



# National Early Care and Education Learning Collaboratives (ECELC) Project

*Alabama*



Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004102-01) to support states/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

# Alabama Partnership for Children



To work in partnership with other public and private entities to maintain an effective state and local system of resources and support that enables parents, families, and others who care for young children to ensure that they are healthy, protected, nurtured, and offered every opportunity to succeed in life.



- Internationally recognized children's health system
- Offers pediatric clinical care, research, education, advocacy and prevention programs
- Nemours National Office of Policy and Prevention
  - Focuses on national policy and practice changes, build on what we learn in clinical practice and spread/scale it.
  - Areas of emphasis:
    - Promoting population health and prevention
    - Supporting healthy development and prevention in early care and education settings
    - Addressing the unique needs of children in health and quality initiatives



# CDC/Nemours

- 5 Year (2012 – 2017) Cooperative Agreement
  - The National Early Care & Education Learning Collaboratives (ECELC) Project
    - Nemours funds state/local implementation partners (public/private organizations)
- Launch and incorporate *learning collaboratives* in participating states/localities, with overall goals to:
  - Strengthen state partnerships to improve the quality of obesity prevention practices in ECE programs
  - Increase the number of ECE programs that meet that *Caring for Our Children Obesity Prevention* standards that are the focus of the *Let's Move! Child Care* initiative.

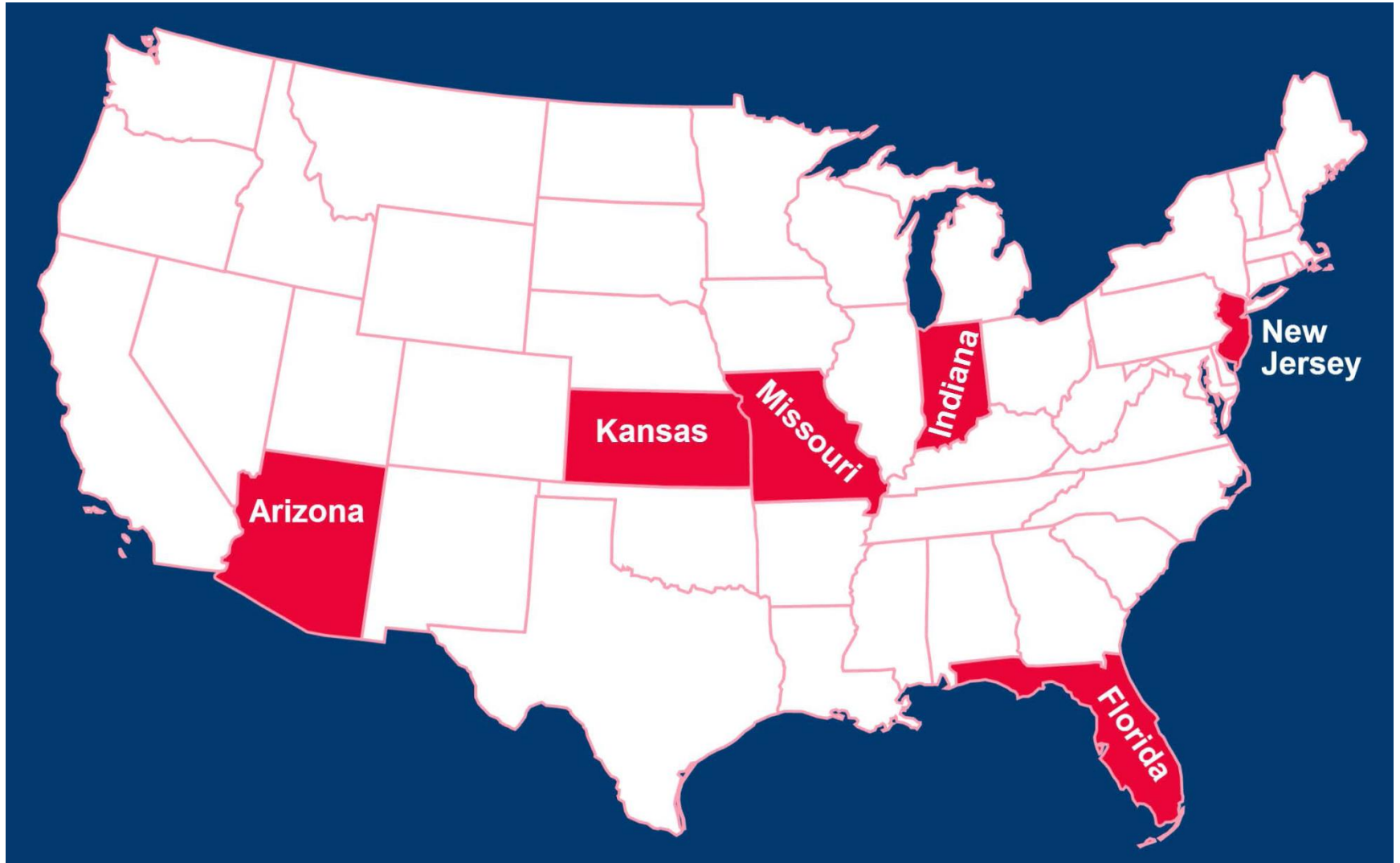


# Project Outcomes

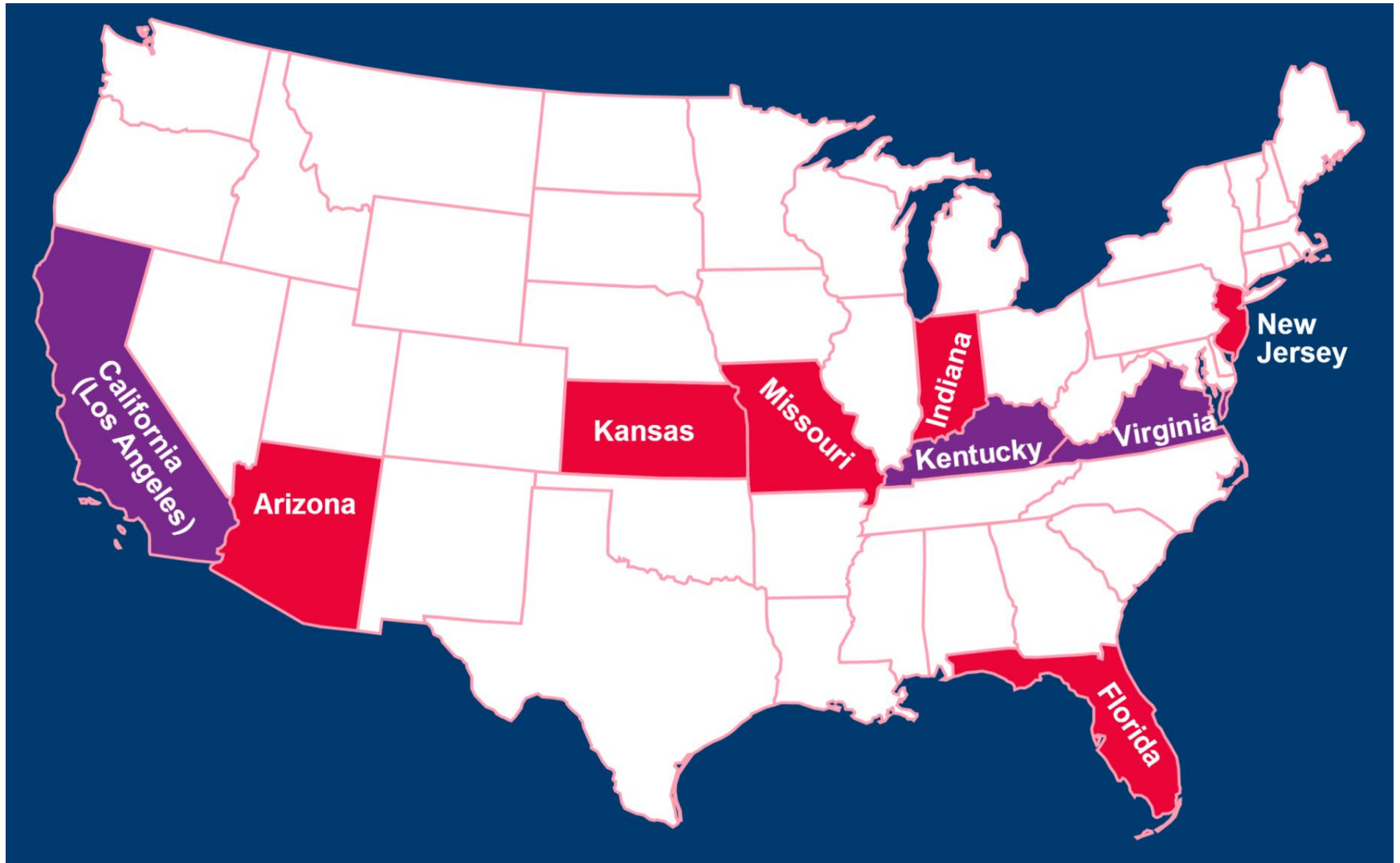
- Change **ECE programs'** *policies* and *practices* that lead to:
  - Increased percentage of children who eat fruits and vegetables daily;
  - Decreased percentage of children who consume sugar drinks daily;
  - Increased percentage of children who have no more than 30 minutes per week of screen time; and,
  - Increase percent of children who are provided age-appropriate physical activity daily.



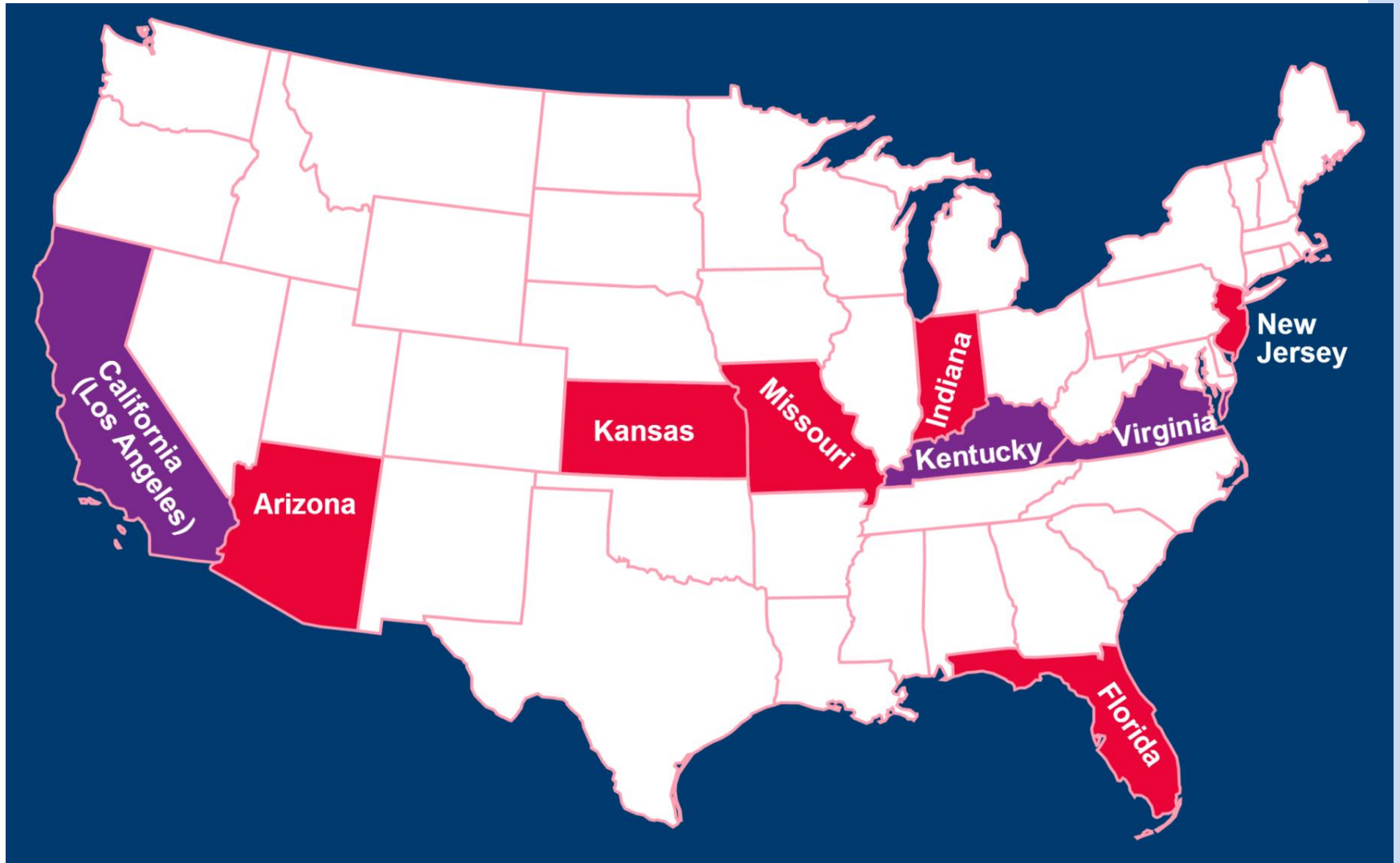
# Cohort 1 States/Localities



# Cohort 2 States/Localities

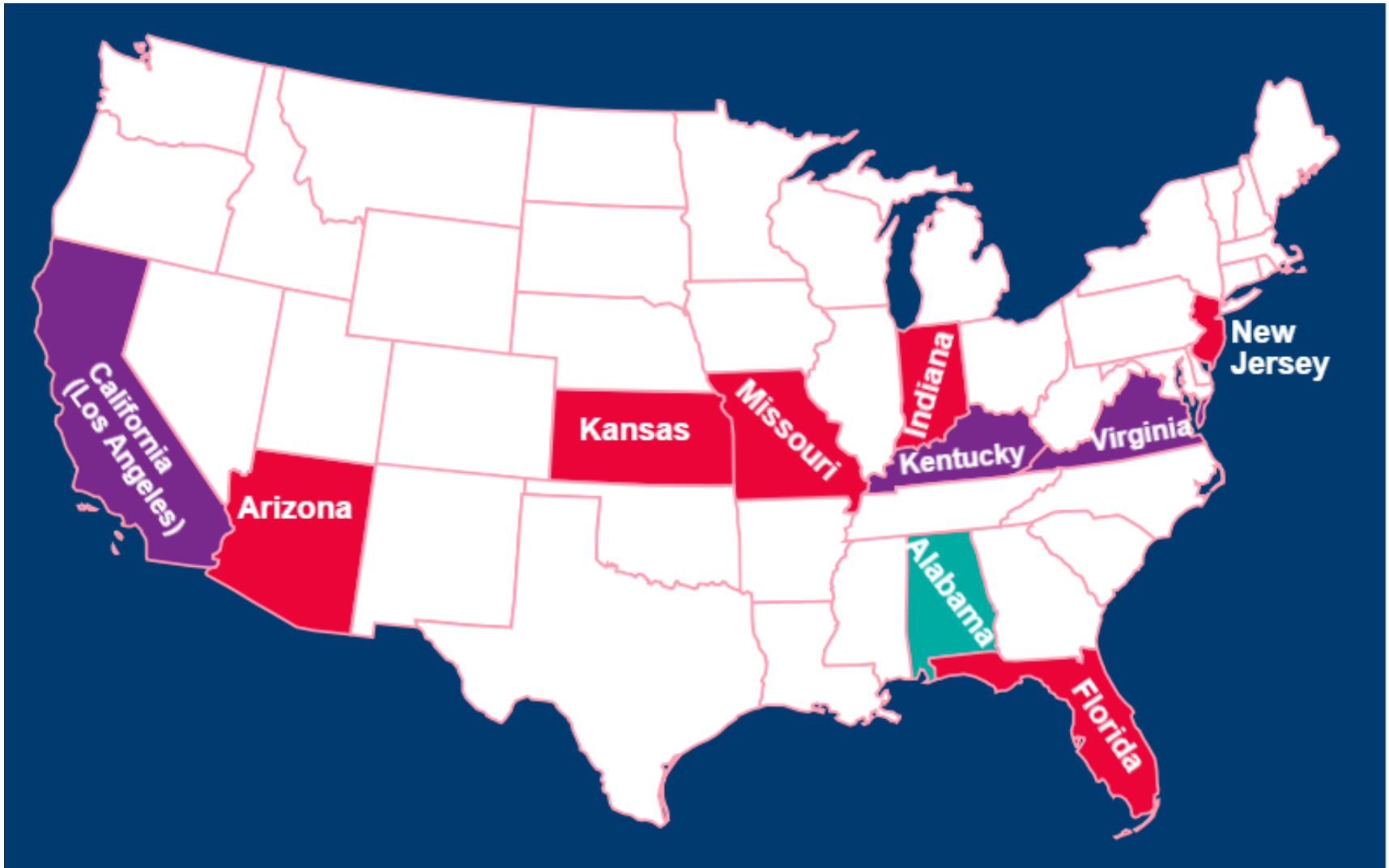


# Cohort 3 States/Localities





# Cohort 4 States/Localities



# Cohort 4 Phase 2 Targets

## Collaborative

20 – 25 programs  
1,000 – 1,250 children

## Alabama

2 collaboratives  
40 – 50 programs  
2,000 – 2,500 children

# Why are we on this journey?

- High prevalence of child overweight and obesity<sup>1</sup>:
  - Overweight rate: 16%
  - Obesity rate: 14.4%
  - Combined rate: 30.4%
- Early Care and Education (ECE) is an important setting for obesity prevention interventions targeting young children
  - Approximately 61% of the nation's children spend significant time in ECE settings<sup>2</sup>
  - Important developmental period for habit formation
  - Evidence based research supports the need to provide healthy nutrition and physical activity environments for children at young ages<sup>3</sup>





# 1 in 8

About 1 in 8 preschoolers  
is obese\* in the US.

\*Children are considered obese if their BMI is at or above the 95th percentile for children of the same age and sex according to the 2000 CDC Growth Charts



**Vital**<sup>CDC</sup>signs™

[www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns)

# 5x

Children who are overweight or obese as preschoolers are 5 times as likely as normal-weight children to be overweight or obese as adults.



**Vital**<sup>CDC</sup>**signs™**

[www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns)

# ECE Learning Collaborative

- An intervention with ECE providers to improve ECE policies and practices around healthy eating, screen time, physical activity, and breastfeeding best practices
- 20-25 ECE programs in a geographic area
  - Head Start, independent, faith-based, corporate, etc.
- Leadership Team
  - Self-defined; represents participating program
  - 3 program staff
    - Owner/director
    - Lead teacher
    - Foodservice or another teacher
  - Attends 5 in-person Learning Sessions
  - Facilitates the Action Period with program staff



# Learning Sessions

The ABC's of a Healthy Me!

*Go NAP SACC\**

Serving Meals Family-Style & Supporting Breastfeeding

*Continue Action Plan & Storyboard*

Reducing Screen Time & Celebrating Success

*Continuing the process of change*

LS1 Action Period

LS2 Action Period

LS3 Action Period

LS4 Action Period

LS5 Action Period

Nurturing Healthy Eaters & Providing Healthy Beverages

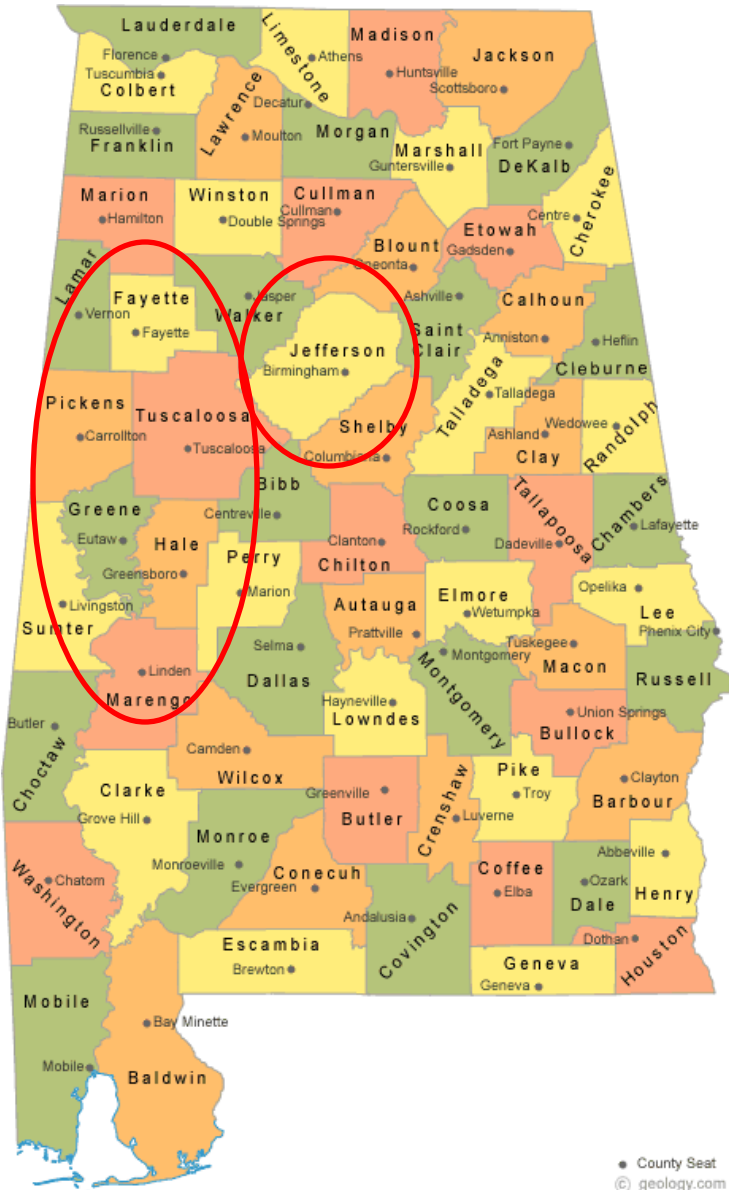
*Action Plan*

Getting Kids Moving

*Continue Action Plan & Storyboard*

\*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for ECE settings comparing their current practices with a set of best practices

# Collaboratives in Alabama



- Jefferson County (Central Alabama)
- Tuscaloosa County (West Alabama)





# Target Communities

- **West Alabama**

- Bibb, Choctaw, Fayette, Greene, Hale, Lamar, Marengo, Marion, Perry, Sumter & Tuscaloosa Counties
- Implementation partner is Child Development Resources

- **Central Alabama**

- Blount, Jefferson, Shelby & Walker Counties
- Implementation partner is Childcare Resources



# Rationale for Selection – West AL

- Poverty rates of counties targeted
- Child food insecurity rates
- Obesity rates
- CDR reports that there are:
  - 47 licensed child care programs in the area
  - 5 child care programs participated in QRIS pilot
  - 25 state funded Pre-K programs
  - 138 Head Start Programs
- Child Development Resources (Univ. of Alabama)
  - Provides comprehensive quality enhancement services, operates the Parenting Assistance Line, and is the lead agency for local Project LAUNCH & Help Me Grow West Alabama

# Rationale for Selection – Central AL

- Birmingham/Jefferson County is the state's largest population center
- Poverty rates
- Food insecurity rates
- Obesity rates
- Childcare Resources reports there are:
  - 101 licensed child care programs licensed for 50+ children
  - More than 80 state Pre-K programs
  - 84 Head Start programs
  - 81 Family Day Care Homes/50 Family Day Care Group Homes
- Childcare Resources
  - Respected as a leader in providing training, professional development, mentoring & support to ECE programs in area

# Incentives

- Participating centers will receive a total of \$500 for their participation in the program, provided they send at least 2 representatives to each meeting.
- Centers will also receive valuable training, technical assistance, and materials for their staff.



# Let's Move! Child Care Website

- [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)

**MENU**

Nemours Children's Health System

LET'S MOVE!  
**Child Care**

Giving child care and early education providers the tools to help children develop healthy habits for life.

**REGISTER AND TAKE THE QUIZ**

**STATE & LOCAL LEADERS**

**CHILD CARE & EARLY EDUCATION PROVIDERS**

Focus on five goals to develop healthy habits.

**TRAINERS**

**HOW DO WE KEEP KIDS HEALTHY?**

# For More Information . . .

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