

Appendix N. Facility-Level Interventions and Resources

Intervention/Resource Name	Components						Target Age			Materials for Parents	Spanish Version	Intervention Type	Link
	Physical Activity	Screen Time	Food	Drink	Infant Feeding	Infant	Toddler	Pre-schooler					
First Year in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care	X	X	X	X	X	X	X	X	X		Guide for states	http://www.healthykidshealthyfuture.org/content/dam/nemours/www/filebox/service/preventive/nhs/publication/nhsadminguide.pdf	
Child Care Providers Guide	X	X	X	X	X	X	X	X	X		Guide	http://www.healthykidshealthyfuture.org/content/dam/hkhtf/filebox/khchildcareguide.pdf	
Healthy Habits for Life	X		X	X			X	X	X	X	Toolkit for caregivers	http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hfl	
Grow It, Try It, Like It			X					X			Gardening Curriculum / Education kit	http://www.fns.usda.gov/tn/Resources/growit.html	
10 Steps to Breastfeeding Friendly Child Care Centers					X						Guide / Self-assessment	http://www.dhs.wisconsin.gov/health/physicalactivity/pdf_files/BreastfeedingFriendlyChildCareCenters.pdf	
How to Support a Breastfeeding Mother: A Guide for Childcare Centers					X						Guide	http://www.dshs.state.tx.us/wichhd/bf/childcare.shtm	
Motion Moments	X							X			Educational videos	http://nrkids.org/Motion_Moments/index.htm	
I Am Moving, I Am Learning	X										Obesity Prevention Train-the-trainer Resource Kit	http://eclkc.ohs.acf.hhs.gov/hslc/ta-system/health/Health/Nutrition/Nutrition%20Program%20Staff/MIL/IAMMovingIam.htm	
Color Me Healthy	X	X	X	X				X	X	X	Curriculum / Train-the-trainer	http://www.colormehealthy.com/	
Nutrition and Physical Activity Self-Assessment in Child Care	X	X	X	X				X	X	X	Self-assessment / Action Planning / Online-training	http://www.napsacc.org/ http://center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=napsacc&page=intent	
Let's Move! Child Care	X	X	X	X	X	X	X	X	X	X	Checklist/Action Planning/Resource Kit	www.healthykidshealthyfuture.org	
Eat Well, Play Hard in Child Care Settings	X	X	X	X	X	X	X	X	X	X	Multi-component intervention / Curriculum	http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm http://center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=eatwell&page=overview	
Action Guide for Child Care Nutrition and Physical Activity Policies	X	X	X	X	X	X	X	X	X		Guide for policy	http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594	
Animal Trackers	X							X			Curriculum	http://www.cghealth.com/index.php?option=com_content&view=article&id=108:animal-trackers&catid=39&Itemid=193	
Early Sprouts			X					X	X		Gardening Curriculum	www.earlysprouts.org	
Got Dirt? Gardening Initiative			X					X			Curriculum	http://www.dhs.wisconsin.gov/health/physicalactivity/pdf_files/GotDirtorderform.pdf	
The Learn About Nutrition through Activities (LANA) Preschool Program			X					X	X	X	Curriculum/ Train-the-trainer	http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/nutritioneducation/iana/index.html	