



Healthiest Weight Florida



Early Care & Education Centers

Essential Partners In Becoming
The Healthiest State In The Nation

EARLY LEARNING COALITION PROVIDER MEETING
MARCH 28-30, 2017

Presenters: *Brittani Coore, MPH, CHES & Sharon Greene, MBA, CHES, CWWPM*

Healthiest Weight Florida



Healthiest Weight Florida (HWF) is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make choices about healthy eating and active living.

Strategies



1. Integrate physical activity every day in every way
2. Make healthy food available everywhere
3. Strengthen schools as the heart of health
4. Empower employers to provide healthy worksites
5. Market what matters for a healthy life

Collective Impact



Adding Value



ECEs are Valuable to Health

- When healthy habits start during the preschool years, they can last a lifetime
- Improving the ECE environment may directly impact what children consume and how active they are

Health is Valuable to ECEs

- Health behaviors are associated with academic achievement
- Healthy students and school staff have better attendance

Let's Move! Best Practices



We encourage Early Care and Education Centers to be recognized for implementing *Let's Move! Child Care* best practices.

Best practices include:

- Nurture healthy eaters
- Provide healthy beverages
- Get kids moving
- Reduce screen time
- Support breastfeeding

Let's Move! Best Practices



Let's Move! Child Care

- Promotes best practices established in partnership with Nemours Children's Health System and supported by the Centers for Disease Control and Prevention (CDC)
- Designed for all types of programs including family child care homes, Head Start programs, preschools and faith based programs

Healthy ECE Goals

Nurture Healthy Eaters

- Make nutrition fun and engaging
- Serve a fruit and/or vegetable at every meal

Provide Healthy Beverages

- Have water visible and available both inside and outside for self-serve
- Limit juice and NO sugary drinks



Healthy ECE Goals



Get Kids Moving

- Engage children in 60+ minutes of age appropriate active play, everyday

Reduce Screen Time

- Limit screen time to no more than 30 minutes a week while in child care



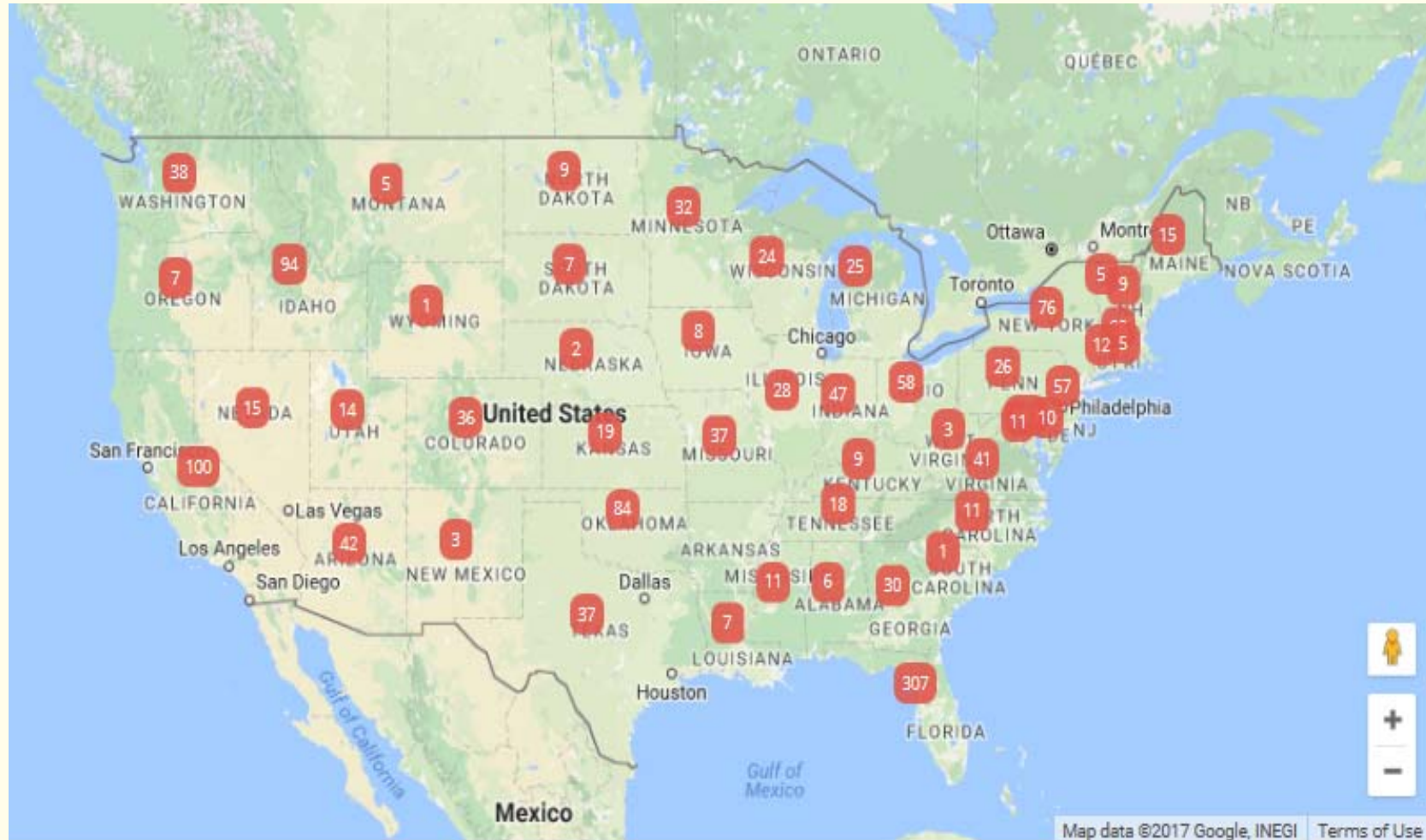
Healthy ECE Goals



Support Breastfeeding

- Provide a designated area for breastfeeding or pumping, other than a bathroom
- Train all childcare providers on:
 - proper handling and storage of breastmilk
 - on demand feeding

Recognition Map



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Let's Move! Child Care Recognition



Overview

- Let's Move! Child Care is a rolling (year-round) recognition opportunity
- Recognized providers have achieved all **five** best practice areas
- Qualifying centers receive a certificate of completion and recognition on the national map

Join the Effort, Be a Leader!



Our Responsibility

To help create an environment (at home or in the child care setting) where kids can be their best selves, be their healthiest, and to thrive in all academic areas because you **invested** in them having a healthy start.

Action Steps

- Sign Up! Go to: <https://healthykidshealthyfuture.org/join-us/>
- Take the Let's Move! Child Care checklist quiz
- Create an online action plan to help meet the healthy goals
- Check progress by retaking the checklist quiz
- GET ON THE MAP and get recognition
 - *Providers must click the check box to authorize their business name and zip code to appear on the map*

Questions



For questions or additional information, contact:

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