

Workshop Handouts

Contents

1) Outline for Presenters

- a. Talking points for the workshop
- b. Copy of the presentation notes that accompany the slides in the PowerPoint.

2) Handouts for Trainees

Keys to Success

- ⇒ **Work closely with the staff to adapt the workshops to their context and preferred approach**
- ⇒ **For instance, framing the discussion in terms of “healthy habits for life” may be more appropriate than “obesity”**
- ⇒ **Keep your workshop(s) interactive with lots of discussion**
- ⇒ **Work with Program schedules, but try to find uninterrupted time**

CHILDHOOD OBESITY WORKSHOP

(NOTE: Bold Headings are MATCHED to the Slide Numbers in Presentation)

Overview

- a. Obesity is increasing in America, especially among children.
- b. Obesity is caused by many factors, some of which we can't control, but many of which we can.
- c. Childhood obesity puts these kids at an increased risk for health problems later in life.
- d. Child care is an ideal setting to teach children healthy habits and combat childhood obesity.

1) Title: Childhood Obesity and Healthy Weight

- a) Welcome and introductions. Possibly do a quick activity such as stretching or something to get the group interacted and ready to participate.
- b) This is the first workshop in a series of workshops about preventing childhood overweight.
- c) This workshop will introduce you to the issue of obesity and how it is affecting children at young ages, and how you can help. It will be followed by workshops on healthy eating and physical activity.

2) Objectives

- a. Describe the problem of overweight in 2 to 5 year old children
- b. List the possible consequences of being overweight as a young child.
- c. Describe the role of the child care environment and of the child care staff in helping to prevent overweight in children.
- d. List some ways in which your child care facility can help children eat healthier and get more activity

5) Measuring the Problem

How do we know what healthy weight is?

6) BMI for Age: Growth Chart

- a) BMI is found on each side of this chart
 - b) Age is found along the bottom of the chart
- CLICK to see an explanation of healthy weight, overweight and obesity**
- c) The green wave shows the range of BMI that would place a child from 2 years to 20 years of age in the healthy weight percentile
 - d) The yellow wave shows the range of BMI that would place a child from 2 years to 20 years of age in the overweight percentile.
 - e) The red wave shows the range of BMI that would place a child from 2 years to 20 years of age in the obese percentile.

7) Overweight Children in Michigan

- a) The Pediatric Nutrition Surveillance System (PedNSS) is a surveillance system that monitors the nutritional status of low-income infants and children in federally funded maternal and child health programs (i.e. WIC).
- b) This graphic shows the number of low-income children age 2-5 who are overweight throughout our state.
- c) The darkly-shaded counties reflect higher rates of overweight among Michigan's low-income infants and children.
- d) With childhood poverty at 23% in Michigan and 28% or more in 20 out of 83, this is a good snapshot of how this problem is affecting our state.

8) Obese Children in Michigan

9-11) “Early Childhood Obesity Prevention” fact sheet

12) Childhood Obesity and Chronic Disease

- a) Children in this generation are dealing with adult health problems like:
 - i) Abnormal Glucose tolerance/Type 2 Diabetes
 - ii) High Blood Pressure
 - iii) High blood fats – diagnosed in 70% of overweight children
- b) These things all have something in common: These are serious health problems that can be prevented by eating healthy foods and staying active.
- c) There are racial disparities with these statistics with some children being more affected by Type 2 diabetes.
 - i) 3% of Hispanic Males and 40% of African American males born in 2000 are estimated to develop Type 2 diabetes.
 - ii) 53% of Hispanic females and 49% of African American females born in 2000. These statistics alone are alarming.

13) Childhood Obesity and Chronic Disease

Who are these kids born in the year 2000?

14) Kids Born in the year 2000 are our 5th and 6th graders!

Who are these kids born in the year 2000?

15) Childhood Obesity and Chronic Disease

- a) Go into any classroom around the country and put them into three equal groups.
- b) This is a serious problem since Type 2 diabetes is shown to shorten a lifespan by 11-14 years if diagnosed at age 40. We don't have to accept this though. We can do something about it.

16) Obesity-Related Expenditure in Michigan (ANIMATED)

- a) In 2008, medical costs for adult obesity estimated at \$3.1 billion.
- b) If adult obesity rates continue to rise, Michigan is estimated to **spend** \$12.5 billion in health care costs for obesity in 2018. *Source: American Health Rankings*

18) Tying it all Together: Let's Review

NOTE: EACH TIME A “LET’S REVIEW” SLIDE APPEARS IT WILL ADD BULLETS TO BUILD UPON WHAT WE HAVE LEARNED

The data in the first bullet is data from Michigan DHS WIC program.

20) Factors that affect obesity

- a) **CLICK** Biology: genes

- i) There are factors that aren't within our control.
- ii) Some people use food more efficiently and others are more prone to gain weight.
- iii) Some people have health conditions that restrict activity or require medications that cause changes in appetite or weight gain.
- b) **CLICK** Behaviors: diet and physical activity
 - i) There are many more factors that we can control, including what we eat, how active we are and how we interact with each other around food.
 - ii) As little as 100 calories per day can cause a person to gain weight. It is important to make sure you compensate with physical activity to create a balance between energy in and energy out.
- c) **CLICK** Environments: social and physical

The environments where we live, learn, work and play either hinder or encourage healthy behaviors.

22) The Socio-Economic Model

- a) The Socio-Economic Model can help us understand and change the various social and environmental factors that affect our health.
- b) Research has shown that behavior change is more likely to last when the individual AND his or her entire environment undergo change simultaneously.
- c) For change to occur at the interpersonal level (where we interact with each other) and at the individual level (where we make our own choices), environmental and systems supports must be present. **CLICK**
- d) Another way to look at it is that the healthy choice should ALWAYS be the EASY choice everywhere we live, learn, work and play.

24) Brainstorm (Interactive Slide)

Experts link eating nutritious food, engaging in daily age-appropriate physical activities, and limited screen time to maintaining a healthy weight in children. *Source: CFOC "Preventing Childhood Obesity in Early Care and Education Programs"*

26) Healthy Food and Beverages

Healthy Food and Beverages are nutrient rich (See list for examples)

27) MyPlate

- a) Food availability is the key element to a healthy food environment.
- b) People eat what is most accessible.
- c) A food environment is less healthy if:
 - i) Clean drinking water is inaccessible.
 - ii) Low fat dairy is not offered.
 - iii) Fruit and vegetables are not good quality
 - iv) Foods and drinks that are packed with added sugar, solid fat, and sodium are often more attractive, cheaper and more available than healthier choices, like fruits and vegetables.

28) The Food Environment

When kids miss out on key food groups or nutrients it deprives them of essential nutrients they need for optimal learning

29) “Early Childhood Obesity Prevention” fact sheet

Here’s an example from your fact sheet to illustrate

- a) Making water readily available throughout the day, especially self-serve, is an easy environmental change that can make a difference.
- b) You can find the best practice for ensuring that children in your care receive proper hydration on the back of your fact sheet.

30) Physical Inactivity

Another major factor that makes it harder to be healthy is a lack of opportunities, lack of safe options and supports for active lifestyles.

32) What is Physical Activity?

Physical Activity is any body movement that works your muscles and requires more energy than resting.

33) “Early Childhood Obesity Prevention” fact sheet (Front)

Let’s take another look at the “Early Childhood Obesity Prevention” fact sheet...

- a) Developing child care programs that include 60 minutes of physical activity daily for children ages 12 months and up in a full-day program is a feasible policy change that will get kids moving.
- b) On the back-side of your fact sheet, you will see “how”.

34) “Early Childhood Obesity Prevention” fact sheet (Back)

35) “Early Childhood Obesity Prevention” fact sheet (Front)

Another active tip: Child care providers who avoid TV viewing for children under 2 and limit screen-time for children 2 and up have more time in the day for active play.

36) “Early Childhood Obesity Prevention” fact sheet (Back)

37) Tying it all Together: Let’s Review

NOTE: EACH TIME A “LET’S REVIEW” SLIDE APPEARS IT WILL ADD BULLETS TO BUILD UPON WHAT WE HAVE LEARNED

39) Let’s Move Child Care

- a) Obesity prevention in early childhood is a national movement.
- b) Read the First Lady’s quote...

40) Brainstorm (Interactive Slide)

41) The Obesity Prevention Champion

NO BRAINER!!!

Child care providers are advocates for healthy children!!!

42) Caring for Michigan's Children

- a) More than 4,500 licensed child care centers with the capacity to serve >300,000 children.
- b) More than 7,000 licensed family and group child care homes with the capacity to serve >60,000 children.
- c) Unlicensed, subsidized providers care for >40,000 of Michigan's children.
- d) This comes out to more than 20,000 dedicated to providing quality child care services!!! That's a lot of us to have a great impact!

44) Tying it all Together: Let's Review

NOTE: EACH TIME A "LET'S REVIEW" SLIDE APPEARS IT WILL ADD BULLETS TO BUILD UPON WHAT WE HAVE LEARNED

45) WIIFM?

- a) Is anyone familiar with this acronym? **"What's in it for Me?"**
- b) Don't be embarrassed if you are asking yourself this question. Child care is your business and your passion, and you are OBLIGATED to weigh cost and benefit when you are considering making changes.
- c) A commitment to serve healthier foods and promote physical activity at every age is a win-win situation for your agency, your facility, your staff and the families and children you serve.

46) YOU CAN BE A CHAMPION FOR HEALTHY CHOICES

- a) You're on the front lines — from infancy on up.
- b) You have a powerful opportunity to instill healthy habits and make positive lifestyle changes in kids right now — as their bodies and brains are growing and before they start developing unhealthy food preferences and habits that are hard to break.
- c) Policies are marketing tools – they illustrate to families your commitment to the well-being of the children in your care.

47) YOU CAN BE A ROLE MODEL

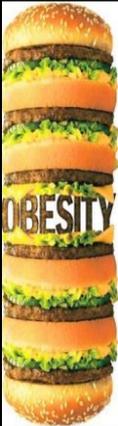
- a) When children see the grown-ups in their lives eating healthy and being active — and enjoying it — they're far more likely to do the same.
- b) When you serve nutritious foods and make physical activity a top priority at every age and stage, chances are, the kids will start asking for the same wholesome foods and fun activities at home.
- c) You might find that these changes are just as good for you, too!

48) YOU CAN BE A PARTNER IN PARENTING

- a) When moms and dads drop off their children, they know you're helping their little ones' brains and bodies grow up healthy.
- b) You can work together as a team to promote the importance of healthy lifestyles in their children's early development.
- c) You're helping to raise them and keep them safe, happy, and healthy just like their parents do at home.

49) IT'S EASIER THAN YOU THINK

Serving healthy foods and beverages and incorporating physical activity into kids' regular schedules often just means finding and using creative ways to feed kids and let them move their growing little bodies — inside and outside.



Childhood Obesity and Healthy Weight



WORKSHOP OBJECTIVES

- Describe the problem of obesity in 2 to 5 year old children.
- List the possible consequences of being obese as a young child.
- Describe the role of the child care environment and of child care staff in helping to prevent obesity in children.
- List some ways in which their child care facility can help children eat healthier and get more activity.



Should We Be Concerned?



"Some experts warn that this is the first generation that will have a shorter life expectancy than their parents."

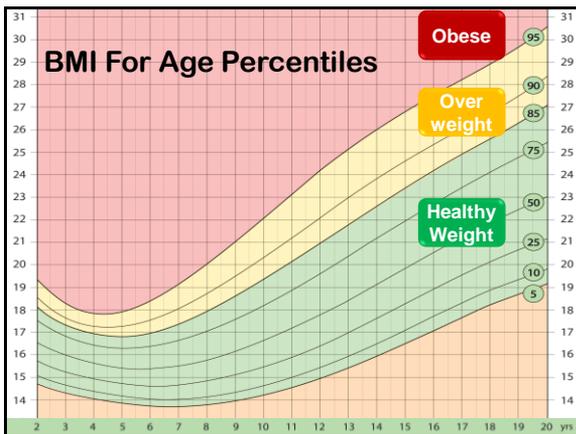
Institute of Medicine



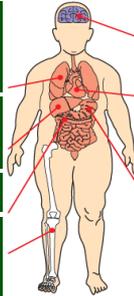
Measuring the Problem

- Body Mass Index (BMI) is used as a screening tool to identify possible weight problems for children.
- A child's BMI is calculated from their height and weight measurements, just like adults.
- This number is then plotted on a growth chart based on the child's age and sex to determine their BMI percentile.





Obesity and Chronic Disease



Pulmonary Exercise Intolerance Sleep Apnea Asthma	Neurological Pseudotumor Cerebri
Gastrointestinal Gallstones Gastro-esophageal Reflux Liver Disease	Cardiovascular High Blood Pressure High Cholesterol Chronic Inflammation
Renal Glomerulosclerosis	Endocrine Insulin Resistance Impaired Glucose Tolerance Diabetes Type 2 Precocious Puberty Polycystic Ovarian Syndrome
Musculoskeletal Slipped Capital Femoral Ankle Injuries Tibia Vera (Knock Knees) Flat Feet	Psychosocial Poor self-esteem Depression Stigmatization

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Obesity and Chronic Disease

Let's think about the numbers and stats and try to make them real:

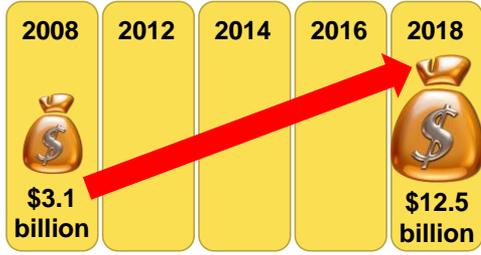
1 in 3 children born in 2000 will develop Type 2 Diabetes in their lifetime.

So who are these kids born in 2000?





Obesity-Related Expenditure in Michigan



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The Future promise of any nation can be directly measured by the present prospects of its youth.

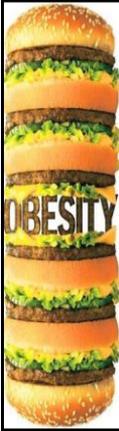
~ John F. Kennedy, February 14, 1963



Let's Review...

- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Overweight and obesity have long term physical and mental health consequences.
- Michigan children are in crisis.





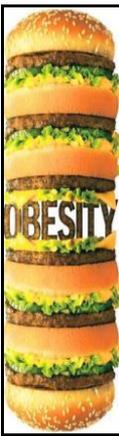
What can we do?



What Factors Affect Obesity?

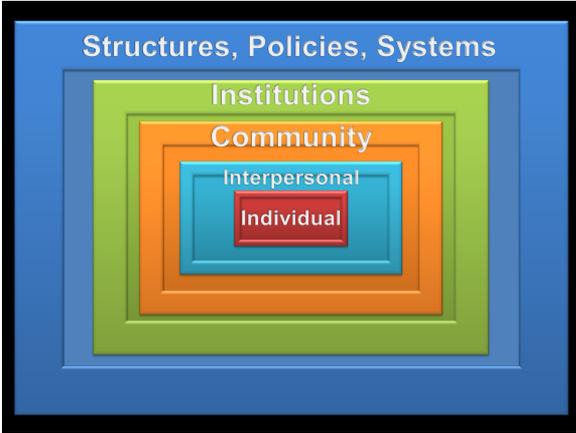
-  Our Genes...Not the **BLUE** ones!
-  What we do or don't do related to health
-  Where we live, learn, work and play

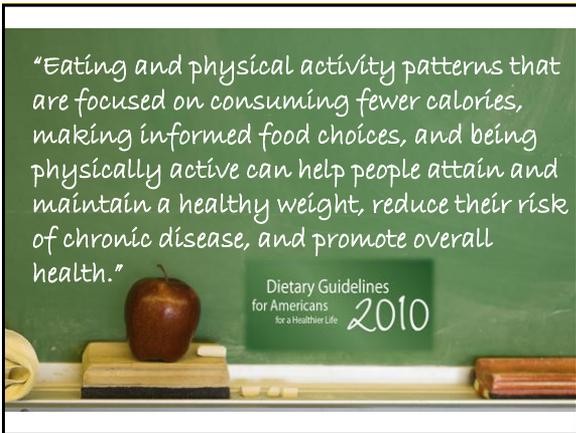




Let's Focus on What
WE
Can Change



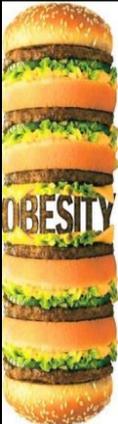




Brainstorm

What factors in the environment make it harder for us to eat smart and move more?





**Eating Smart:
What are Healthy
Food and
Beverages?**

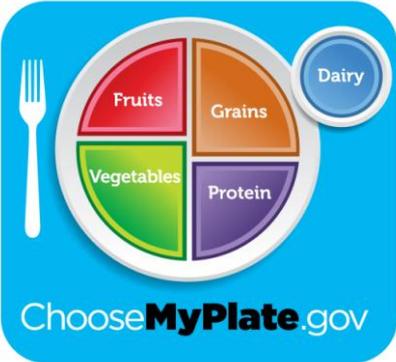


The Food Environment

Healthy Food and Beverages are nutrient rich:

- Colorful Fruits and Vegetables
- Whole Grains
- Low-fat Dairy
- Beans and Legumes
- Nuts
- Lean meats





Choose **MyPlate**.gov

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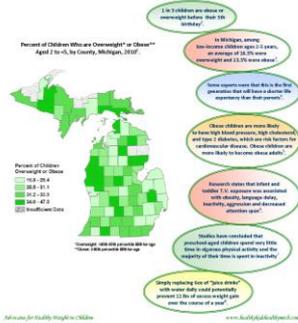
The Food Environment

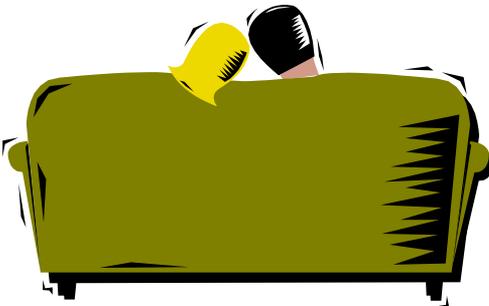
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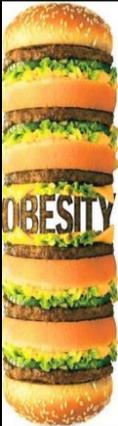


Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention
Health Risks Now and Later for Obese and Overweight Children







Move More: What is Physical Activity?



Moving More

Physical Activity is any body movement that works your muscles and requires more energy than resting.



The 2008 Physical Activity Guidelines for Americans



Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention

Health Risks Now and Later for Obese and Overweight Children

Percent of Children Who are Overweight* or Obese**
Aged 2 to 5, by County, Michigan, 2010*



- 1 in 3 children are obese or overweight before their 5th birthday.
- In Michigan, among two-to-five children aged 2 to 5, an average of 21.2% were overweight and 11.7% were obese.
- More opportunities that allow for the next generation that will have a better life experience than their parents.
- Obese children are more likely to have the adult problems: high cholesterol and type 2 diabetes, which are the basis for cardiovascular disease. These children are more likely to become obese adults.
- Research shows that obese and overweight 10-year-olds are associated with obesity, depression, anxiety, low self-esteem, aggression and decreased academic achievement.
- Health care providers that promote physical activity and the importance of being active to parents.
- Simply replacing one of "junk foods" with more fiber could potentially prevent 12 lbs of excess weight gain over the course of a year!

Adapted from Healthy Weight in Children

Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention

Early learning and care settings, including both child care centers and informal care, present tremendous opportunities to prevent obesity by making an impact at a pivotal phase in children's lives¹. Nationally, over 62% of preschoolers with working mothers are in some form of child care², with those aged 3-6 spending an average of 24.8 hours per week in childcare centers³. Michigan has approximately 4,470 licensed childcare centers with a capacity of 294,362 children⁴.








Michigan is working to change policies in licensed child care centers to reduce childhood obesity in preschoolers.



Strengthening nutrition standards specific to beverages⁵ to include:

- Serving skim or 1% milk after age 2.
- Limiting 100% fruit juice, and
- Providing access to self-serve drinking water

Increasing required daily physical activity to a minimum of 60 minutes per day⁶ through:

- Teacher-lead activities
- Free, active play
- Requiring annual physical activity education for child care providers

Limiting television, video and computer time⁷.

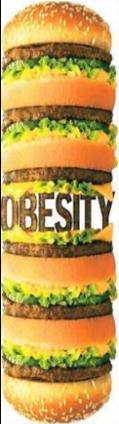
- To a maximum of 60 minutes a day for children 2 and older

31

Let's Review...

- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Being overweight is a risk to physical and mental health.
- Michigan children are in crisis.
- Poor nutrition and physical inactivity contribute to weight gain.
- Healthy lifestyle behaviors are formed early in life.





What Does This Mean for Child Care Providers?



National Movement



"This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."

— First Lady Michelle Obama

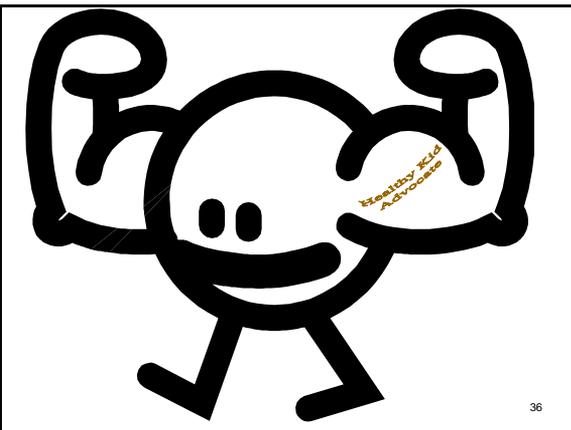


Brainstorm

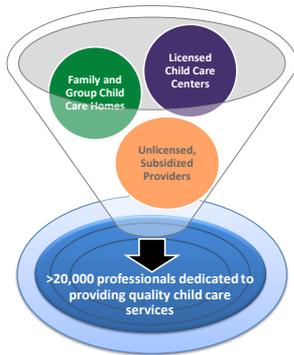
What is the role of child care?

What can you do to prevent obesity in preschoolers?





Caring for Michigan's Children



37

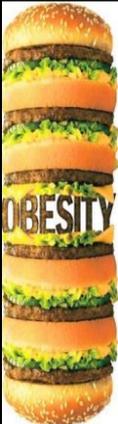
"For many children, child care serves as a home-away-from-home and has the potential to positively influence their health."
University of North Carolina



Let's Review...

- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Being overweight is a risk to physical and mental health
- Michigan children are in crisis.
- Poor nutrition and physical inactivity contribute to weight gain
- Healthy lifestyle behaviors are formed early in life.
- Child care providers play an important role in keeping children healthy and forming healthy lifestyle habits

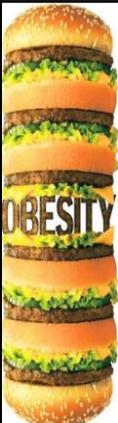




OBESITY

WIIFM?

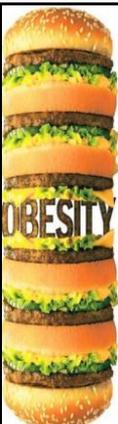




OBESITY

YOU CAN BE A
CHAMPION FOR
HEALTHY CHOICES

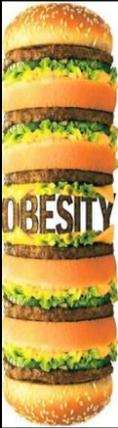




OBESITY

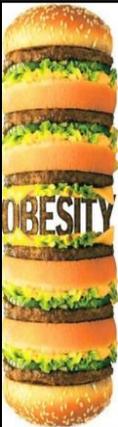
YOU CAN BE A
ROLE MODEL





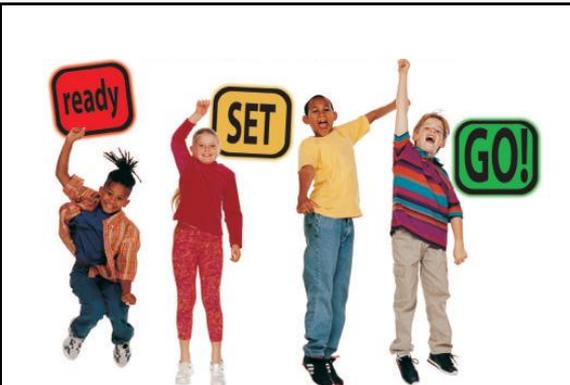
YOU CAN BE A
PARTNER IN
PARENTING



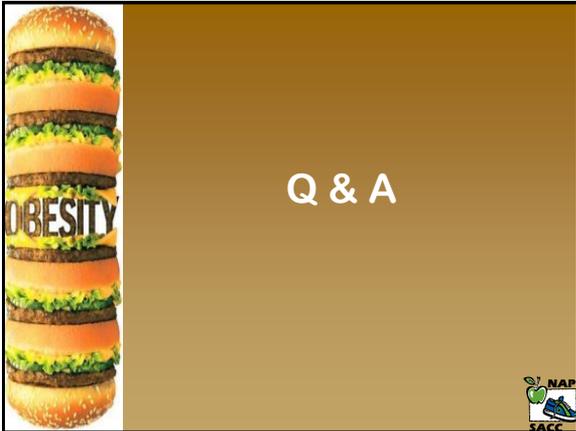


IT'S EASIER THAN
YOU THINK





Play Read Learn Write Run Dream





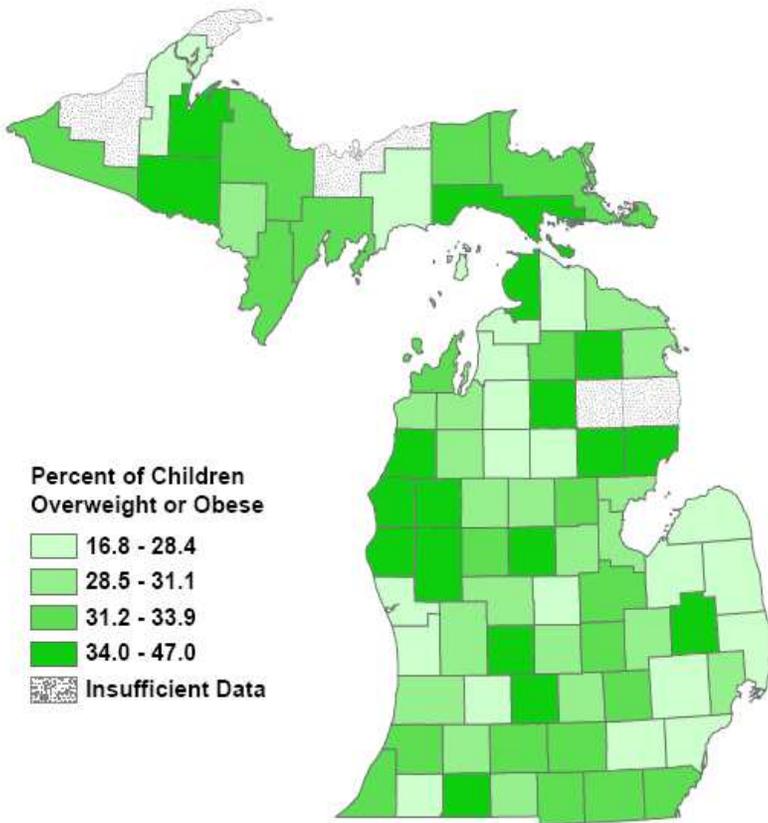


Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention

Health Risks Now and Later for Obese and Overweight Children

Percent of Children Who are Overweight* or Obese**
Aged 2 to <5, by County, Michigan, 2010¹.



*Overweight: >85th-95th percentile BMI-for-age
**Obese: ≥95th percentile BMI-for-age

1 in 3 children are obese or overweight before their 5th birthday².

In Michigan, among low-income children ages 2-5 years, an average of 16.3% were overweight and 13.3% were obese³.

Some experts warn that this is the first generation that will have a shorter life expectancy than their parents⁴.

Obese children are more likely to have high blood pressure, high cholesterol, and type 2 diabetes, which are risk factors for cardiovascular disease. Obese children are more likely to become obese adults⁵.

Research states that infant and toddler T.V. exposure was associated with obesity, language delay, inactivity, aggression and decreased attention span⁶.

Studies have concluded that preschool-aged children spend very little time in vigorous physical activity and the majority of their time is spent in inactivity⁷.

Simply replacing 6oz of "juice drinks" with water daily could potentially prevent 11 lbs of excess weight gain over the course of a year⁸.

Healthy Kids, Healthy Michigan



Early Childhood Obesity Prevention

Early learning and care settings, including both child care centers and informal care, present tremendous opportunities to prevent obesity by making an impact at a pivotal phase in children's lives⁹. Nationally, over 62% of preschoolers with working mothers are in some form of child care¹⁰, with those aged 3-6 spending an average of 24.8 hours per week in childcare centers¹¹. **Michigan has approximately 4,470 licensed childcare centers with a capacity of 294,362 children¹².**



Michigan is working to change policies in licensed child care centers to reduce childhood obesity in preschoolers.



Strengthening nutrition standards specific to beverages¹³ to include:

- Serving skim or 1% milk after age 2,
- Limiting 100% fruit juice, and
- Providing access to self-serve drinking water

Increasing required daily physical activity to a minimum of 60 minutes per day¹⁴ through:

- Teacher-lead activities
- Free, active play
- Requiring annual physical activity education for child care providers

Limiting television, video and computer time¹⁵.

- To a maximum of 60 minutes a day for children 2 and older

References

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