

## State Profile Template for Obesity Prevention in Early Care and Education

Use this template to help create a background profile for your state. *Use the Partnership and Spectrum of Opportunities Assessment worksheets* to summarize obesity related ECE activity in your state. This profile can be used as a tool for stakeholders to provide background information need to inform action planning. (Identify assets, needs, and previous or complementary work)

**Overweight and Obesity Prevalence among young children in your state** – Provide most current prevalence estimates along with data source.

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**Child Care Advisory Councils and Workgroups**—List any workgroups or task forces that focus on or include nutrition, physical activity, screen time reduction, and breastfeeding support as part of their work. (Include leaders, funding streams and length of time the group has been in existence)

**Regulation/Licensing**—How well do state regulations align with Caring for Our Children (3<sup>rd</sup> ed) Obesity Prevention Standard Components for Nutrition, Infant Feeding, Physical Activity, and Screen time?

*Use the Worksheet for State Licensing Regulations Assessment (p26) to complete this activity.*

In 2010, the National Resource Center for Health and Safety in Early Care and Education began reviewing state regulations for child care centers and family child care homes to assess alignment with 47 “high-impact” CFOC obesity prevention standard components. This assessment is being updated annually over the next several years. The most recent version of this assessment, called *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations YEAR*, can be found at <http://nrckids.org/index.cfm/products/achieving-a-state-of-healthy-weight1/>. Review the most recent assessment report available and, taking into consideration any regulatory changes that have occurred since that report was published, determine the following:

Number of standard components <u>fully present</u> in regulations	
Number of standard components <u>partially present</u> in regulations	
Number of standard components <u>missing</u> in regulations	
Number of standard components <u>contradicted</u> in regulations	



**Federal Programs**—List any state level nutrition and/or physical activity guidelines that may have been implemented that are stricter than the federal regulations:

CACFP

TANF

Child Care Block Grants

Others

**Quality Rating and Improvement System**—If there is a statewide system, describe whether it includes nutrition, physical activity, screen time, and breastfeeding.

**Statewide Implementation or Support for Facility-level Interventions**—Describe whether there have been any statewide or community-level interventions that have included self-assessment interventions for program improvement regarding nutrition, breastfeeding physical activity, and screen time policies and practices, such as NAP SACC or *Let's Move! Child Care*. Include the number and percentage of centers or providers trained.

Describe whether there have been any statewide or community-level interventions that have included promotion of or training on a specific curriculum to support nutrition, breastfeeding, physical activity, or screen time reduction. Indicate how comprehensive the material is and whether any gaps exist.

**Pre-Service Education and Professional Development System for Child Care**—Describe how each of the systems below includes nutrition, physical activity, screen time reduction, and breastfeeding support. (Include leaders, funding sources, length of time of activity, and sustainability efforts)

<b>Orientation</b>	
<b>Certification Programs</b>	
<b>Continuing Education</b>	
<b>Vocational and Technical High Schools</b>	
<b>Community Colleges and Higher Education</b>	
<b>Quality Rating System Training</b>	
<b>CACFP</b>	

<b>Department of Public Health</b>	
<b>Others</b>	

**Technical Assistance to ECE Providers**—Describe the basic system of technical assistance available to ECE providers in your state, such as number of CCR&Rs, child care health consultants, Cooperative Extension staff, etc. Indicate the extent to which obesity prevention information is integrated into the technical assistance available.

**Access to Healthy Environments**—Describe any efforts that have occurred statewide or in communities in your state that could increase access to healthy environments for ECE providers, such as joint use, farm to preschool, food procurement cooperatives, centralized kitchens, etc.

**ECE Facilities: Fill in number of facilities and number of children served by each. (Go to <http://www.naccrra.org/public-policy/resources/child-care-state-fact-sheets-0> for information.)**

<b>Child Care Centers and Family Homes</b>	
<b>Head Start and Early Head Start</b>	
<b>State Head Start/Preschool</b>	
<b>NAEYC-Accredited Programs</b>	

**Types of ECE Programs (these vary state by state and usually can be found on the state’s child care licensing page): Fill in number of facilities and number of children served by each.**

<b>Unlicensed Homes</b>	
<b>Voluntary Registered Child Care Homes/Relative Care</b>	
<b>Licensed Homes</b>	
<b>Licensed Child Care Centers</b>	
<b>Licensed School Age Care</b>	
<b>Others</b>	

	Enter the website for the state and who the contact would be
<b>Nutrition, Physical Activity, Obesity Staff</b>	
<b>Licensing</b>	
<b>State Child Care and Development Fund</b>	
<b>TANF</b>	
<b>CACFP</b>	
<b>Head Start State Head Start Collaboration Office or Grantees</b>	
<b>CCR&amp;R</b>	
<b>Quality Rating and Improvement System</b>	
<b>State Early Learning Foundations/Guidelines</b>	
<b>Early Childhood Advisory Council or Other Child Care Workgroups</b>	