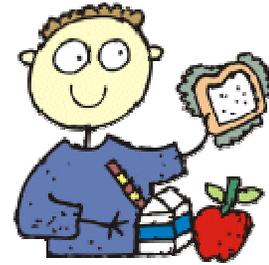


Nutrition and Physical Activity in Child Care and Afterschool Settings

Administration for Children and Families, Child Care Bureau



Examples of Nutrition and Physical Activity Strategies and Resources

Program Strategies in Action

VERB: It's What You Do (Centers for Disease Control and Prevention)

VERB is a national campaign that promotes social norms that support physical activity and portray fitness as fun and healthy. *VERB* provides activities for teachers, parents, and child care providers to encourage kids ages 9-13 (tweens) to keep moving every day.

<http://www.cdc.gov/youthcampaign/>

Power of Choice (U.S. Department of Agriculture)

Intended for after school programs, this curriculum provides program leaders with activities and resources targeted at young adolescents. The purpose is to educate on the benefits of leading a healthy lifestyle by helping youth make decisions about healthy eating and regular fitness.

http://www.fns.usda.gov/tn/resources/power_of_choice.html

We Can! Ways to Enhance Children's Activity & Nutrition (National Institutes of Health)

We Can! is a national public outreach program to encourage healthy weights for children. In addition to community and youth outreach, *We Can!* provides resources to educate parents about how they can support healthy choices and educate their children about the importance of good nutrition.

Policy Strategies in Action

Massachusetts Office of Child Care Services (OCCS): Healthy Kids Move

In 2002, the OCCS collaborated with the Harvard School of Public Health and Massachusetts Department of Education's USDA Nutrition Education Program to develop *Healthy Kids Move*, a training curriculum to educate child care providers on the state's new health-related licensing requirements. The six-hour training and 150-page manual instruct child care providers and other youth-serving professionals on relevant statistics, physical developmental milestones, and proper nutrition. *Healthy Kids Move* offers information on incorporating physical activity into children's days and healthy nutrition habits into meals and snacks. It also provides information on how to adapt activities for children with special needs, share strategies with families, and observe if physical activity and nutrition guidance impact the health of the children in the program. OCCS has conducted train-the-trainer sessions with all Child Care Resource and Referral agencies in the state, who are in turn training the child care community. www.qualitychildcare.org

Children's Hunger Alliance of Ohio

The Children's Hunger Alliance, a non-profit entity working in Ohio, provides technical assistance and support to help eligible afterschool and child care programs access U.S. Department of Agriculture nutrition funding. They also provide resources to help programs include nutrition and physical activity in afterschool and child care settings.

<http://www.childrenshungeralliance.org>

Creative Finance Strategies in Action

Steps to a Healthier US (U.S. Department of Health and Human Services)

This initiative is designed to help Americans, and especially children, live longer, better quality, healthier lives. One primary goal is the improvement of personal health and fitness by being physically active, eating a nutritious diet, getting preventative screenings, and making healthy choices regarding alcohol, drugs, tobacco, and safety. In FY 2003, \$15 million was given to 23 communities to support innovative, community-based programs. In FY 2004, the amount was increased to \$44 million.

<http://www.healthierus.gov>

Carol M. White Physical Education Program (U.S. Department of Education)

Through discretionary/project grants this program provides funding support to local education agencies and community-based organizations such as after school programs for children k-12. Monies support innovative approaches to promote the benefits of health and physical activity among youth. The program also provides funding for training and education for teachers and staff, as well as equipment and support.

<http://www.ed.gov/programs/whitephysed/index.html>

Additional Resources

Fit Source (Administration for Children and Families)

Fit Source is an interactive Web site for child care and afterschool providers. It allows providers to easily search for a variety of physical activity and nutrition resources by age, topic, and keyword. Topics on the site include: games and activities, lesson plans, healthy recipes, information for parents, campaigns, funding strategies, informational resources, and Spanish language Web sites.

<http://nccic.org/fitsource>

Promoting Fitness and Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers (Administration for Children and Families and The Finance Project)

This is a forthcoming publication from the Child Care Bureau's Afterschool Investments Project, will highlight creative strategies being implemented in communities throughout the county to promote healthy lifestyles for children and youth in afterschool settings. This strategy brief outlines the important role that afterschool programs can play in efforts to prevent childhood obesity and includes ideas for incorporating nutrition and fitness into afterschool programming, strategies for financing these efforts, and examples of policies that can support and encourage the afterschool community's endeavors to steer children toward healthy choices.

<http://www.financeproject.org>

Promoting Nutrition and Physical Activity in Child Care Settings Speaker's Kit (Administration for Children and Families)

This kit is intended for program administrators, directors, TA providers, and others who are interested in promoting proper nutrition and physical activity in child care and afterschool settings. The kit includes Power Point slides, speaker's notes, and handouts. It is available on the Fit Source Web site for anyone to download and adapt according to the needs of their audience.

<http://nccic.org/fitsource>