



Strategies to Support Healthy Active Living

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Review current information about early childhood weight, nutrition, and physical activity

Review and discuss strategies to encourage parent support for children's healthy nutrition and physical activity

Outcomes for this Session



Acknowledgement

The content for the NCH Healthy Active Living resources was derived from the American Academy of Pediatrics Institute for Healthy Childhood Weight Healthy Active Living for Families project.





Little **V**oices for **H**ealthy **C**hoices

Multimedia DVD and Archive Disc 3rd Edition

A **National Initiative** on Music, Movement, Nutrition,
Brain Development and Sleep **for Infants and Toddlers**



EARLY HEAD START
National Resource Center

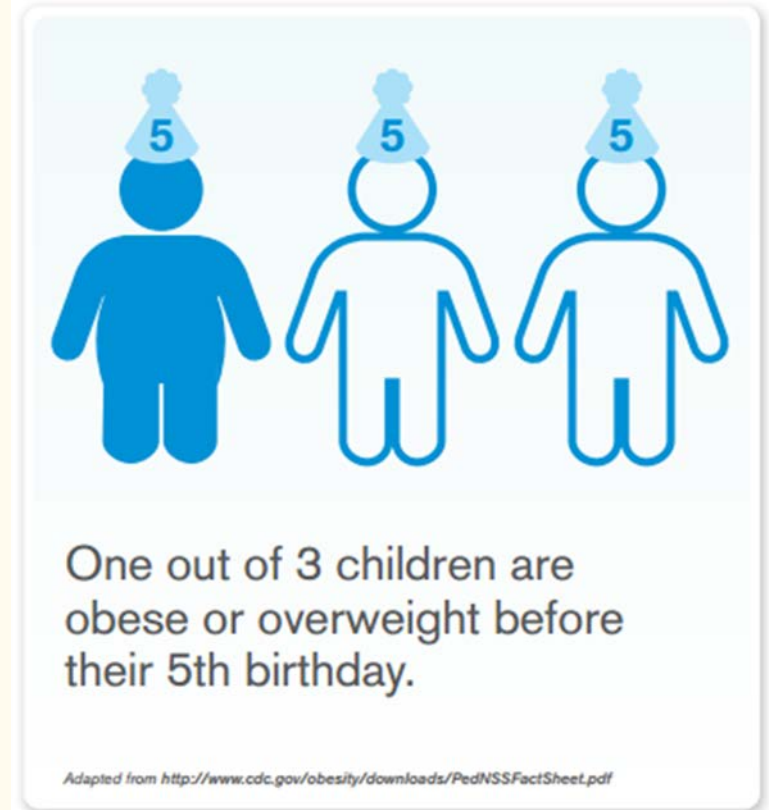
Agenda

- **Why Obesity?**
- **Why is EHS important**
- **5,2,1,0 Framework**
- **Parent Perspective**
- **Strategies to support Healthy Active Living**



What are the numbers at the national level?

- Almost 10 percent of infants and toddlers have high weights for length.
- Slightly over 20 percent of children aged 2 to 5 are overweight or obese.
- **28-34% of children in Head Start**



What are the numbers at the national level?

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^{CDC}**signs™**

www.cdc.gov/vitalsigns

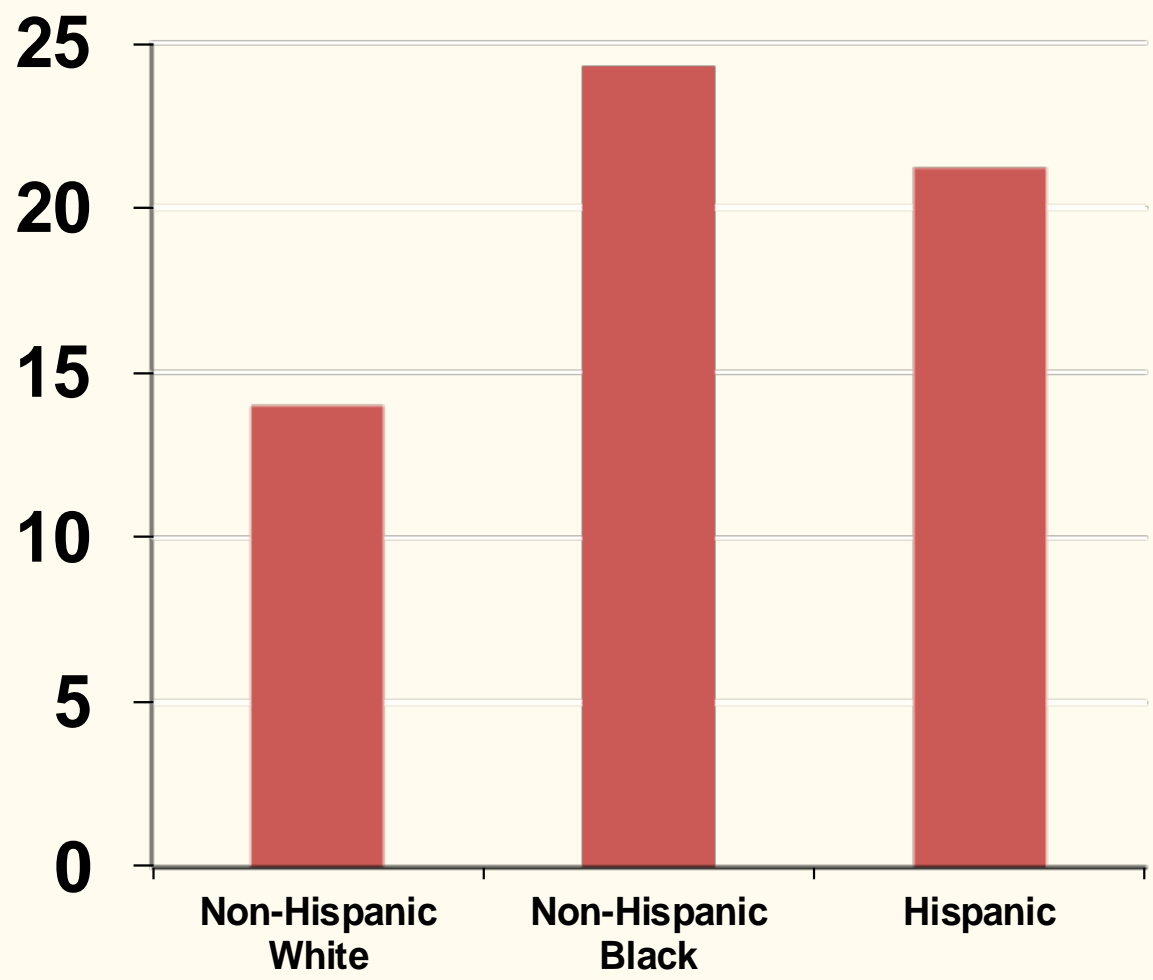


Did you know...

- **Overweight preschoolers are more likely to become overweight and obese school students.**
- **80% of obese adolescents become obese adults.**
- **More specifically**
 - **Children assume the eating practices of the family.**
 - **BMI is predictive of obesity in childhood and later life.**

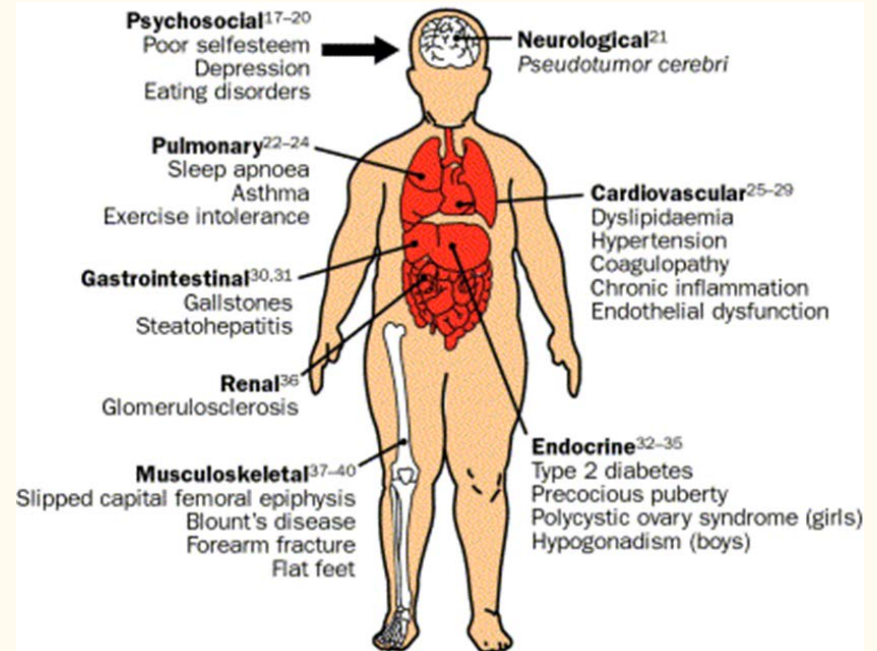


Obesity Disproportionately Affects Minority Children



Physiological Impact

- Type 2 diabetes
- Hypertension
- Nonalcoholic fatty liver disease
- Dyslipidemia
- Upper Airway Obstruction
- Sleep Apnea Syndrome
- Blount's Disease
- Polycystic ovary syndrome
- Obesity related emergencies



Psychological Impact

- In addition to the devastating physical health consequences, overweight and obese children suffer social and emotional health consequences as well.
- Obese children:
 - have lower self-esteem;
 - are more likely to be depressed;
 - suffer from bullying and teasing; and
 - have lower academic achievement.

Critical Period

- Children are acquiring their eating, activity, and sleep patterns.
- Age 0-5 is a critical window to shape healthy habits.





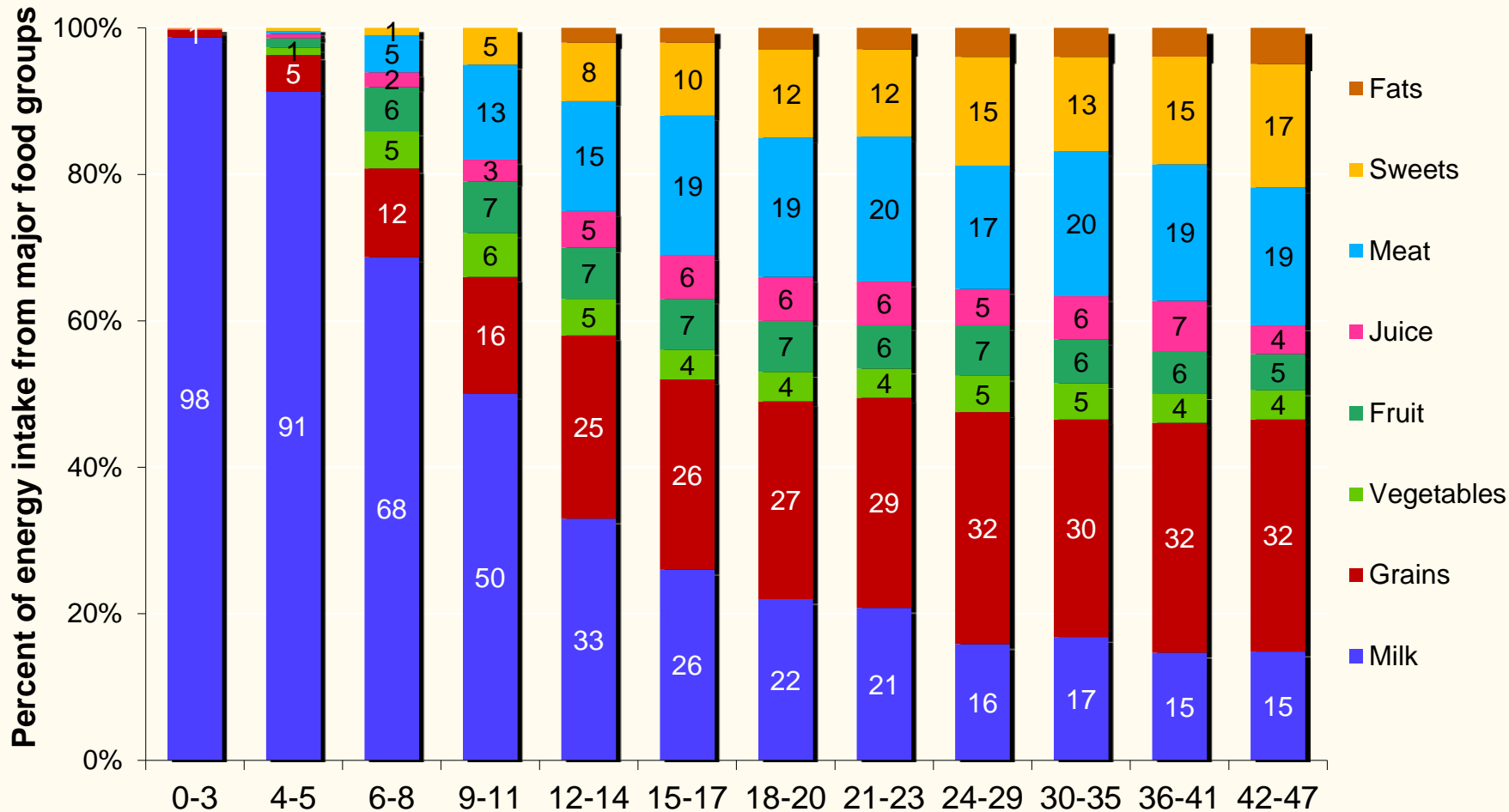
What do we know?

In general, most young children:

- Are not eating enough fruit and vegetables (if any).
- If they are eating vegetables it is usually limited to the starchy ones (i.e. potato and corn).
- Many consume sugary drinks, cereal, and snacks on a daily basis.
- Spend more time in front of a screen (TV, computer, phone, tablet, etc.) than other generations.
- Sleep less than recommended amount.



What are Young Children Eating?



Feeding Infants and Toddlers Study



Small Changes Can Make A Difference

- *Specific food choices matter*
 - Eliminating only 33 calories per day can reduce levels of obesity in young children and this can be achieved by serving.

More often	Less often, smaller portions
Fruits	Sweets, esp sweet beverages
Colorful veggies	French Fries
Yogurt, bananas, hot cereal	Pizza, cookies, hotdogs



Important Factors in Onset of Obesity

- Maternal weight gain during pregnancy
- Rate of weight gain during infancy
- Breastfeeding
- Introduction of complimentary foods
- Diet quantity and quality
- Parent feeding practices
- TV viewing time
- Physical Activity
- Sleep Routine
- Family Meals

(Key areas where Early Head Start and Head Start already has policy and/or can influence behavior.)



A Simple Framework



... for Infants and Toddlers

**Supporting
breast
feeding**



A woman with short dark hair, wearing a pink button-down shirt, is smiling warmly while holding a baby. The baby is lying back, wearing a white diaper and a pink shirt, and is drinking from a green baby bottle. The woman's hands are gently supporting the baby. The background shows a colorful play area with a yellow and green structure and a red bench.

... for Infants and Toddlers

- Feeding on demand
- Child leads the feeding interaction

For Infants & Toddlers . . .

Physical space supports
individualized feeding



¡Que Rico!



Current Physical Activity Patterns

- **Infants who spend too much time in confining equipment such as car seats, swings, bouncy seats, exersaucers, or strollers may experience delayed motor skill development.**
- **Many children less than 5 years of age fail to get at least 60 minutes of moderate to vigorous activity per day.**





Sedentary activity for young children has been shown to range from 32.8 to 56.3 minutes per hour.





Playing outside **often yields more active play**
than playing indoors.

A close-up photograph of a baby lying on its stomach on a colorful, patterned blanket. The baby is wearing a purple short-sleeved top and white striped pants. The baby is looking directly at the camera with a neutral expression. In the background, there is a dark wooden shelving unit and a bed with a white sheet.

For Infants and Toddlers

Importance of “tummy time”

A young child with dark hair, wearing a white long-sleeved shirt with a colorful floral pattern and dark pants, is crawling through a large red plastic tunnel. The child is looking towards the camera with a curious expression. The tunnel is set against a light-colored wooden wall. In the background, a wooden chair and a wooden cabinet are visible. The floor is covered with a grey carpet.

For Infants and Toddlers

**Indoor gross motor space for infants and toddlers
for large muscle activities**



**Taking babies
outside**

For Infants and Toddlers

For Infants and Toddlers

Unrestrained
outdoor activities



A young child with short brown hair, wearing a white short-sleeved shirt and light blue shorts with a teal trim, stands in a garden. The child is looking down at something held in the hands of an adult. The adult, wearing a blue t-shirt and a pink apron, is holding a small object between their fingers. The background shows a garden bed with dark mulch and various plants, including some with pink flowers. A wooden fence is visible in the background.

**For Infants
and
Toddlers**

**Nature based play
for all ages**



What We Know About Screen Time

- **Screens are more prevalent than ever.**
- **61% of children younger than 2 are exposed to television and spend approximately 1 hour and 20 minutes a day watching television.**
- **30% of children aged 0 to 3 have televisions in their bedrooms.**
- **39% of toddlers are using mobile devices for entertainment.**

Parent Perspectives



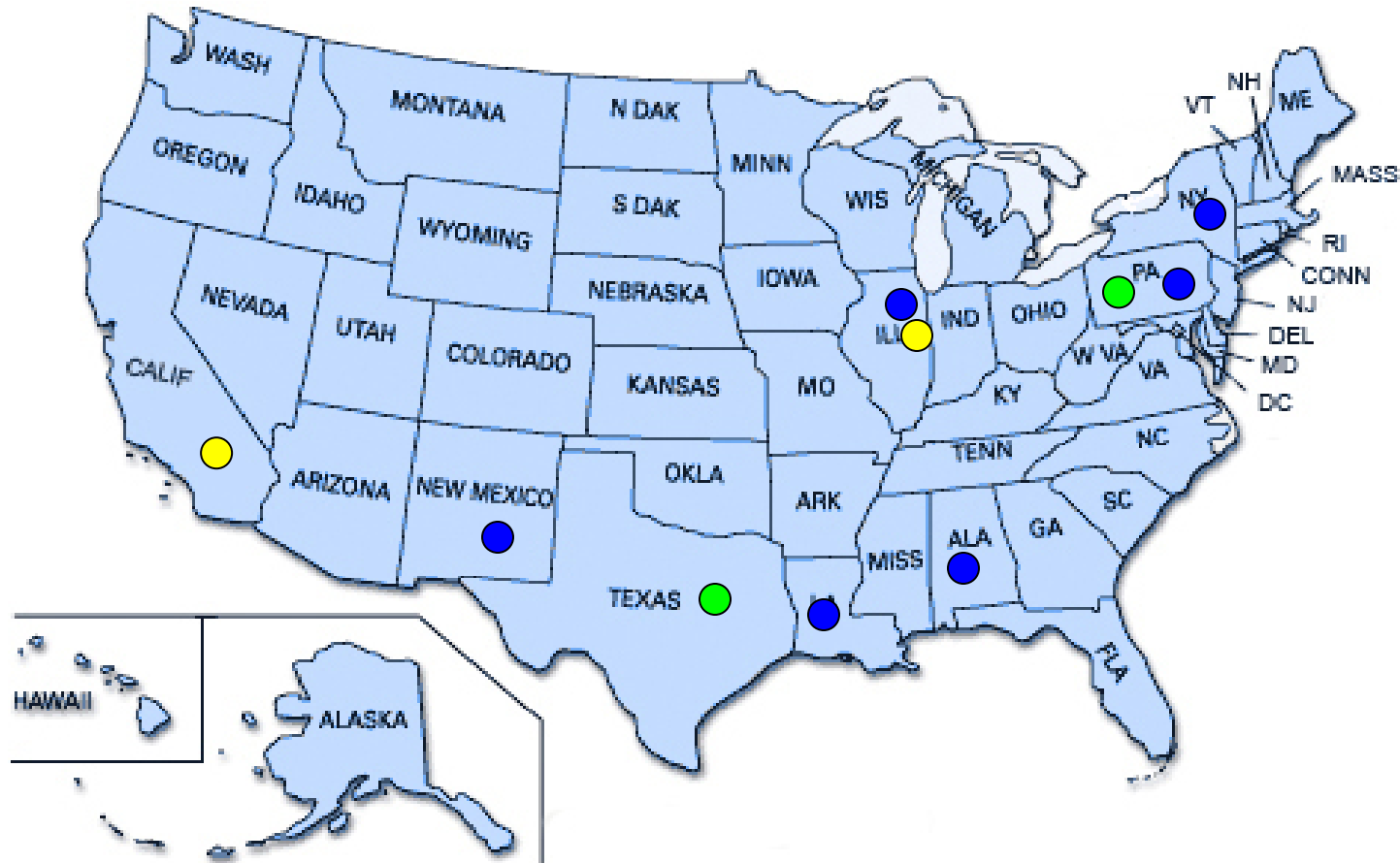
What we know: Parent's Perception

- Parents think obesity is a serious problem.
- However, it is not perceived as a problem in their family.
- Parents are receiving mixed messages about obesity.

What we know: Parent's Preferences

- In general, it is best to present written health information:
 - Plain language (low literacy, white space, visually appealing, minimal text).

Healthy Active Living For Family Focus Groups



What factors detracted from message endorsement by parents?

- Use of “obesity” language, esp related to infants.
- Guidance focused on future outcomes.
- Limited knowledge of recommendations.
- Disconnect between guidance and personal experience.

What contributed to message endorsement?



- Respect for the parent and his/her expertise.
- Explanation of the “why” behind the recommendations.
- Actionable strategies for implementation.

When Talking to Families Consider:

- Use of healthy active living, healthy habits, growing healthy and healthy weight instead of obesity and overweight.

Start today: Help your child stay at a healthy weight for life.

Yes, it's true! The first years set the stage for healthy habits for the rest of your child's life. It's never too early to start.

When Talking to Families Consider:

- Incorporating immediate outcomes and benefits in addition to future outcomes:

You've probably heard that breastfeeding is best for you and your baby. You may have even heard that breastfed babies get sick less often. But did you know that your baby will benefit from breast milk long after you've stopped nursing?



When Talking to Families Consider:

- Including the “why” to help increase knowledge and add value to statement :

Breast milk and formula are the best choices for your baby. When it's time for him to start using a cup (around 6 to 9 months), give him breast milk, formula, or water.

Soda pop and juice — even 100% fruit juice:

- *Add unneeded calories to your baby's diet*
- *Get your baby used to very sweet, sugary flavors*
- *Can harm your baby's new teeth*

Why: in simple & clear statements

When Talking to Families Consider:

Acknowledging their expertise and important role as a parent:

- *Being a parent is an important — and hard — job!*
- *No one knows your child better than you, tell me a little bit about....*

When Talking to Families Consider:

- Including realistic actionable strategies and try to meet parents where they are:

If TV time has gotten a bit out of control in your home, you are not alone! We understand that managing your kids' TV time can be a struggle. Even if you can't cut out TV completely, cutting back on TV will help. Try to limit TV to no more than 2 hours in a day.

- *Skip the ads. Watch TV shows on DVDs or TV On Demand. Shows with lots of ads for unhealthy foods make it harder for your child to learn to make healthy food choices.*
- *Try turning off the TV during mealtime, playtime, bath time, and bedtime.*
- *Watching TV will not help your child fall or stay asleep. It is best to keep the TV out of your child's bedroom so she can get the best rest possible.*

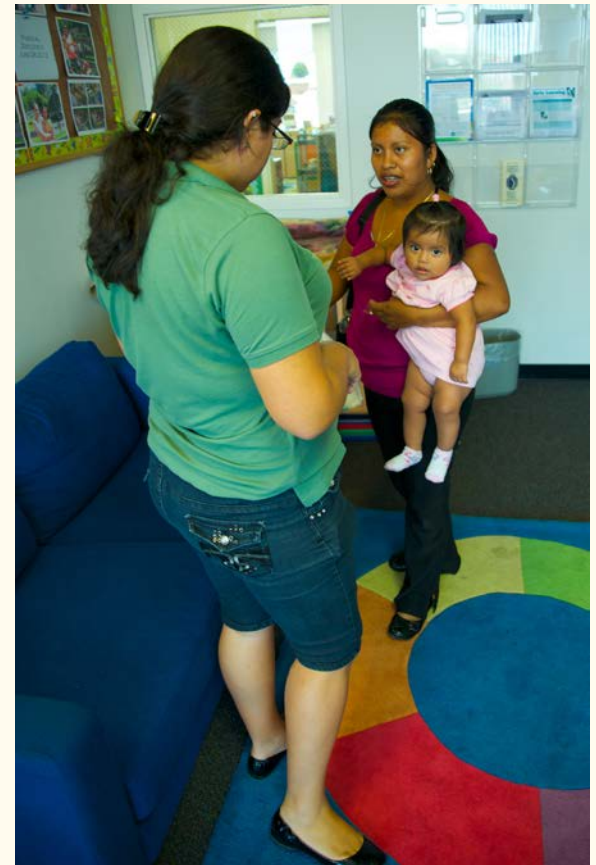
When Talking to Families Consider:

- Acknowledge real life experiences and varying sources of information/inputs:
 - *Being a working mom is not easy and can be tiring, sometimes it can be really hard to ...*
 - *Grandparents love your baby/child and love to share advice, sometimes it is hard to sort through all the information ...*
 - *Many cultures have wonderful traditions and sometimes it is hard to figure out how to ...*

When Talking to Families:

It is most important to:

- Listen to family.
- Personalize and customize information to their child and family experiences and needs.





**Strategies to Support
Healthy, Active, Living**



Why is family engagement so important?

- Families have expertise about their child's health and well-being
- Families are our partners
- Families make the decisions about their child's health
- Families will have the responsibility for long-term follow-up



Considerations

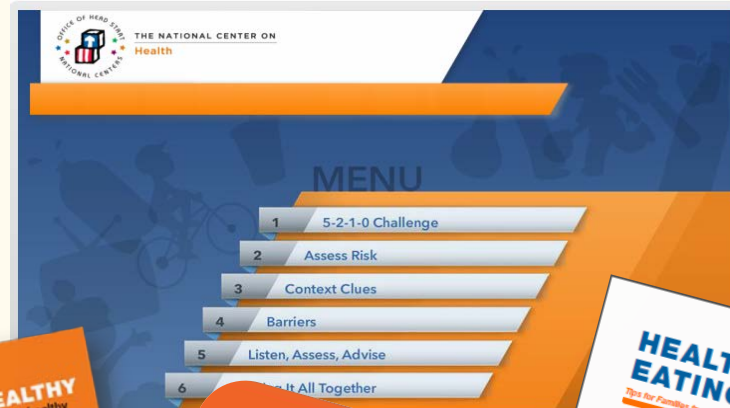
What do **we** want families to do?

How can **we** get “buy in” from the families that we serve?

How do **we** develop a plan?

How do **we** follow-up and conduct an ongoing assessment of their success?

Healthy Active Living Resources



GROWING HEALTHY

There are lots of ways to grow healthy but you don't have to do them all at once.

Child's Name _____ Date _____

IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5 Eat at least 5 fruits and vegetables a day.
- 2 Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- 1 Get 1 hour or more of physical activity every day.
- 0 Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

OUR GOAL FOR THIS MONTH IS TO:

Need help getting started? Turn this card over for more healthy ideas.

- 5 Eat _____ fruits and vegetables a day.
- 2 Limit screen time to _____ minutes a day.
- 1 Get _____ minutes of physical activity a day.
- 0 Limit sugary drinks to _____ a day.

Our plan: _____

Parent's Name _____

THE NATIONAL CENTER ON Health
Talk to your health care provider for more information.
Email: NCHE@hhs.gov

GROWING HEALTHY

A Guide for Head Start Health Managers and Families About Healthy Active Living for Young Children

THE NATIONAL CENTER ON Health

HEALTHY EATING

Tips for Families from the Head Start National Center on Health

Healthy Habits Start Early

For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy food options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sports drinks add extra calories to his diet and can harm his teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sports drinks add extra calories to her diet and can harm her teeth.

For Yourself and Family

- Your child is learning healthy eating habits by watching you. Try to eat healthy too.
- Set playtime, mealtimes, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor. Head Start staff and other parents can get healthy eating tips.

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PAGE 1 OF 1



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MENU

- 1 5-2-1-0 Challenge
- 2 Assess Risk
- 3 Context Clues
- 4 Barriers
- 5 Listen, Assess, Advise
- 6 Bringing It All Together

 KNOWLEDGE CENTER





The 5-2-1-0 Framework

Risky Behaviors for Infants

Instructions: Out of every 10 infants, how many have been introduced to juice by 6 months? Drag the number of sippy cups you think represents the correct answer to the infants on screen. Click Submit to see if you have the right ratio.



KNOWLEDGE CENTER

SUBMIT



< PREV

NEXT >

Main Message	Theme	Main Target Behavior	Additional Target Behaviors (Infants)	Additional Target Behaviors (Toddlers/Preschoolers)
 <p>5 Fruits and Vegetables Per Day</p>	HEALTHY EATING	 <p>Eat more fruits and vegetables.</p>	<p>Young Infants (0-6 months):</p> <ul style="list-style-type: none"> • Breastfeeding exclusively for the first 6 months. • Use only breastmilk or formula in bottles <p>Older infants (6-12 months):</p> <ul style="list-style-type: none"> • Introduce a variety of flavors & textures • Encourage use of spoons & fingers to self-feed 	<p>— MENU —</p> <ul style="list-style-type: none"> • Form routines around eating (such as daily breakfast & family meals) • Avoid sugary foods as snacks • Let children use fingers & utensils to feed themselves (foster self-feeding) • Encourage children to listen to their body & stop eating when full (mindful eating).
 <p>2 Hours of Screen Time</p>	SEDENTARY BEHAVIOR	 <p>Limit screen time.</p>	<p>Encourage families to limit exposure of infants to TV as much as possible (ideal is none at all)</p>	<ul style="list-style-type: none"> • Limit children's exposure to commercials. • Avoid putting TV in child's bedroom.
 <p>1 Hour of Physical Activity</p>	PHYSICAL ACTIVITY	 <p>Move more.</p>	<p>Get babies moving! Limit use of restrictive items such as: car seats, swings & bouncy seats, etc.</p>	<ul style="list-style-type: none"> • Structured and unstructured active play are important • Where possible encourage outdoor play
 <p>0 Sugar Sweetened Beverages</p>	UNHEALTHY BEHAVIORS	 <p>Drink less sugar.</p>	<p>Other Behaviors to Avoid or Limit Include:</p> <ul style="list-style-type: none"> • Offering solids too early. • Adding cereal to babies' bottles. • Over-feeding to calm fussy or sleepless child. • Using bottles improperly (i.e. bottle propping). 	<p>Other Behaviors to Avoid or Limit Include:</p> <ul style="list-style-type: none"> • Poor sleeping habits (i.e. no sleep routine, not enough sleep). • Eating out regularly (especially fast food).



Barriers

[Click Here to Review
Your Choice](#)

Feedback

While it's good you empathized with this parent, this approach could use a little work. In particular, you'll want to ask open-ended questions so together you can identify a solution.

Well no, I haven't said anything to anyone. It's better to keep my mouth shut on this one!

Yeah, I really should talk with him at our next visit.





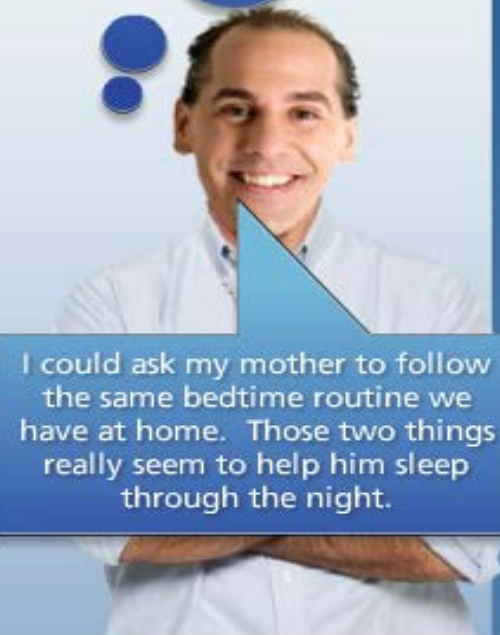
Barriers

[Click Here to Review
Your Choice](#)

Feedback

Great response! You showed that you heard the parent's concerns and acknowledged he is trying to do what's best for his baby. By asking an open-ended question, you helped him to identify an actionable strategy to share with his mother.

We do have a routine at home that seems to work for Joshua. We start with a warm bedtime bath and then a lullaby or two.



I could ask my mother to follow the same bedtime routine we have at home. Those two things really seem to help him sleep through the night.



Growing Healthy Flipchart

GROWING HEALTHY

**A Guide for Head Start
Health Managers and Families
About Healthy Active Living
for Young Children**



THE NATIONAL CENTER ON
Health

Healthy Active Living For Families Resources

Food & Feeding
Good eating habits begin early.

Physical Activity
Even small children need to get moving.

Tips for Parents
Being a parent is an important job!

Quick Tips
Keep Your Child Healthy

Parent²Parent
"I love my baby but I'm really busy and I work. I have other kids. It's just a lot of work...I breastfed for the time that I'm off of work but trying to go back to work and pump...I'm like oh, forget it."
- Mom, Midwest

Healthy Beverages:
Choose milk or water for your child's beverage

Conversation Starters
Tell me a little bit more about what your child ate and drank yesterday and the day before?

What is your child's favorite drink?

What kind of beverages is your child drinking between and with meals?

Can you tell me what happens when you try to set limits on sugared beverage consumption?

What are your feelings about juice?

Are health...

GET TIPS

healthychildren
Powered by pediatricians. Trusted by parents.

click to hide information

Material Resources

- **Head Start Body Start**
- **I am Moving I am Learning**
- **Little Voices for Healthy Choices**
- **Let's Move Childcare**
- **Nature Based Learning**
- **Growing Healthy flipchart and tearpad**



Online Resources

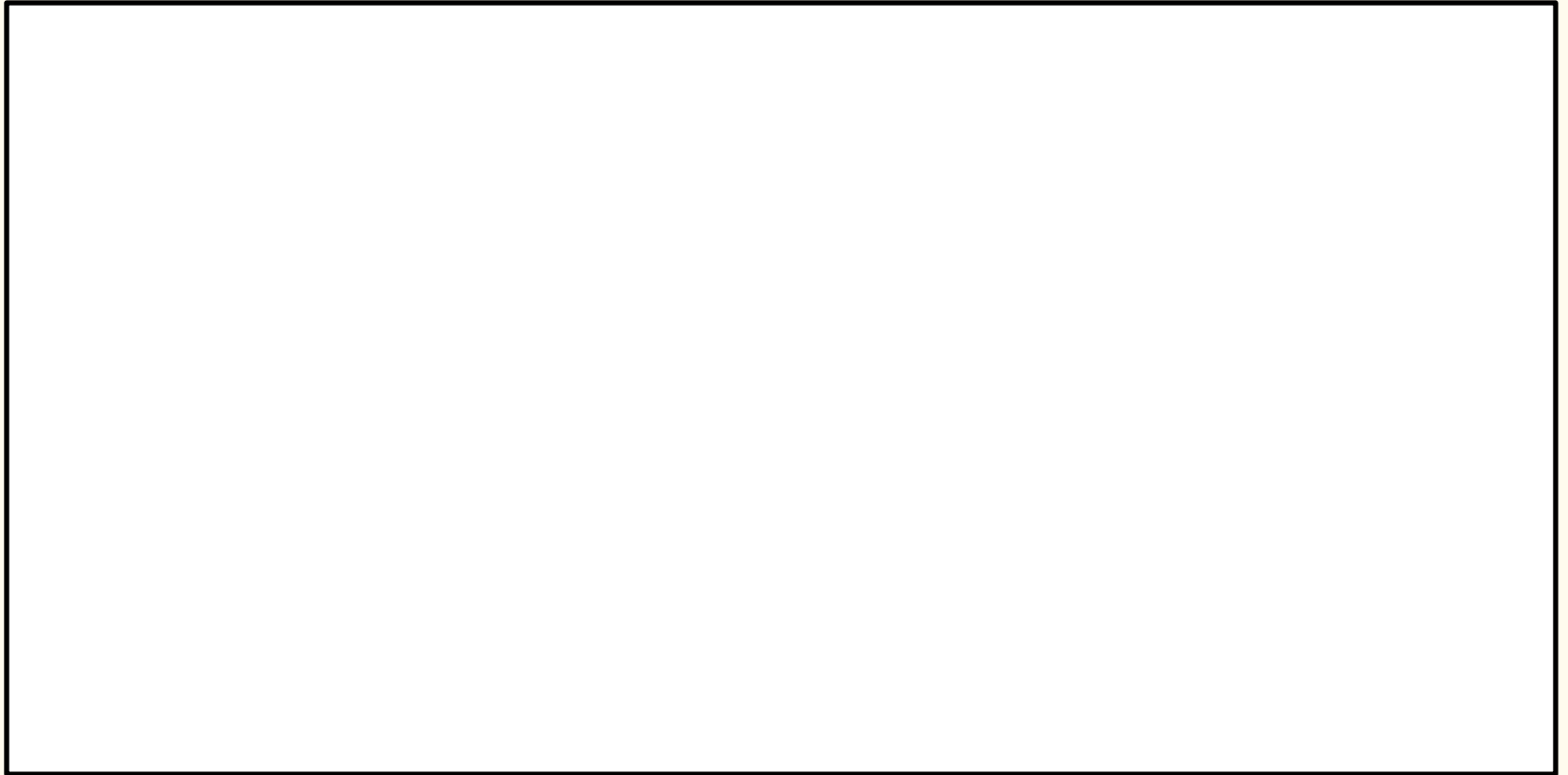
- **USDA**
 - Eat Smart Play Hard
 - Team Nutrition
- **Healthy Active Living for Families**
- **Let's Move**
- **Choose My Plate**
- **Eat Right.org**



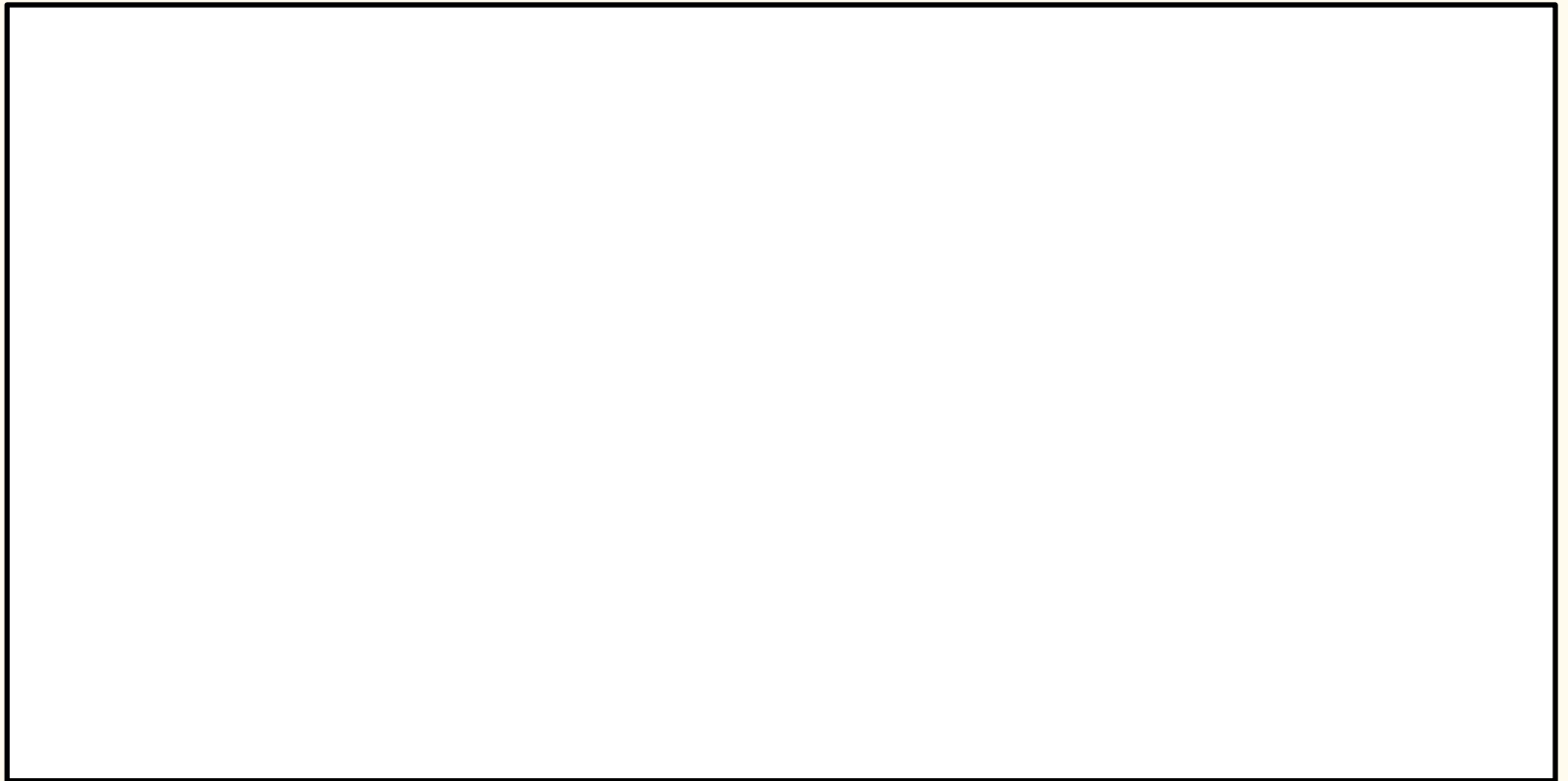
Additional Resources

- <http://www.nourishinteractive.com>
- <http://www.learningzoneexpress.com>
- <http://www.nfsmi.org>
- <http://www.myplate.gov>
- <http://www.ewg.org/goodfood/>
- <http://www.healthychildren.org>
- <http://www.activelivingbydesign.org/>

Next Steps for My Program

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Next Steps for Myself

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National Center on Health Contact Information

Toll-Free: **888-227-5125**

Email: nchinfo@aap.org

Florence Rivera: frivera@aap.org

Website: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center>



THE NATIONAL CENTER ON
Health

Early Head Start National Resource Center Contact Information

ehsnrcinfo@zerotothree.org

1-877-4EHS-NRC (1-877-434-7672)

**Early Head Start program directors, managers, supervisors, trainers,
and direct-service staff can join the EHS Listserv**

lannunziata@zerotothree.org



EARLY HEAD START

National Resource Center