

Weighing In Early Childhood Working Group- Meeting Minutes

Attendees: Taleesa Kruse, Susan Matthews, Stacy Benninghoff, Chelsie Carter, Sherrie Kisker, Nola Martz, Christi Smith, Barbara Keen, Katrina Minter, Caitlyn Schlagle, Denise Sullivan, Amy Vance, Mark Van Blaricum, Megan Justice, Katey Bennett, Perry Weidling, Nancy Sanchez, Lori Lanter, Joan Delahunt, Emily Meissen-Sebelius

[Partner Spotlight](#) – Barbara Keen, Missouri Department of Health and Senior Services, Bureau of Community Health and Wellness

Move Smart Program

The voluntary recognition program for early care and education providers, called Move Smart, has been updated within the last year. Move Smart recognizes programs that have policies and best practices in place to ensure that children are physically active during the childcare day. The revisions have attempted to make it easier to understand and achieve. The application will now be accessed online. <https://health.mo.gov/living/wellness/nutrition/movesmartguidelines/> Some of paperwork work requirements have been simplified. For example, instead of submitting sample lesson plans, they are asked to submit a narrative with examples.

There are 12 criteria for advanced level recognition and 6 criteria for core level:

<https://health.mo.gov/living/wellness/nutrition/movesmartguidelines/pdf/MOveSmartCriteriaQuickReference.pdf>

One change is that all core programs are now required to have a written policy, so that practices are more likely to sustain with turnover and shifts in focus. Other core criteria include 60 minutes of unstructured physical activity, 30 minutes of structured physical activity, no physical activity withheld as punishment, staff role modeling, staff training (which can be accessed online for clock hours). Staff training is focused on classroom teachers and implementation. For the advanced level, programs need to meet indoor and outdoor space requirements, have learning integration for physical activity, limit screen and sedentary time, and promote physical activity. The full workbook can be found at <https://health.mo.gov/living/wellness/nutrition/movesmartguidelines/pdf/MOveSmartWorkbook.pdf>

The recognition will be for one year, after which the providers will be asked to submit a renewal via checklist. Those who are currently Move Smart certified will be asked to go through the new application process.

CDC Obesity Prevention Grant

One focus area is early childhood/childcare. The main focus will be on physical activity and MoveSmart initially. In addition, through a partnership with University of Missouri Extension, they will also focus on the NAP-SACC assessment and implementation of best practices and policies around healthy eating and physical activity. The state will own a license for the online NAP-SACC tools through Extension. Any ECE provider can have access to the online assessment. Once completed, they will get immediate feedback on ideas for a plan and recommended action steps. An important component of the grant is technical

assistance and coaching for NAP-SACC assessment and changes. The hope is that the online tool will help shorten the time required for coaching and allow for tracking statewide.

The plan is to offer a train-the-trainer session in April for any trainer or coach interested in using the online tool and NAP-SACC. Trainer from the University of North Carolina will provide the in-person training. Looking for key partners such as Extension, nurse health consultants, Childcare Aware trainers and others who are doing similar work.

Work is being guided by the **Missouri Council on Physical Activity and Nutrition (MOCAN) childcare work group**. If you are interested in being more involved, please contact Emily Meissen-Sebelius or Barbara Keen. We'd love to have your insights and perspectives as part of the group.

Free Resources to Support Health and Wellness in ECE are available through the Team Nutrition/USD at <https://www.fns.usda.gov/tn/team-nutrition> Click on Resources and Scroll Down to Literature Order Form. Additional resources through Missouri Dept of Health and Senior Services: www.health.mo.gov/movesmart and www.healthymo.gov/growingwithmo

[Weighing In Update: New Physical Activity Guidelines Include Early Childhood](#)

The second edition of the Physical Activity Guidelines for Americans was released in late 2018. The guidelines can be found here: <https://health.gov/paguidelines/>. The guidelines are based on a [scientific report](#) released in February 2018. Included are also marketing resources for the "[Move Your Way](#)" campaign.

Recommended amount of physical activity for adults and for youth ages 6 through 17 is the same. Each day, youth ages 6 through 17 need at least 60 minutes of moderate-to-vigorous activity to attain the most health benefits from physical activity; adults need at least 150 to 300 minutes of moderate-intensity activity per week.

Highlights and Changes from 2008 Guidelines to 2018 Guidelines include:

- There are **additional health benefits** from physical activity based on new evidence, including a number of new cancers for which risk is reduced.
- New evidence on the importance of **moving more and sitting less** (reducing sedentary time).
- The 2018 guidelines remove the previous requirement that only 10-minute bouts of physical activity counted. **Any amount of physical activity has some health benefit.**
- New evidence shows that physical activity has **immediate health benefits**. (i.e. reduction in anxiety and blood pressure; improved quality of sleep and insulin sensitivity).
- **New recommendations for children ages 3-5 years**(not enough evidence to include previously).
New guidelines state:
 - **Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.**
 - **Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.**

The guidelines go on to say that "Although the specific amount of activity needed to improve bone health and avoid excess fat in young children is not well defined, a reasonable target may be **3 hours per day of activity** of all intensities: *light*, moderate, or vigorous intensity." This differs from

recommendations for adults and older children, which specify the intensity as moderate to vigorous. The 3 hours is based on studies showing that most preschool children achieve, on average, 3 hours a day of activity, and therefore, the recommendation is to achieve at least this amount. This average amount is consistent with guidelines from Canada, UK and Australia.

Bone-strengthening activities, such as hopping, skipping, jumping and tumbling are recommended, in addition to active play, such as throwing games, tricycle riding, etc.

Discussion: Bountiful Baskets

Christi continued to research and explore options for bringing lower-cost produce to providers and families through co-op type programs. Last meeting, we heard from Beau Heyen from Nourish KC about opportunities locally. Bountiful Baskets has been organized in other parts of Kansas. We would need a strong central location and volunteers, as well as enough interested providers and/or families. Information can be found at <http://bountifulbaskets.org/>

The group decided to spend next meeting going into more depth, exploring Bountiful Baskets further.

Networking and Announcements:

Score 1 for Health and CHAMPS program: Score 1 for Health has been offering the CHAMPS program to school-aged children, but is expanding to early childhood age groups. Families interested will participate in 6 to 8, 45-60 minute health coaching sessions with medical students, focused on goals families identify around nutrition and physical activity. They don't have geographical or BMI criteria, so open to all families for free. Coaching sessions must occur in a public place (not in-home), but will be arranged with families for convenience. For details, contact Katie Bennett at kbennett@kcumb.edu, 816-654-7974.

Growing Futures program is looking for a **RD consultant** to provide assistance with families looking to improve nutrition practices. As a program, they have been focused on family-style dining and recently started utilizing portion-sized measuring cups/spoons, which has helped the children and teachers with correct portion sizes.

Johnson County WIC will be implementing a targeted intervention for children at risk of obesity, using the 12345 Fit-Tastic! Assessment and tools, and doing targeted nutrition education follow up over 60 months. Will also be looking at opportunities to incorporate more physical activity opportunities for all families.

Clay County WIC and Health Department are partnering with Harvesters to plan and offer a mobile pantry onsite once/week. They will have nutrition education as a group as well as food or cooking demonstrations.

Wrap-Up

Call for Nominations- anyone interested in nominating yourself or someone else for co-chair position of the Early Childhood Working Group, please contact Emily Meissen-Sebelius, esebelius@cmh.edu or 816-234-9249, by 1-21-19.

Next Meetings:

- **February: Feb. 7th from 1:30-3:00 p.m.**
Gerner Family Early Education Center
8100 N Congress Ave Kansas City, Mo. 64152
Participants will need to be buzzed in at the front door, then receive a name tag from the office staff, and then will be directed to the downstairs room.
- **March:** Weighing In Quarterly Meeting will take the place of the Early Childhood Working Group. **March 28th, 9:00-11:00 a.m.** Kaufman Conf. Center, 4801 Rockhill Road, Kansas City, Mo.
- **April:** Early Childhood Working Group meeting to be announced*
**We will announce the April-Dec. meeting dates once co-chair position is filled*