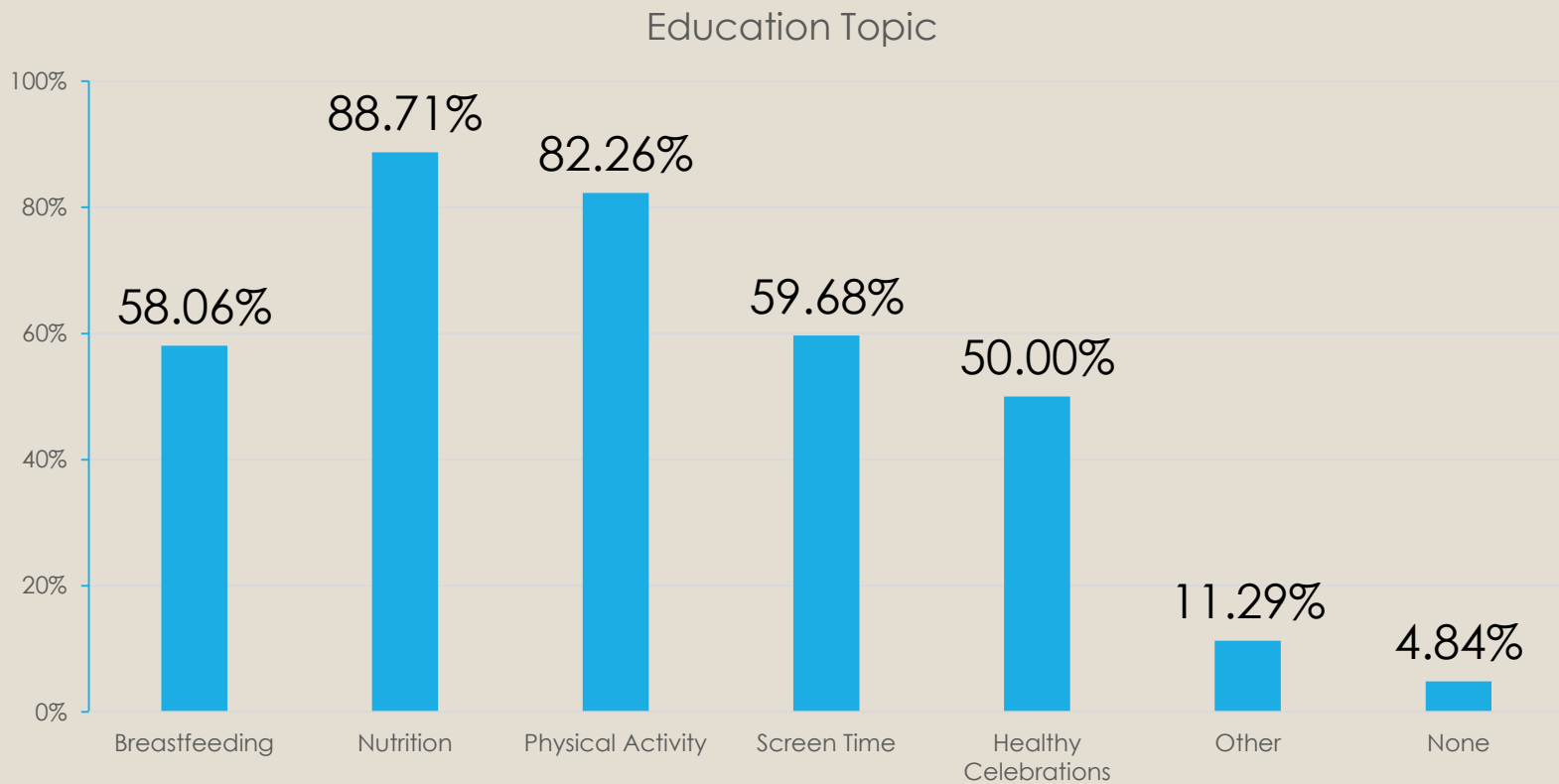
- **Target:** Early Care and Education (ECE) Providers who were past participants (within the past 5 years) in a technical assistance or training program provided by Family Conservancy/Child Care Aware or Healthy Way 2 Grow.
- About 29% (62 out of 213) participants responded to the survey sent via email.
  - Of those who responded, the majority (68%) were from center-based programs and nearly half (49%) were in Johnson County.

# Survey Goals:

- Understand to what extent ECE providers offer **education to families** about health and wellness, nutrition, screen time, physical activity and what supports they might utilize.
- Understand to what extent ECE providers are working on **wellness policies** and what supports they might utilize to implement or maintain policies.
- Understand to what extent ECE providers are familiar with/utilizing **12345 Fit-Tastic! resources** and what supports they might utilize



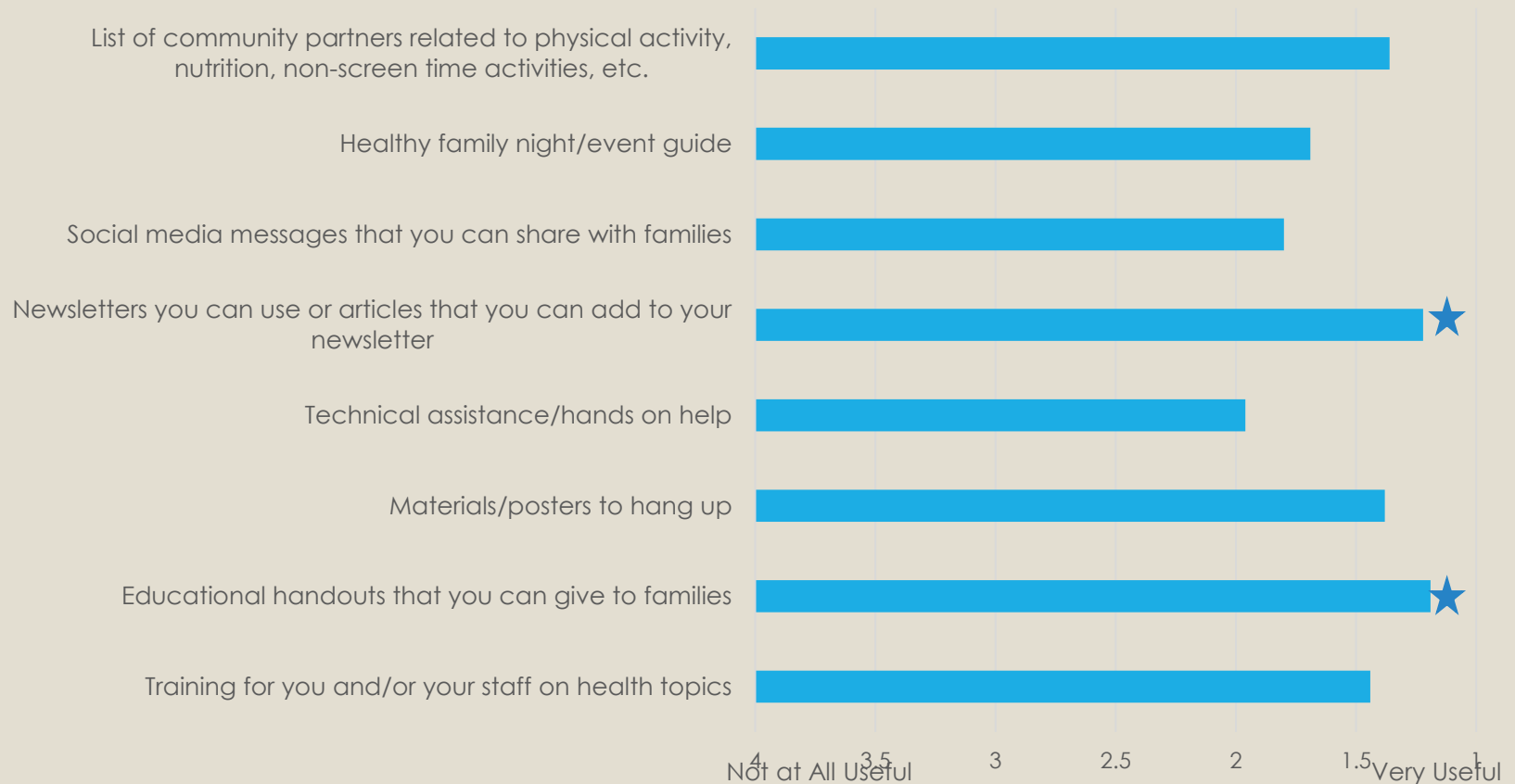
# Family Education: Type





# Family Education

Mean Usefulness of Proposed Resources

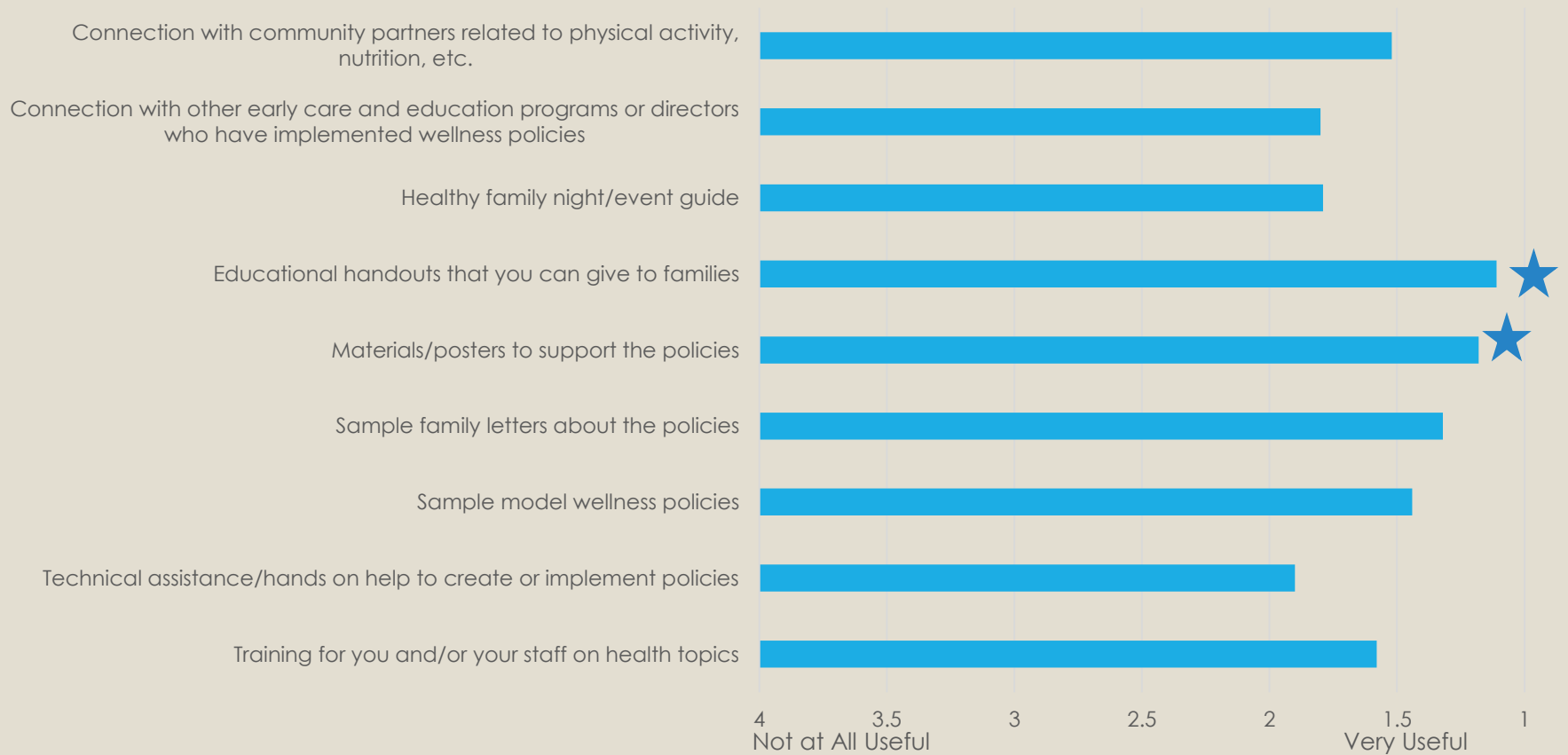


# Health and Wellness Policies: Home

Type of Policy	Home-based (n=17)	Center-based (n=36)
Breastfeeding	6 ( <b>35%</b> )	20 ( <b>56%</b> )
Nutrition	13 ( <b>76%</b> )	27 ( <b>75%</b> )
Physical Activity	12 ( <b>71%</b> )	28 ( <b>78%</b> )
Screen Time	10 ( <b>59%</b> )	25 ( <b>69%</b> )
Healthy Celebrations	3 ( <b>18%</b> )	20 ( <b>56%</b> )
Other	0 (0.00%)	1 ( <b>3%</b> )
None	3 ( <b>18%</b> )	6 ( <b>17%</b> )

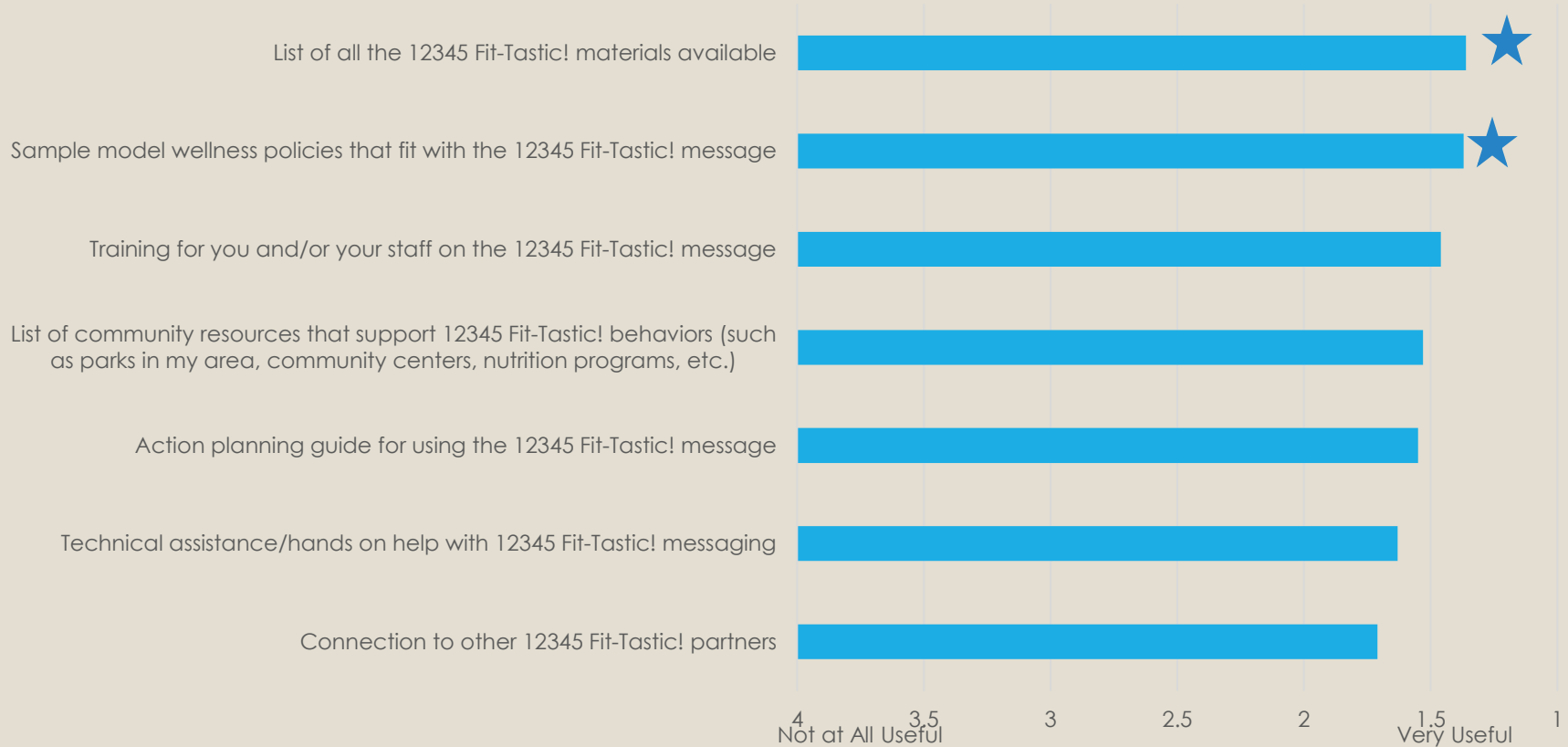
# Policy Resources

Mean Usefulness of Proposed Resources



# 12345 Fit-Tastic! Resources

## Mean Usefulness of Proposed Resources



# What's next?

- Train-the-Trainers on HLI/12345 Fit-Tastic! with Toolkit
- Community Resources to Support Health and Wellness
- Policy and Fit-Tastic?
  - What level of need is there for policy resources? Are existing resources sufficient?
  - If needed, how interested are YOU in developing a set of priority policies and resources? How likely would you be to USE policy resources?