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

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

*Consideration for improvement*
## Foods Served

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

**Consideration for improvement**
### Physical Activity

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

**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

Education Topic

Breastfeeding: 58.06%
Nutrition: 88.71%
Physical Activity: 82.26%
Screen Time: 59.68%
Healthy Celebrations: 50.00%
Other: 11.29%
None: 4.84%
Family Education

Mean Usefulness of Proposed Resources

- List of community partners related to physical activity, nutrition, non-screen time activities, etc.: 1.5
- Healthy family night/event guide: 2
- Social media messages that you can share with families: 2
- Newsletters you can use or articles that you can add to your newsletter: 3
- Technical assistance/hands on help: 2.5
- Materials/posters to hang up: 3.5
- Educational handouts that you can give to families: 4
- Training for you and/or your staff on health topics: 3

Not at All Useful   2.5   3   2.5   2   1.5 Very Useful
## Health and Wellness Policies: Home

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

Mean Usefulness of Proposed Resources

- Connection with community partners related to physical activity, nutrition, etc.: 1.5
- Connection with other early care and education programs or directors who have implemented wellness policies: 2
- Healthy family night/event guide: 2.5
- Educational handouts that you can give to families: 3.5
- Materials/posters to support the policies: 4
- Sample family letters about the policies: 3.5
- Sample model wellness policies: 3.5
- Technical assistance/hands on help to create or implement policies: 2.5
- Training for you and/or your staff on health topics: 3.5

Not at All Useful                                                               Very Useful
12345 Fit-Tastic! Resources
Mean Usefulness of Proposed Resources

- List of all the 12345 Fit-Tastic! materials available
- Sample model wellness policies that fit with the 12345 Fit-Tastic! message
- Training for you and/or your staff on the 12345 Fit-Tastic! message
- List of community resources that support 12345 Fit-Tastic! behaviors (such as parks in my area, community centers, nutrition programs, etc.)
- Action planning guide for using the 12345 Fit-Tastic! message
- Technical assistance/hands on help with 12345 Fit-Tastic! messaging
- Connection to other 12345 Fit-Tastic! partners

Not at All Useful | 4
-------------------|---------
3                  | 3.5
2                  | 2.5
1                  | 2
0.5                | 1.5
Very Useful        | 1
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?