

PIMA COUNTY COMMUNITIES PUTTING PREVENTION TO WORK

CHILD CARE PROGRAMS

The United Way of Tucson and Southern Arizona

2012 | EVALUATION REPORT

Prepared by the CPPW
Evaluation Team

University of Arizona
College of Public Health
&
Pima County Health
Department

Table of Contents

BACKGROUND	1
PROJECT DESCRIPTION.....	2
EVALUATION METHODOLOGY	4
<i>SITE DESCRIPTIONS.....</i>	5
<i>WELLNESS POLICIES.....</i>	6
<i>NUTRITION</i>	7
<i>PHYSICAL ACTIVITY</i>	9
<i>PHYSICAL ACTIVITY AND NUTRITION PRACTICES.....</i>	12
<i>PHYSICAL ACTIVITY AND NUTRITION ENVIRONMENT</i>	13
CONCLUSION	14
REFERENCES.....	16
APPENDIX 1: SURVEY RESULTS.....	17
APPENDIX 2: SURVEY RESPONSES	20

CPPW Child Care Programs

The United Way of Tucson and Southern Arizona

Background

The trend towards obesity among adults begins at a very young age in early childhood. The rise of obesity in children was dramatic from 1971 to 2004, during which rates nearly tripled among preschool children 2 to 5 years of age (5 % to 14 %, respectively) and increased by almost five times among children 6 to 11 years of age (4% to 19%)¹. More recently, between 2009 and 2010, the obesity prevalence among children ages 2 -5 years was approximately 12.1% and 18% among children 6-11 years of age. Childhood obesity disproportionately affects low-income and minority groups^{2,3}. These are alarming statistics given that overweight children are more likely to become overweight adolescents and adults.

The main contributors to obesity are poor nutrition and low levels of physical activity. Food related habits develop at an early age and greatly influence future health behaviors. Early interventions can lead to the development of more healthful habits, which can be taken into adulthood⁴. Children spend a considerable amount of time in child care settings. In 2007, an estimated 55% of children ages 3–6 years, were enrolled in child care and in 2010 children spent 24% of their day in various child-care settings². Child care thus provides an ideal opportunity for early nutrition and physical activity intervention programs. It is essential that child care centers be guided by the national standards and guidelines for physical activity and nutrition for children.

The Nutrition & Physical Activity Self-Assessment for Child Care (NAP SACC) is designed to help child care providers make improvements in nutrition and physical activity practices, policies and environments within child care settings. The NAP SACC has been implemented nationwide and participating centers have significantly improved their programs. In a randomized control trial with 56 centers, 73% showed significant improvements in physical activity and nutrition⁵. Other evidence-based strategies are identified in the CDC's 2011 Children's Food Environment State Indicator Report which highlights important behavioral, environmental and policy strategies that can improve nutrition and physical activity levels and reduce obesity.⁸ Strategies include ensuring access to drinking water throughout the day, restricting access to sugary drinks, and minimizing television time in the child care environment.

Project Description

The United Way of Tucson and Southern Arizona has a long history of collaboration with youth programs and child care centers to improve quality in early childhood education and youth development with a strong focus on health, nutrition and physical activity. UWTSA staff worked with both child care centers and child care homes across Pima County to implement evidence based best practices such as reducing the amount of juice served, reducing the amount of screen time, increasing the amount of daily adult guided physical activity and increasing the number of centers and homes who serve 1% or skim milk.

Child care is regulated by 2 entities in Arizona. The Department of Health Services (AzDHS) licenses child care centers and childcare group homes (care for up to 10 children), while the Department of Economic Security (DES) certifies family childcare homes (care for up to 5 children). Arizona also permits family childcare homes to operate without being certified by DES. Licensed childcare centers and group homes have a strong incentive to participate in the AzDHS EMPOWER program. Participation in EMPOWER reduces licensing fees for centers and homes that agree to implement ten nutrition, physical activity, tobacco cessation and sun safety best practices. UWTSA provided the 2 hour EMPOWER training to forty three AzDHS licensed childcare centers and group homes. DES regulated family child care homes also received specific support from UWTSA and Child and Family Resources, Inc. through a program called Feeding with Love (FWL). Providers participating in FWL received 10 hours of education on nutrition and physical activity along with individual coaching on making and sustaining environment and practice changes. Three hundred home providers received training on menu planning, nutrition, developmentally appropriate physical activity, and food demonstrations during Child and Family Resource's Annual Child and Adult Care Food Program Renewal Training and at other times during the grant period.

Both center and home providers received additional assistance through their involvement in CPPW and UWTSA. These included:

- **Nutrition Institutes:** 5 hours of continuing education at 3 times during the grant cycle on nutrition and literacy, movement and healthy celebrations with the opportunity to purchase \$200 - \$250 worth of materials (curricula, books, teaching aids, physical activity materials, posters, etc.) to assist providers to improve practices in centers and homes. A total of 69 providers representing 39 different early education settings attended.
- **Culinary Training:** Started as a pilot program (with funding other than CPPW) and continued as a discretionary project. Ten hours of culinary based nutrition training with a chef and a nutrition professional using the Share our Strength Cooking Matters for Childcare Professionals curriculum. The goal is to give providers and cooks the opportunity to learn and practice culinary techniques to improve the

nutrition of meals offered to young children. Over 100 childcare providers and cooks completed the course.

- **Family Style Meal Boxes:** Equipment (child sized plates, dishes, serving utensils, etc.), and training provided to centers and homes to allow children to serve themselves food as part of the implementation of family style meals. Thirty nine childcare family and group homes and twenty one childcare centers and preschools have received boxes. Over 2,000 children are now participating in family style meals.
- **Feeding with Love:** In collaboration with Child and Family Resources, Inc. (a sponsor of the U.S. Department of Agriculture's Child and Adult Food Program) One hundred and fifty family and group home providers received training and coaching on implementing wellness policies in their homes. A sub set of 48 family and group home childcare providers received intensive training and coaching on nutrition and physical activity to implement changes in their childcare home environments. Thirty Spanish speaking home providers continue to meet monthly to network and support each other to sustain these environmental changes.

Evaluation Methodology

Program staff in 189 child care centers and homes completed an on-line pre and post assessment of their practices and policies related to physical activity and nutrition. Assessment questions were taken from the NAP SACC (UNC- Chapel Hill) self assessment with a few questions on shopping habits, potential Community Food Bank buying cooperative use, and demographics added. The surveys focused on aspects of the environment conducive to physical activity and nutrition and the implementation of health related policy and practices.

Evaluation results are presented in the following sections:

- Site Description
- Pre/Post Survey Results
 - Development and implementation of wellness policies
 - Nutritional value of food served
 - Changes in physical activity provided
- Results of open-ended survey questions describing specific changes sites reported in the physical activity and nutrition environment.

Site Descriptions

The sites varied by type of child care facility and credential status. Half of participating centers (50%) were home-based with DES certification and 10% were home-based without DES certification, while 18% of the centers are DHS licensed with a corporate affiliation and 14% were Child Care Centers with a DHS license that were not affiliated with a corporation. Of the participating childcare entities with DHS licensure, 11% were group homes, serving up to 10 children.

Type of Childcare	%
Home-based (DES cert.)	50%
Home-based (Not DES cert.)	9%
DHS Licensed Child Care Center (Corporate)	16%
DHS Licensed Child Care Center (Not corporate)	15%
DHS licensed Group Home	10%

Survey respondents held the following positions at the child care site:

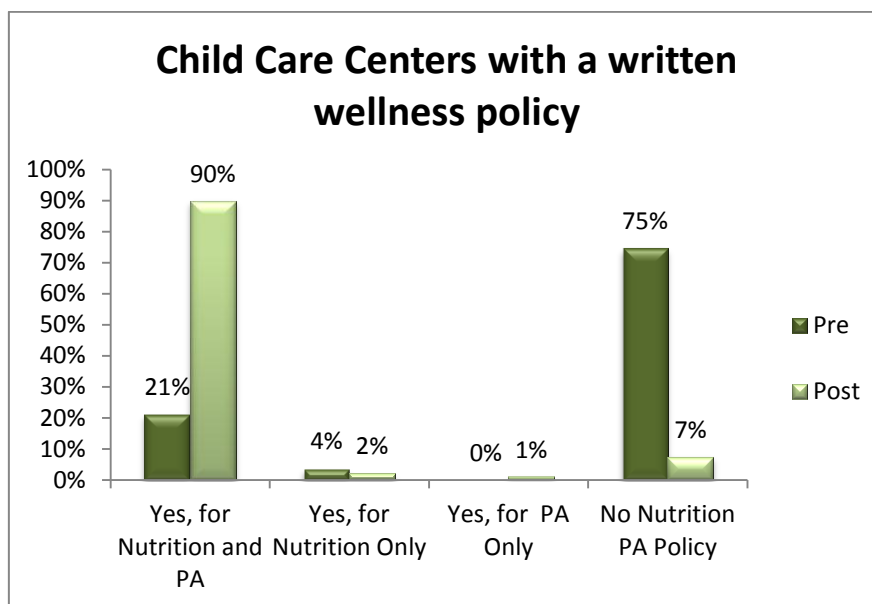
- ✓ Home Care Provider (n=128)
- ✓ Director (n=50)
- ✓ Assistant Teacher Owner (n=9)
- ✓ Lead Teacher (n=4)
- ✓ Cook (n=1)
- ✓ Community Education Coordinator (n=1)
- ✓ Member Service Specialist (n=1)
- ✓ Office Coordinator (n=1)
- ✓ School Principle (n=1)

Through the CPPW program, the centers received the following resources to encourage and assist with nutrition and or physical activity practices:

- ✓ Nutrition curriculum (82%)
- ✓ Books that emphasize healthy lifestyles (78%)
- ✓ Music to encourage nutrition and physical activity (33%)
- ✓ Interactive materials to encourage physical activity (28%)
- ✓ Teacher reference books (23%)
- ✓ Puzzles that emphasize healthy lifestyles (16%)
- ✓ Posters that emphasize healthy lifestyles (27%)

Wellness Policies

At pre-survey, 21% of survey respondents had a written wellness policy for *both nutrition and physical activity* at their site. Following participation in the program, 90% had a written policy. (See Appendix 1 for a table of survey results.)



Of the 175 centers that had a wellness policy in place after participating in CPPW, 66% are followed *all/almost all of the time* and 34% follow the policies *some of the time*.

Written policies are primarily promoted by posting them in a public area (75%). One in four centers promoted the policy directly with parents. One in five centers provided the policy to staff for review.

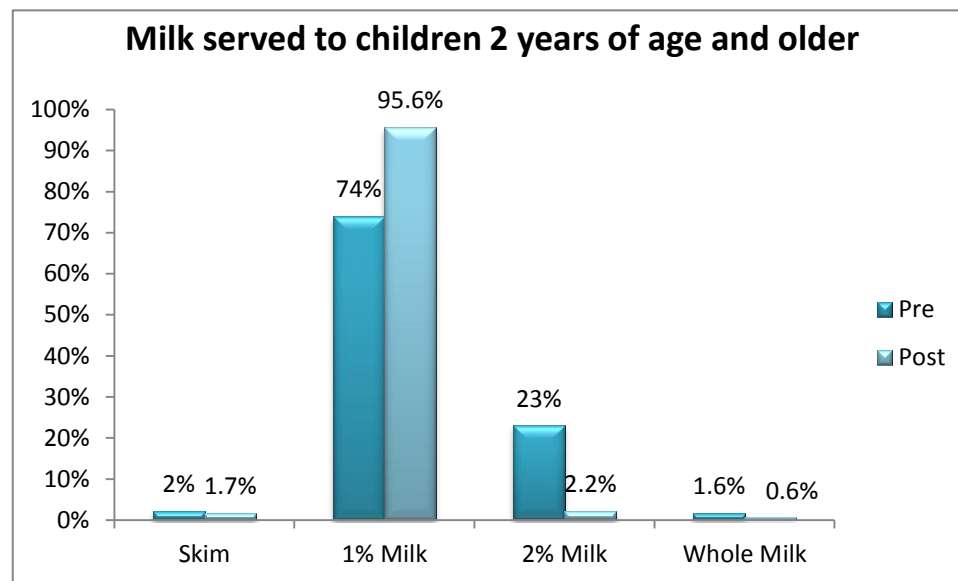
Policies Promoted in the Following Ways:

- Posted in a public area (78%)
- Reviewed with parents (29%)
- Given to parents (26%)
- Included as part of the parent hand book (26%)
- Provided to all staff for review (21%)
- Incorporated into employee reviews (11%).

Nutrition

Child care centers regularly provide food making the nutritional content of food served an important aspect of policy and practice. (See Appendix 1 for a table of survey results). The findings below document several positive changes enacted by sites following participation in the CPPW program*.

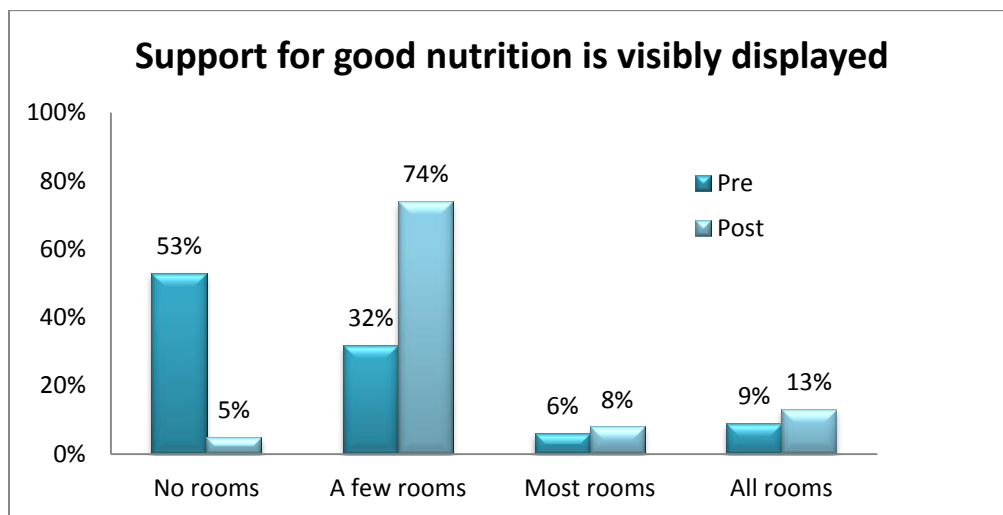
- The homes and centers offering skim, 1%, 2% and whole milk are shown below. Twenty-three percent of homes and centers now offer a lower fat milk than prior to participating in CPPW.
- At post, 96% of centers were offering 1% milk. From pre to post, 22% of centers and homes began serving lower fat milk.



Overall, the percentage of participating child care centers offering outdoor drinking water outside increased from 60% to 70%. The percentage of centers making water indoors *easily available and self serve* also increased (58% to 74%).

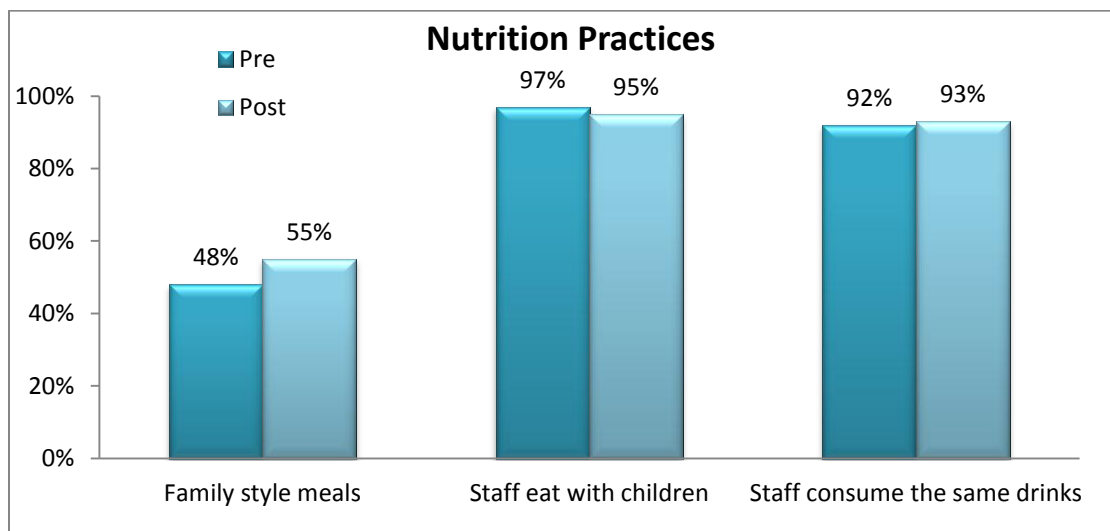
*Sugary drinks were not offered by the child care providers at baseline so changes are not documented.

Centers and homes were encouraged to promote healthy eating using cues related to nutrition. Following participation in CPPW, 59% of the centers increased the visual display of nutrition information. More than half of the centers and homes (58%) increased the number of rooms in which they promoted good nutrition through posters, books and pictures. The percentage of centers and homes that had no visible support for good nutrition decreased from 53% to 5%, while the percentage of centers and homes that had visible support in at least a few rooms increased from 32% to 74%.



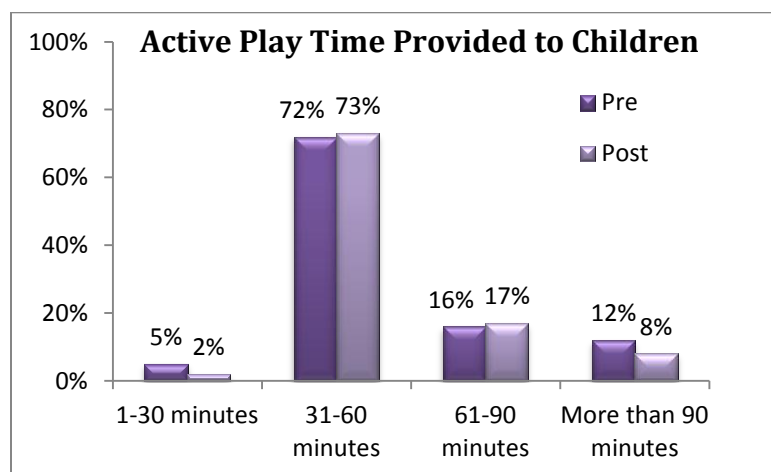
*Change significant at $p < .001$

Centers and homes were also encouraged to engage in practices such as family style meals in which children served themselves and shared meals in which staff and children eat together. At post, 55% of centers and homes engaged in family style meals vs. 48% at baseline. At nearly all the centers and homes, staff were already eating together.



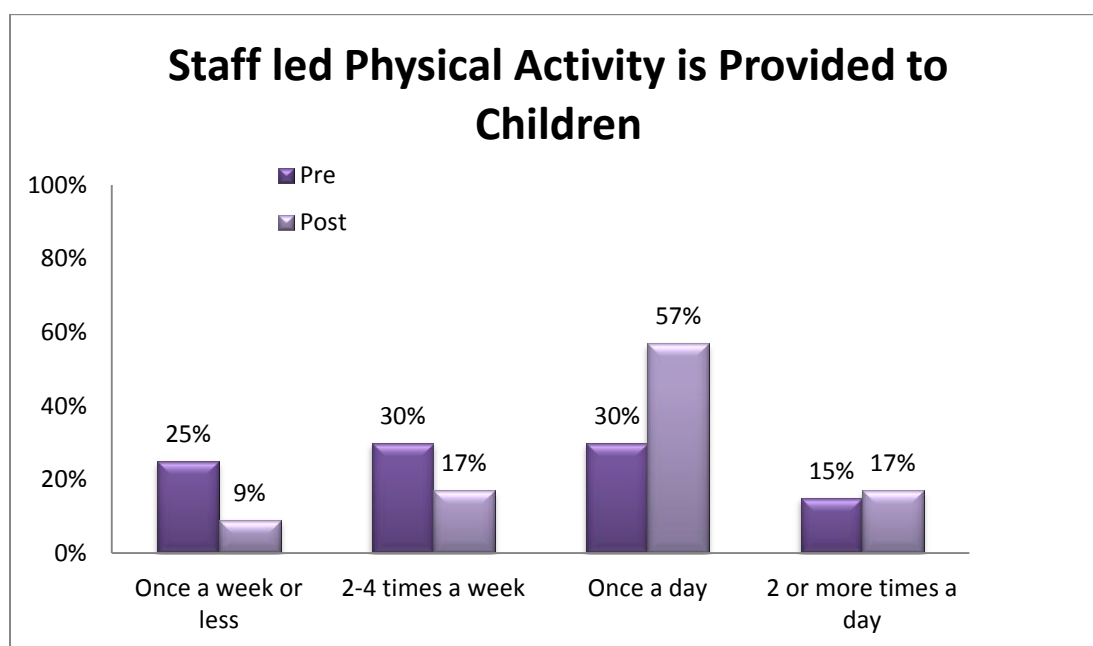
Physical Activity

At pre survey, the majority of child care centers were providing an opportunity for at least 30 minutes of active play during the day (98%) and the amount of active play did not significantly increase from pre to post survey.



We encourage children to play different sports and we as teachers enjoy playing with them.

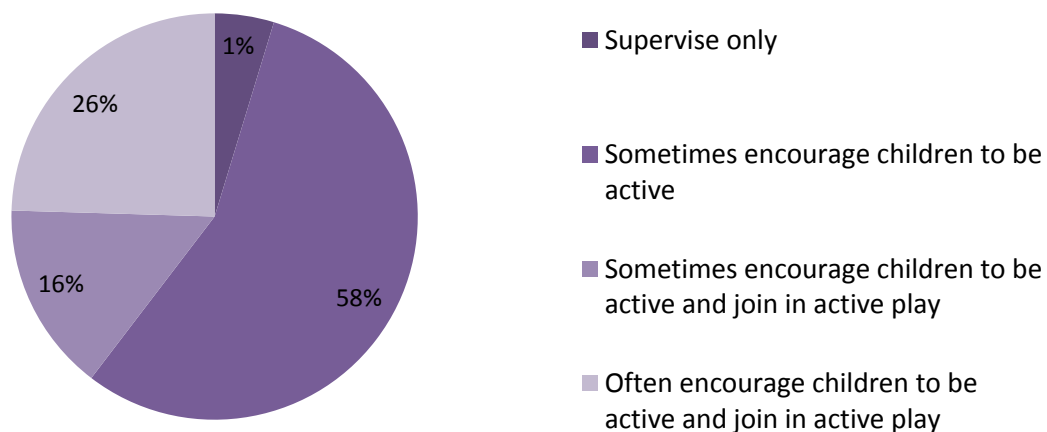
However, positive changes were achieved in the role of staff in encouraging physical activity. Forty-eight percent (48%) of the centers reported increasing the amount of time that staff was involved in physical activity with children.



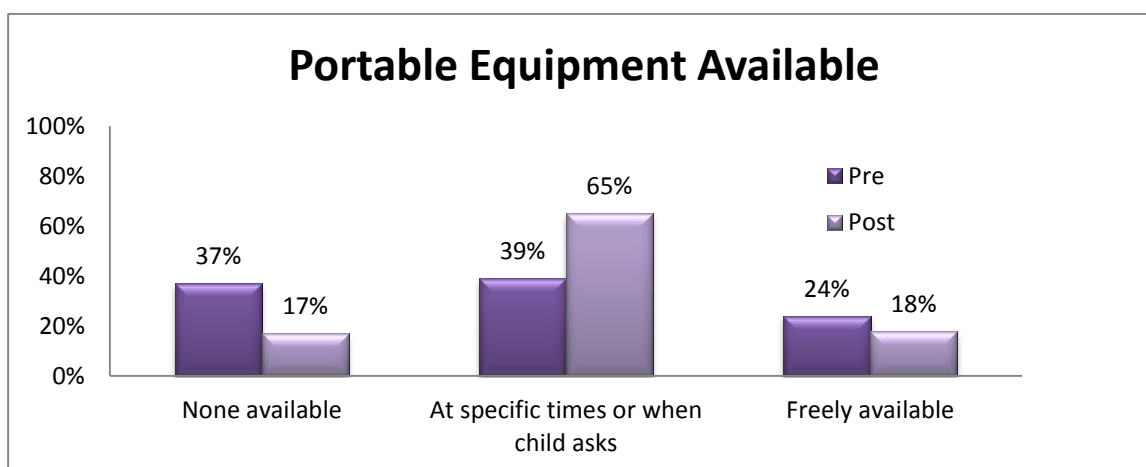
*Change significant at $p < .001$

In general, there is still room for improvement in terms of staff role in physical activity. At post survey, 58% reported that staff sometimes encourage children to be active, while 42% sometimes or often join in active play. However, from pre to post, the percentage of staff that *often* encourages children to be active and join children in play rose from **19% to 26%**.

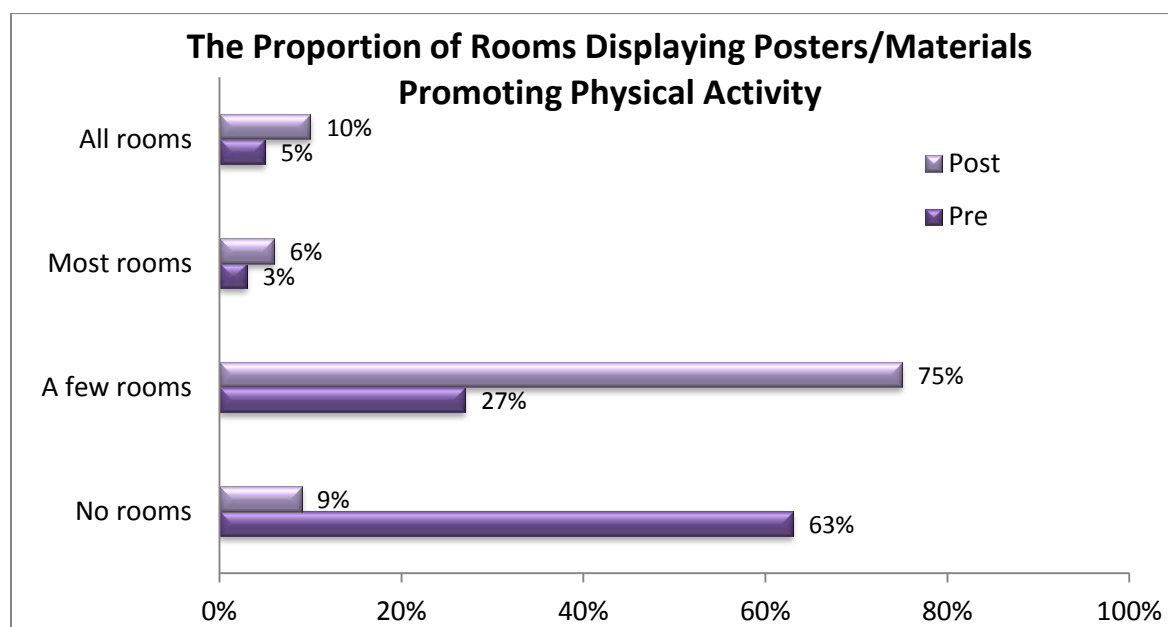
During Active Play Time Staff



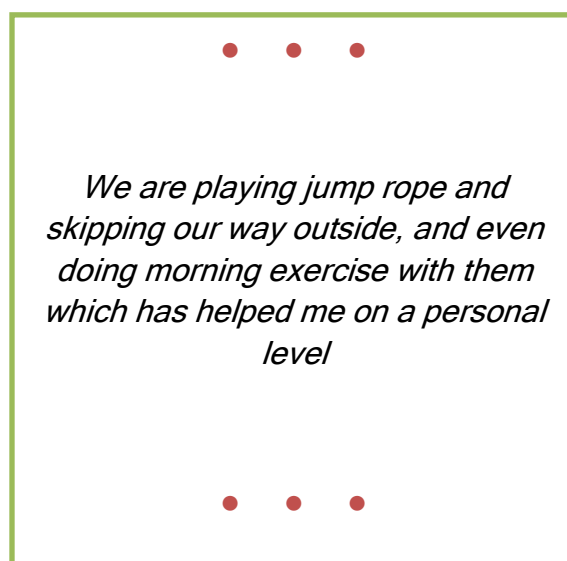
Portable play equipment became more available to children in participating centers and homes, with the number of centers and homes not having portable play equipment decreasing from 37% to 17%. In general, portable equipment was available only at specific times or when children asked.



As with nutrition, centers were encouraged to promote physical activity through visual displays and materials. **Sixty-two (62%)** of child care centers increased the visibility and availability of posters and materials encouraging physical activity.



The amount of screen time allowed to children was 2 hours or less per week in 91% of participating centers. The amount of screen time did not change significantly from pre to post survey.



Physical Activity and Nutrition Practices

Staff were also asked to describe specific practices or policies in their centers that they feel have contributed to increased physical activity or improved nutrition among their children.

Changes in policies or practices that have led to increased Physical Activity or improved Nutrition	
Nutrition	<ul style="list-style-type: none">• Changes in now serving 1% milk• Eating more vegetables• Changes to snack menu to include fruits and vegetables• Portion sizes• Less fried foods• Following nutrition rules.• Eating new foods, new fruits• Family style meals• More discussion of healthy foods
Physical activity	<ul style="list-style-type: none">• More structure• More activity• Staff-led physical activity• New games and activities promoting physical activity and nutrition• Dancing• Increased exercise with children indoors and outdoors (trips to the park)
Wellness Policy	<ul style="list-style-type: none">• Adopted wellness policies• Made the changes required by the program• Following nutrition guidelines
Other	<ul style="list-style-type: none">• Collaboration with Coordinated Health Program• Identified need for lesson plans

While staff were overwhelmingly positive about changes, they also expressed challenges with small children in trying to implement family style meals and other requirements of the program (See Appendix 2 for survey responses).

Physical Activity and Nutrition Environment

Following their participation in CPPW, participating center staff were asked to describe changes in the way they do things with children in the home/center that have led to increased physical activity or improved nutrition. Respondents described increased availability of play equipment, visual materials, and new gardens. (See Appendix 2 for survey responses).

Changes in the Physical Environment	
New Physical Activity Equipment	<ul style="list-style-type: none">• Hoola hoops, balls and jump ropes• Portable play equipment• Tricycles• Basketball court• Redesigned playground
Posters	<ul style="list-style-type: none">• New postings promoting nutrition• Images of fruits and vegetables• Recipes <div>"We are always putting up fresh pictures in the classroom."</div>
Gardens	<ul style="list-style-type: none">• New school gardens• Plans for planting gardens

Staff also described other accomplishments or actions they have taken to promote good health in their home/center since the last time they completed this survey:

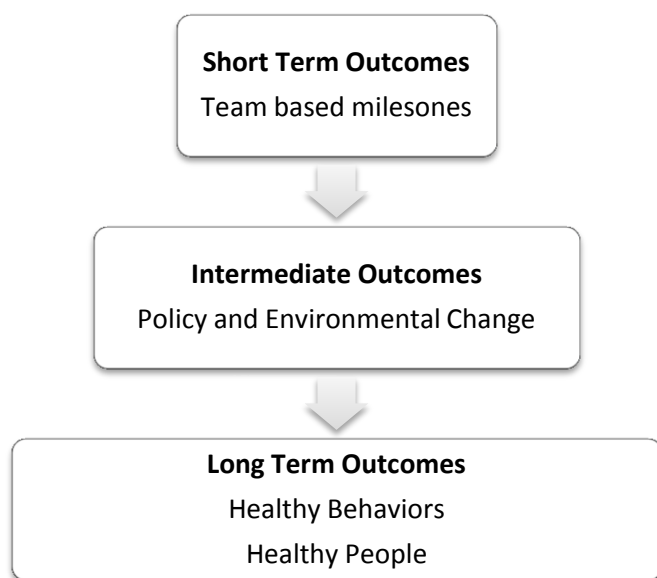
Other Positive Outcomes of Involvement in CPPW	
Personal Lifestyle Changes	<ul style="list-style-type: none"> • Working hard to keep active and maintain healthy weight • Changing to 1% milk at my home • Encouraging my family to be more active and eat healthier
Materials/Resources	<ul style="list-style-type: none"> • Color Me Healthy materials • Shared resources from nutrition workshop • Nutrition books, pumpkin carving and planting, making soup and other cooking activities.
Evaluation/Performance measures	<ul style="list-style-type: none"> • AmeriCorps members' performance measures to increase activity level of children and reduce or prevent childhood obesity. • Accreditation and following of the guideline of NAEYC • Measuring children's height and weight
Involving parents	<ul style="list-style-type: none"> • More discussion with parents about healthy habits at home • Parent meetings on health and nutrition
Other	<ul style="list-style-type: none"> • Meals are more relaxed and enjoyed by all

Si, hemos bajado de peso en mi familia por que aprendimos a comer en porciones y comida saludable

Yes, we have lost weight in my family because we learned how to eat in portions and healthy food

Conclusion

The CPPW evaluation process focused on short, intermediate and long-term outcomes of the CPPW project teams working within the target communities.



This report provides a comprehensive overview of the short term outcomes describing the extent to which CPPW partners achieved intended project milestones or activities, as well as increased training, involvement and collaboration of organizations and decision makers in developing environmental changes. In addition to monitoring progress, the short-term outcomes have also contributed to understanding how changes occurred for each project team and how physical activity and nutrition policies were prioritized and pursued. Such changes in physical activity and nutrition practices and policies will create a context for healthy behaviors.

Beyond the CPPW initiative, efforts that have been accomplished during this short period are anticipated to lead to sustained behavioral changes among children at child care centers. Ultimately, it is the long-term goal to see a healthier population in Pima County through reduction in health disparities positive behavior change.

References

1. Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA: the journal of the American Medical Association*. 2006;295(13):1549.
2. *America's Children: Key National Indicators of Well-Being*. 2011; <http://www.childstats.gov/americaschildren/famsoc3.asp>. Accessed January 25, 2012.
3. Sharma AJ, Grummer-Strawn LM, Dalenius K, et al. Obesity prevalence among low-income, preschool-aged children—United States, 1998–2008. *MMWR Morb Mortal Wkly Rep*. 2009;58(28):769-773.
4. Kaphingst KM, Story M. Child care as an untapped setting for obesity prevention: state child care licensing regulations related to nutrition, physical activity, and media use for preschool-aged children in the United States. *Preventing Chronic Disease*. 2009;6(1):A11.
5. Ward DS, Vaughn A, McWilliams C, Hales D. Interventions for increasing physical activity at child care. *Medicine & Science in Sports & Exercise*. 2010;42(3):526.
6. Centers for Disease Control and Prevention. School Connectedness: Strategies for Increasing Protective Factors Among Youth. Atlanta, GA: U.S. Department of Health and Human Services; 2009.

Appendix 1: Survey Results

Wellness Policies	Pre	Post
Child Care Sites that have a written Wellness Policy:		
Yes, for Nutrition and PA	21%	90%
Yes, for Nutrition Only	4%	2%
Yes, for PA Only	0%	1%
No Nutrition/PA Policy	75%	7%
Written policies are followed (n=180):		
Most or all of the time	17%	66%
Some of the time	83%	34%
Promotion of Wellness Policies:		
Posted in public area	-	78%
Reviewed with parents	-	29%
Given to parents	-	26%
Included as part of the parent hand book	-	26%
Provided to all staff for review	-	21%
Incorporated into employee reviews	-	11%

Physical Activity	Pre	Post
Active Play provided to children		
30 minutes of less/day	1%	2%
31-60 minutes/day	71%	73%
61-90 minutes/day	16%	17%
More than 90 minutes/day *2 missing	12%	8%
Staff led PA is provided to children		
One time per week or less	25%	9%
2-4 times/week	30%	17%
1 time/day	30%	58%
2 or more times/day	15%	17%
During active play time, staff:		
Supervise only	3%	1%
Sometimes encourage children to be active	51%	58%
Sometimes encourage children to be active and join children in active play	27%	16%
Often encourage to be active and join children in active play	19%	26%
Support for PA is visibly displayed in rooms and common areas:		
No posters, pictures or books about PA displayed	63%	9%
A few posters, pictures or books about PA displayed	30%	75%
Posters, pictures or books about PA displayed in most rooms	3%	6%
Posters, pictures or books about PA displayed in all rooms	5%	10%
Portable play equipment:		
Available only at specific times	33%	54%
Available when child requests	5%	11%
Freely available at all times	24%	18%
Do not have any portable equipment	37%	17%
Children are seated 30 or more minutes at a time:		
1 or more times/day	48%	39%
1-4 times/week	17%	19%
1-2 times/week	7%	15%
Less than once per week or never	29%	27%
Screen time consists of:		
5 or more hours per week	0%	0%
3-4 hours per week	10%	11%
2 hours or less per week	64%	63%
Children rarely or never have screen time	27%	26%

Nutrition	Pre	Post
Drinking water inside:		
Easily available and self serve	59%	74%
Available upon request	41%	25%
Only available during breaks	0%	0%
Drinking water outside:		
Easily available and self serve	60%	75%
Available upon request	40%	25%
Only available during breaks	0%	0%
100% Fruit juice		
2 or more times per day	5%	2%
1 time per day	32%	19%
3-4 times per week	16%	5%
2 times per week or less	44%	59%
Never	4%	15%
Milk served to children 2 years of age and older is		
Skim	2%	2%
1% Milk	74%	96%
2% Milk	23%	2%
Whole Milk	2%	1%
Children serve themselves family style meals	48%	55%
Staff eat with children	97%	95%
Staff consume the same drinks	92%	93%
Staff never eat less healthy foods in front of the children	91%	90%
Support for good nutrition is visibly displayed by		
No posters, pictures of books about healthy food displayed	53%	5%
A few posters, posters, pictures of books about healthy food displayed in a few rooms	32%	74%
Posters, pictures of books about healthy food displayed in most rooms	6%	8%
Posters, pictures of books about healthy food displayed in all rooms	9%	13%

Appendix 2: Survey Responses

Open-ended Questions:

1) If there have been changes in policies or the way you do things with your children in the home/center that have lead to increased physical activity or improved nutrition since the last time you filled out this survey, please tell us about them here.

Survey Responses

Nutrition

- No hemos hecho la comida estilo familiar estamos tratando de hacerlo despacio
- Tratamos de hacer todas las reglas de nutrición.
- Yes we are watching what we eat, we change to 1% MILK, We are not serving juice, and we are eating more vegetables
- Fue muy difícil hacer cambios de leche por los papas pero ahora estamos todos tomando 1%.
- el cambio de la leche que nos requiere el programa de la comida
- Yes we have change to 1% milk for kids 2yrs and older. We limit the amount of juice. We try to do family
- Style meals
- Todos los cambios han sido muy informativos y nos ayudamos para hacerlos. Como las comidas que servimos son más saludables.
- Family style snacks
- Estamos tomando leche 1% y sirviendo comidas en porciones
- We are trying new fruits and vegetables
- jugamos afuera cambio de leche 1%
- We reviewed our snack menu.
- Cambio de leche 1%
- Si hemos hecho cambios de leche jugo y nutrición
- Los cambios de la leche
- Cambiamos a leche 1%
- Comemos cosas nuevas. y los niños le gustan mucho
- We have been serving 1% milk, being more active, and serving nutritious meals
- We are serving 1% milk
- Los niños todavía no se sirven solos pero ya no sirvo tanto jugo, Sirvo leche 1%
- Speaking to the children about what is in their lunches from home and encouraging healthier choices.
- Children enjoy having family style meals. They have conversation about the food they are eating and what they have at home.
- Con el group home nos requieren mas , y los cambios los hicimos debido al reglamento de la comida
- Seguimos un menú de comida nutritiva
- el cambio de la leche 1%
- Si todos hicimos el cambio de la leche a 1%
- Milk change to 1%
- Si hacemos más ejercicio y comemos en porciones
- Si hemos hechos cambios que aprendimos en sirviendo con amor.

-
- nutrición y actividad física
 - Si hemos hecho mucho cambios pero el más difícil es tratar de comer diferentes comidas
 - Si se aprendió mucho de nutrición y actividad física
 - Jugamos y mi menú incluye más comidas sanas
 - Aprendiendo a comer en comidas estilo familiar
 - Mis comidas y menú son planeados. Son con ingredientes sanos y las porciones más medidas. cuando se puede.
 - Si mi menú incluye más verduras y frutas
 - hacer las comidas estilo familiar
 - Cocino diferente comemos con porciones pero con los bebés es diferente
 - Platamos más de comidas saludables
 - Cocino menos comida frita más saludable
 - Todo es más nutritivo
 - Milk to 1%
 - El cambio de la leche menos jugo más actividades de afuera comer verduras y frutas
 - Refined our Family Styles Meals program with the additional plates, serving bowls and serving utensils. ~recetas, de comida saludable
 - Los cambios fueron muy simple la leche un 1% no fue problema el jugo ya no lo servimos tanto
poco la de la leche si tratamos de servir comidas estilo familiar los niños grandes es más fácil, sirvo leche 1% y trato de
 - We have started serving less crackers and more vegetables (i.e. carrots, celery sticks, cucumbers etc.) and we are working on new healthy recipes that include more vegetables and fruits

Physical activity

- MORE STRUCTURED, TEACHER GUIDED OUTSIDE PHYSICAL ACTIVITY
- I enjoy playing with the children outside more, and we walk to a nearby park.
- participo con ellos jugando afuera con los niños más chiquitos
- Mis niños son más activos
- Preschoolers do morning activities based on "Ready Bodies, Learning Minds" by Athena Oden P.T., less t.v. time and more physical activity
- We have a gym teacher once a week.
- I introduce new games and activities that include movement.
- We have increased the amount of teacher led physical activity.
- La actividad física es todos los días.
- Somos más activos
- Hemos tratado de hacer cambios. La actividad física es muy divertida
- y tener más actividad física y nutrición
- More physical activity
- We try to be more active.
- Si vamos más al parque
- Si comemos más saludables y hacemos ejercicio con baile.
- Bailamos mucho
- We do more physical activity and provide parents with ideas on activities.
- We have tried to incorporate a daily class walk before starting outdoor play time.
- Se han hecho más actividades físicas donde las maestras también se envuelven
- Jugamos más afuera.

-
- Yes we are being more active
 - More lead physical activity

Increasing physical activity and improving nutrition

- Depending on weather we do more activities outside. We like to try new fruits.
- Sirvo verduras al vapor más seguido. Salimos a jugar afuera cuando el clima lo permita.
- Pues se aumentado la actividad física y comemos cosas más saludables
- Nutricion y actividad física
- Somos más activos y las comidas sigimos una nutrición sana
- Changing the children to 1% milk and having more physical activity
- Trato de seguir las reglas pero si somos más activos y mi menú es diferente, incluyo comidas con verduras
- We are eating healthy and being more active.
- Los cambios son lo de actividad física y nutrición
- Más activos y comer más comida sana
- Si los cambios que hice yo fueron los de la leche, actividad física y nutrición
- Comemos mas comida sana y somos activos con los niños
- We became more active; we are dancing more and cooking together.
- Hemos cambios de comidas más saludables y somos más activos
- Planeo el menú con mas verduras y frutas.
- Si hemos hecho algunos cambios de leche, jugo, ejercicios, tiempo de pantalla.
- Si nos enfocamos más en la actividad física y nuevos alimentos para los niños,
- We play outside more and we do not drink that juice.
- Si hemos hecho cambios de nutrición, y actividad física
- Llevamos más actividad física que antes y no servimos jugo.
- hacemos actividad física y seguimos una nutrición
- Mido las porciones, sirvo leche 1%, somos más activos
- Yes we change to 1% milk less juice more physical activity and better nutrition
- Mido mis porciones con los niños, practicamos mas actividades físicas
- Tratamos de jugar afuera y toman mucha agua no jugo
- los cambios que se han hecho en el mí cuidado de niños es el de la leche y jugo. La actividad física y nutrición
- el de la leche y que los niños hagan más ejercicios
- Si caminamos al parque. Comemos menos cosas fritas. ya no es tan trabajoso que los ninos coman verduras
- We have been going to a lot of trainings-so we have implemented water with oranges and more physical activities.
- muchos cambios actividad física y nutrición
- si hicimos cambios como la leche 1% como el agua el jugo, la actividad física
- Our menus have always been nutritionally sound with lots of fresh fruits and vegetables. We are also doing self-serve meals in all our classrooms. The teachers plan physical activity for the children both inside and outside and participate with the children. Probably pretty much as last survey in January, just improved all the time.
- Working on changes like milk juice water and nutrition and physical activity.
- De nutrición y actividad física
- Fresh fruits for AM and PM snacks. We have scheduled outdoor activities instead of free play.
- Con mi plan de nutrición lo uso para guiar mi día en el menú y la actividad física.

-
- Los papas están muy contentos con la nuevas ideas que imponemos como las actividades físicas y recetas nutritivas

Challenges

- Si cuando se puede es difícil
- Some of the changes but family style meals are hard with little ones; the older ones do enjoy it more
- We become more healthily and like to be more active, but family style meals are hard with little ones.
- Trato de hacer cambios es un poco difícil con niños chicos
- Es un poco difícil pero hemos hecho cambios requeridos por el programa.
- Se las sirven cuando se puede es un poco difícil
- Si tratamos de hacer cambios pero es difícil
- SI hemos hecho muchos cambios pero no ha sido fácil . Nuestra actividad física a aumentado
- Si hemos aprendido mucho y los cambios de la leche fue lo principal y un poco difícil. La comida los niños
- We try to make changes it has been hard doing family style meals with little ones. But nutrition and physical activity has been a good process

Wellness Policy

- Si hicimos los cambios requeridos por el programa
- We are following a Wellness Policy
- Yes we are following a wellness policy
- Sigo la póliza de bienestar
- Aprendí mucho en las clases de Sirviendo con Amor y trato de enforsar esas reglas.
- Los cambios requeridos por el programa de la comida
- Si lo requerido por el programa
- Si tenemos que seguir, la reglas de bien estar
- Tratamos de seguir las reglas del programa de la comida
- Si los cambios que me pide el programa
- Si seguimos la poliza de bienestar con los niños
- Sigo la reglas del programa y lapoliza de bienestar
- changes required by state
- Si hemos aprendido mucho y hemos tratando de enfocarnos en lo que aprendimos
- Sigimos un poliza de bienestar
- Si las reglas de programa y lo que aprendi en el entrenamiento
- lo que requiere la poliza de bienestar
- Seguir la poliza de bienestar
- I am trying to follow my wellness policy when i can.
- Si seguimos la reglas de la comida
- I follow my guidelines and try to be healthy
- Si tratamos de seguir los requisitos que nos piden
- Adopted wellness policy
- Following nutrition Guidelines and being more active with the kids.
- si los cambios que requiere el programa de la comida
- Lo que nos requiere el programa

Expressed Positivity

- Si hemos hecho cambios.
- Si hemos tenido que hacer cambios
- si algunas cosas si y algunas estamos empezando
- Hemos hechos muchos cambios buenos y todos nos estamos adaptando bien.
- Have included more physical activity

Other

- Yes when possible depending on the age of the child.
- Better documentation, we have been doing this all the time but now include in the lesson plans.
- Our school is working on a health and wellness policy in conjunction with the diocese of Tucson. Our Coordinated Health Program is beginning to work with our classroom, including a recently awarded grant that will provide us with more tools to increase health and wellness of our students.
- Empower Pack
- Accredited by NAEYC

Open-ended Questions:

2) If there have been changes in the physical environment of your home/center that have lead to increased physical activity or improved nutrition since the last time you took this survey, please tell us about them here (e.g. putting in a garden, hanging posters on the wall, new portable play equipment, etc.).

Survey Responses

Physical Activity Equipment

- We received new equipment for outdoor play from our involvement in 1st Things 1st.
- Compramos hoola hoops jump ropes
- Estamos tratando de comprar un equipo de juego infantil
- Built a Gaga pit (Israeli dodge ball) to encourage more physical activity.
- We have not purchased anything big only jump ropes hoola hoops, and balls so we can be more active.
- Additonal portable play equipment
- Queremos poner un equipo de juego portátil
- REDESIGNED PLAY GROUND TO ENCOURAGED MORE RUNNING
- portable play equipment the kids enjoy we have a mat
- The children are enjoying tricycles, gardening and lots of throwing/catching balls
- Use more portable play equipment for physical activity
- Plans are under way for a tricycle track and we should
- Our outdoor space is a second classroom and is constantly changing and evolving to continue to encourage physical activity.
- Yes, we installed a two sided basketball court. As well as included jumping ropes and hula hoops expanded play space
- More free time outdoor equipment has been provided to the children
- Los juegos de actividad física lo hacemos afuera
- Jugamos mucho afuera
- Jugamos afuera con los niños y bailamos
- Tenemos nuevo equipo de juego portátil. Y a los niños les gusta hacer actividad física

Posters

- Tengo posters de frutas y verduras de actividad física
- We have posters on the wall. We do more activities that require being active.
- New books and posters
- Ponemos retratos de frutas y verduras, posters de actividades físicas.
- Hanging more posters on the wall, using the new equipment we rec'd, playing games and singing songs related to good nutrition habits.
- Posters y recetas
- Hanging posters, placing books,
- We are always putting up fresh pictures/posters in the classroom
- Hanging posters.
- Mari has provided us with posters and we use those for them.

Garden

- Added a garden
- ADDED A GARDEN
- Be doing a garden in the near future.
- School Garden
- Added gardening

Physical Activity Practice

- Quiero mas música porque a los niños les gusta bailar
- We are walking and exercising more.
- Vamos al jugar afuera con los niños cuando es posible con la temperatura afuera
- nomas trato que los niños sean más activos
- we dance inside and we play games that require us to be more active
- jugamos afuera con los niños
- Family Style Meals has been incorporated
- Probably, we adjusted amount of juice we were giving during the week to almost nothing.
- We're trying to exercise more and be careful what i serve the children for lunch and snacks
- Si hemos hecho cambios la actividad física es muy divertida
- Tenemos juegos afuera para hacer más activos
- I try to be more active with the kids
- tratamos de jugar más y hacer actividad física
- Actividades de actividad física y jugar afuera
- Yo trato de jugar más con los niños
- I try to become more conscious of how we play and do more physical activity.
- Somos mas activos
- We began to introduce new games with physical activity.
- We are more active and enjoy playing outside
- Jugamos afuera y nos gusta ir al parque
- Nos gusta ir al parque
- We are learning new games to make outside time more active.
- No hemos comprado nada, pero somos más activos
- Hacemos mucho ejercicio con los niños
- Los juegos de actividad física an aumentado jugamos mucho
- Bailamos, brincamos
- El ejercicio es muy importante para nosotros
- tratamos de jugar más y compartir ideas de actividad física
- Hacemos actividad física
- Jugamos mas afuera con los niños
- Tratemos de hacer mas ejercicios, tenemos juegos para hacer actividad física
- Quiero comprar más juegos para afuera
- Caminamos todos los días después de la comida. hacemos actividades afuera más seguido.
- Tenemos más cosas para hacer actividad física
- Los niños juegan afuera más tiempo cuando el tiempo lo permite
- Los niños juegan afuera y les gusta correr brincar, y jugar juegos
- Children are active inside and outside
- We are more active
- Los niños juegan mas y les gusta hacer más activos
- We try to go outside and be more active and eat more healthy

-
- › Tratamos de ser más activos,
 - › We are being more active
 - › We are walking and being more active
 - › Somos mas activos
 - › We are playing jump rope and skipping our way outside, and even doing morning exercise with them has help me on a personal level
 - › Pues jugamos más tratamos de incorporar mas actividades física en el juego.
 - › We encourage children to play different sports and we as teacher we enjoy playing with them.
 - › Hacemos actividad física afuera por 60 minutos o mas durante el dia depende del tiempo
 - › Jugamos afuera, y hemos comido comidas más saludables
 - › Si incluyo mas actividades físicas durante el día
 - › Somos más activos
 - › Si hemos hecho cambios tratamos de hacer más ejercicio
 - › Si somos más activos participo en el juegos de los niños
 - › Los niños les gusta jugar afuera y son muy activos
 - › Tratamos de hacer mas ejercicios la
 - › Salimos a jugar a fuera y si no podemos ir afuera bailamos
 - › Jugamos mucho afuera y hacemos deporte
 - › Los llevo al parque
 - › Juegos de afuera
 - › Somos más activos
 - › Los niños les gusta jugar y ser más activos
 - › Tratamos de ser más activos
 - › Tratamos de jugar más afuera
 - › We are being more active, transition is hard but change is always hard
 - › Trato que los niños sean más activos
 - › Si jugamos mas afuera y camos al parque
 - › Jugamos con los niños más
 - › We try to go outside more.
 - › Los niños son activos
 - › Jugamos afuera y trato que los niños sean más activos
 - › tratamos de hacer mas actividad física
 - › Somos más activos
 - › la actividad física es juego afuera o caminar
 - › jugamos afuera con los niños
 - › Si compramos juguetes que se enfoquen en la actividad física
 - › somos más activos
 - › bailamos tengo fotos de frutas y verduras, jugamos afuera más tiempo.
 - › Jugamos afuera y somos muy activos
 - › La actividad física es algo que nos gusta hacer con los niños.
 - › pues tratamos de informar a los padres para que ellos participen.
 - › tenemos muchas actividades para afuera, y vamos al parque
 - › posters de frutas y verduras
 - › Tratamos de ser más activos y jugar con los niños
 - › hacemos ejercicios
 - › Si, los niños están mas activos en el buen sentido de que juegan mas juntos
 - › Si los niños les gusta jugar, bailar, brincar, y salter, y nos gusta salir afuera
 - › tratamos de jugar más y ser más activos
 - › hacemos ejercicios y bailamos

-
- We take walks together
 - Bailamos jugamos afuera si el tiempo lo permite
 - Vamos al parque
 - We do more activities that teach about physical activity and new healthy foods.
 - We try to be active as possible
 - Todavía no pero los niños son muy activos
 - We have been making small changes but we are being more active we have not bought anything
 - Tratamos de comer verduras y frutas y vamos a caminar.
 - Si la actividad física la hacemos todos no nomás los niños.
 - Jugamos afuera y vamos al parque
 - Jugamos mas afuera

Open-ended Questions:

3) Please list any other accomplishments or actions you've taken to promote good health in your home/center since the last time you completed this survey.

Survey Responses

Personal Changes

- El cambio de leche 1% lo hacemos en mi hogar
- Estoy más consciente de lo que comemos
- We are trying to be more active with my family.
- Si hemos bajado de peso en my familia por que aprendimos a comer en porciones y comida saludable
- Trato de medir mis porciones con mi familia.
- I am working hard to lose weight and this has helped me keep myself active
- Mi familia sigue las mismas reglas
- El cambio que hice yo fue el de la leche. lo hice en mi casa.
- Sigo una dieta de nutrición
- El cambio fue el de la leche 1%. Hice el cambio con mi familia

Materials /Resources

- One of our teachers attended a nutrition workshop and shared resources with parents and staff.
- It has been wonderful to have the Color Me Healthy materials for the children. It has allowed us to enhance the health program which has existed at Adventure Schools over the past several years. Lourdes is wonderful!
- all staff has attended more professional development on Physical Movement
- We now have a Nature Explore certified outdoor classroom.
- Added gardening into the curriculum, reading nutrition books, pumpkin carving and planting, making soup and other cooking activities. Currently discussing with teachers about new nutrition. Talking about celebrating healthier holidays. Encouraging physical activity with games. Talking to children about how to redirect their energy by going outside to run. They are building obstacle courses. Talking to Am and PM staff about encouraging physical activity.
- Nutrition and physical activity workshops
- We have had 2 presentations to the class, one on taking care of our teeth, and one on hand washing.

Evaluation/performance measures

- AmeriCorps members have performance measures to increase activity level of children and reduce or prevent childhood obesity.
- The accreditation and following of the guideline of NAEYC
- We are weighing and measuring their height.

Parental involvement

-
- Talking to parents more about healthy habits
 - Hablo con los papas para que traten de servir comidas sanas en casa.
 - Parent meetings on health and nutrition, given alternate choices for celebrations

Other

- Meals are more relaxed and enjoyed by all
- Tratamos de jugar más con los niños
- Reviso mi recetas haber que puedo servir más saludable.
- El cambio leche 1%
- Estudiamos los diferentes comidas
- Todo los cambios desde la leche y el jugo y el agua nos an ayudado mucho
- My children enjoy playing outside more and trying new things.
- We have change to 1 % milk less juice and TV
- Estamos siguiendo una póliza de bienestar
- My children are eating more vegetables
- We are helping children pick new fruits and vegetables.
- La leche 1%
- Todo trato de hacer con los niños
- Estamos empezando a comer más saludable y tomamos leche 1%
- We have created a wellness policy for children
- We are trying to be more active with my family.
- Eating together, talking about food and why it is healthy
- Aprendí y trato de hacer lo mismo con mi familia
- Nos enfocamos más en lo físico y las porciones que comemos.
- Cambio de leche
- We enjoy eating different fruits and vegetables and we write about it and draw them.
- Reviso lo que le sirvo a los niños, trato de servir comidas más saludables
- Children acknowledge the healthy meals
- Children try new foods
- El cambio de la leche 1%
- Trato de servir comidas saludables
- Meals are more relaxed and enjoyed by all
- La actividad física y nutrición es más importante por nuestra salud.
- I have put up posters and information of healthy foods and physical activity.
- Mi familia y yo somos más activos
- Pues trato de practicar todo lo que me enseñaron
- Comemos mejor pero las verduras son difíciles para algunos niños
- N/A
- El menú incluye mas comidas saludables como el pescado y carnes blancas
- Hacemos dieta y comemos más saludable
- Tratamos de comer más sanamente
- pues tratamos de comer más verduras y frutas y comidas saludables
- Nos enfocamos en hacer cambios saludables.
- Reviso mi menú
- Sirvo más nuevas frutas y verduras. No tengo miedo que los niños las rechacen.
- Nos gusta cocinar juntos y comemos más frutas y verduras
- Estamos aprendiendo a cocinar saludablemente.
- Hablo con los papas para que traten de servir comidas sanas en casa.
- El cambio de leche y jugo no televisión, y más actividad física

-
- Comemos mas frutas y verduras
 - Children enjoy picking new fruits and vegetables
 - Trying to eat better and healthier
 - Nutrition and physical activity workshops
 - El cambio de la leche 1%
 - We teach each other how we can be healthier.
 - Nos gusta cocinar juntos.
 - We are trying to become conscious of what we eat
 - I am careful of what i serve the children, and be aware of what they eat
 - Cambio de leche 1%
 - Las frutas y verduras nuevas son introducidas con juegos variados
 - Sampling more and varied fruits and vegetables during our snack time.
 - We have more conversations with children. We learn where our mael's came from. We are learn to said thank you and please more.
 - Los niños ya saben que somos más activos y jugamos mas
 - We have used some of the activities introduced by the training team.
 - Teachers are interacting with children more during outside play
 - Tratamos de caminar todos los días
 - Me fijo más en las porciones que sirvo a mis niños y a mi familia
 - Si el cambio de leche y lo que requiere la póliza de bienestar
 - Hacemos más actividades juntas
 - Trato de hacer lo que me pide el programa por el bien de los niños en mi cuidado
 - Los cambios que me pidió el programa
 - En mi casa tratamos de seguir las mismas reglas
 - Cambiamos a leche 15
 - El cambio de la leche 1% no jugó no televisión
 - El cambio de leche a 1%
 - ES DIFICIL CONTESTAR ESTA ES LA PRIMERA VEZ Q RELLENO ESTA ENCUESTA PERO SI SIEMPRE TRATAMS DE SERVIR ENSALAD TODO LOS DIAS
 - El cambio de la leche y el jugo
 - La leche 1%
 - Comemos cosas nutritivas
 - Los cambios de nutrición nos ayudan mucho
 - Todo lo que aprendimos en los talleres lo estamos tratando de implementar
 - Comemos sanos
 - I am becoming more aware of what we eat.
 - Mis menú's ya no incluyen tanta comida frita.
 - Cocino diferente
 - Si hemos hecho muchos cambios pero lo de la leche
 - Los cambios requeridos por el programa como la leche 1%
 - We try to teach our parents healthy habits and ideas.
 - Comemos comidas nutritivas
 - Tratar comidas nuevas
 - Tratamos de hacer lo mejor posible
 - El cambio de la leche
 - Estamos tomando leche 1%
 - Comer más frutas y verduras
 - Si la forma que cocino es diferente
 - medimos las porciones de la comida
 - Incluyo a mi familia en más actividad física y comemos lo mismo que los niños.

-
- cambio de leche 1%
 - Nuestro menú a cambiado radicalmente nuestras comidas son más saludables en la casa y en el cuidado de niños
 - Bailamos mucho y vamos al parque.
 - Tratamos de practicar lo que practico con los niños con mi familia
 - El cambio de comer en porciones y tratar de aprender a comer en estilo familiar
 - Somos más activos y seguimos unas reglas de nutrición
 - tratamos de ir a hacer actividades más activas
 - El que los niños se sirvan la comida y ayuden a poner la mesa, le ha gustado
 - Reviso mis recetas
 - Somos más activos y tomamos leche 1%
 - Nos gusta ir al parque
 - We are learning about healthy foods and portions
 - el cambio del jugo de leche, televisión, nutrición, agua, comidas estilo familiar es un poco difícil
 - We send out the color me healthy news each month with our family newsletter.
 - Tratamos nuevas frutas y verduras
 - I think that children notice that we are eating more vegetables and that we spend more time outside
 - We are working on changes. It is hard to follow some of the changes depending on the age of the child.
 - La leche y comer más frutas y verduras
 - We have change to 1% milk with childcare and my family as well
 - mi familia me ayuda a ser más saludable
 - Learning to be more healthily and playing outside more.
 - We are open to constantly improving our center.
 - My children ask me to go to the park more.
 - La leche a un 1%
 - Making new foods
 - Hemos disfrutado todos los talleres y las ideas que no dan en el programa.
 - Encourage staff, children, and families to change habits.
 - Just trying to reinforce good habits we've taught, such as hand washing, nutrition, etc.
 - Comer más frutas y verduras
 - Trato de servir comidas más saludables y sin grasa
 - Conversations around the meals have been more targeted on good health and children initiate these topics as well.
 - I enjoy being active with the children
 - Teaching the children about healthy and non healthy foods, and why.
 - El cambio de nutrición y actividad física
 - EMPOWER package has been enforced. A news letter to the parents to know the expectations.
 - Planned in offering water on lesson plans to ensure all the classes were doing it not just a few, especially the older children teachers were expecting them to just get water and not have to remind.
 - The preschool kids are now charting daily their fruits and veg--based on the color.
 - We change to 1% milk and I don't serve that much juice
 - De tratar de aprender a comer con porciones
 - Nuestra familia nos ayuda hacer cambios
 - We are sending out a letter to the parents, so they can come to participate at lunch, using family style.
 - I'm in process to get a garden at home and kid will be visit and take care the garden....

-
- Sigo todas las reglas
 - We try to go to the park more.
 - We are a part of the YMCA where we promote youth development, healthy living, and social responsibility throughout our center!
 - Me fijo mas en lo que hago de comer
 - Comemos comidas saludables