



Michigan Nutrition, Physical Activity and Obesity Prevention

Pilot Programs in

Hartford Detroit Head Start Centers

2008-2009



Head Start Funded by the U.S. Department of Health & Human Services
Through the City of Detroit Department of Human Services

Pilot Program Funded by the Centers for Disease Control & Prevention
Division of Nutrition, Physical Activity & Obesity





Overview of
Michigan Nutrition, Physical Activity and Obesity Prevention
Pilot Programs in
Hartford Detroit Head Start Centers: 2008-2009



In the United States, one out of every four children 2-5 years old is now either overweight or obese. A startling 60% of overweight children 5-10 years of age already have at least one risk factor for heart disease (such as high cholesterol, high triglycerides, or high blood pressure). However, child care can play a critical role, since 56% of three- to six-year-olds attend center-based child care and spend a significant portion of their time in this environment.

UNIQUE MICHIGAN PARTNERSHIP

Michigan Department of Community Health (MDCH), funded by Centers for Disease Control and Prevention (CDC) Division of Nutrition, Physical Activity and Obesity (DNPAO), has partnered with the National Kidney Foundation of Michigan (NKFM) and the Hartford Head Start Program in Detroit, Michigan, to reach preschool-age children with chronic disease prevention programs. NKFM has already been in a working relationship with the Hartford Head Start Agency, an agency that has shown leadership in implementing health behavior programs. The Hartford Head Start Agency serves 999 children ages 2-5, 98% of whom are African American. MDCH is partnering with Head Start and NKFM to bring an evidence-based policy and environment change intervention to the preschool setting to complement existing behavior change programs.

GOALS

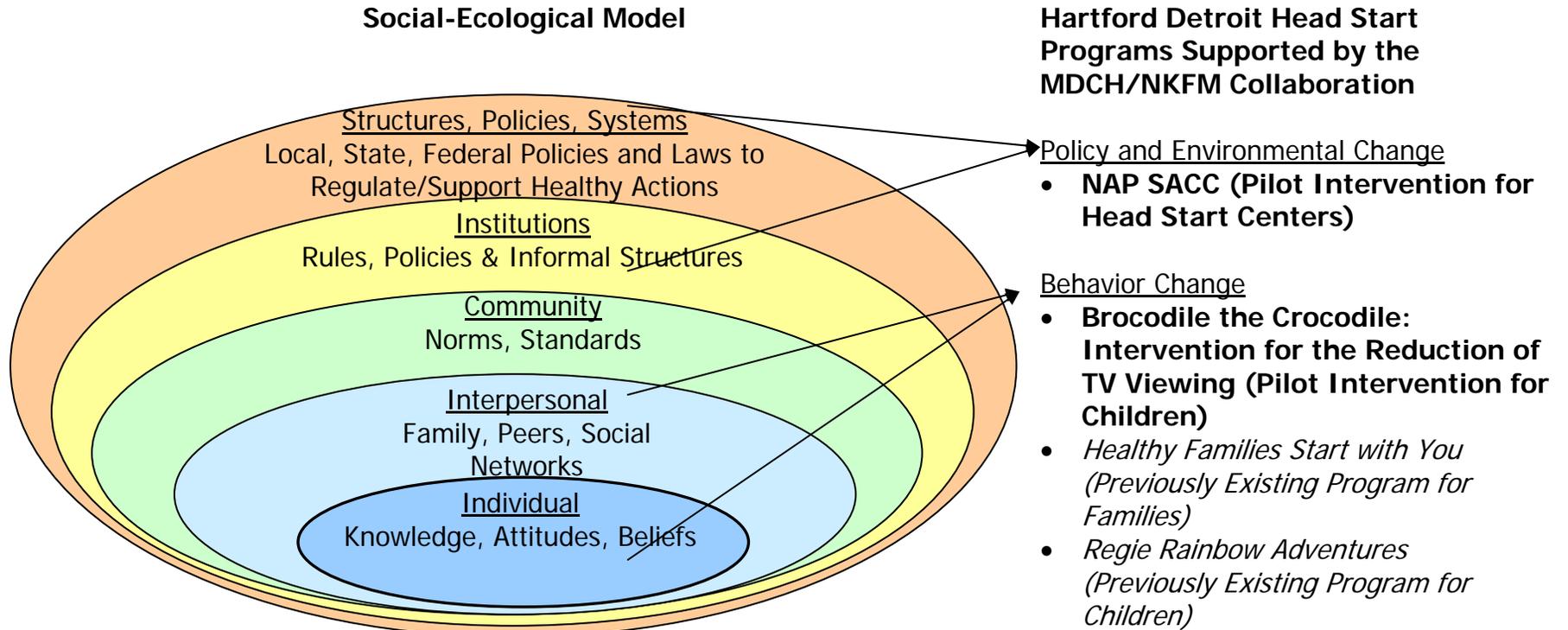
The partnership between MDCH, NKFM, and Head Start will contribute toward the following Michigan Nutrition, Physical Activity and Obesity Prevention (NPAO) Program goals:

- Increase the number of state and local policies that support healthy eating and physical activity to reduce obesity among children in disparate communities.
- Increase the number of policy and environmental supports and social and behavioral programs for healthy eating and physical activity targeting African Americans to reduce health disparities in Michigan.

STRATEGY:

Combining Evidence-Based Programs to Address All Levels of the Social-Ecological Model

MDCH is partnering with Head Start and NKFM to bring an evidence-based policy and environment change intervention to the preschool setting to complement existing behavior change programs.



NEW

PILOT PROGRAMS



Center Intervention: Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC)

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is an evidence-based intervention developed in North Carolina and recommended by the CDC. Michigan is piloting this intervention in the Hartford Head Start Centers in Detroit as the first phase of roll-out throughout the state. The goal of NAP SACC is “to assist child care facilities in improving their nutrition and physical activity environments, including policies and practices, for the prevention of obesity in preschool age children.” The intervention is comprised of five components:

- 1. Self-Assessment:** First, a self-assessment instrument is used to assess center nutrition and physical activity policies, practices, and overall environment.
- 2. Action Planning:** MDCH and NKFM then work with Head Start Agency Staff and Center Administrators to develop an action plan to improve areas of concern.
- 3. Workshop Delivery:** Five free continuing education workshops are provided to center staff, covering the following topics: The Health of Our Children, Nutrition for Young Children, Physical Activity for Young Children, Staff Health and Wellness, and Working with Families.
- 4. Targeted Technical Assistance:** Throughout the process, training and technical assistance are provided by MDCH to NKFM and Head Start to develop and implement the Action Plan focusing on policy and environment changes based on the Self-Assessment Findings.
- 5. Evaluate, Revise and Repeat:** At the end of the year, the nutrition and physical activity environment and policies at the Head Start Centers are re-assessed, the program is evaluated, and repeated applying the lessons learned.

NPAO Objective: By June 29, 2009, MDCH will contract with the National Kidney Foundation of Michigan to pilot the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) intervention in 10 Detroit Head Start Centers.

Progress toward Meeting the Objective:

- MDCH provided an orientation to the NAP SACC intervention and the Hartford Head Start Agency committed to pilot the intervention by giving agency staff approval.
- MDCH delivered NAP SACC and Brocodile the Crocodile training for providers of technical assistance to NKFM staff.

- MDCH and NKFM provided an orientation to the Hartford Head Start Center Administrators.
- All 12 Head Start Centers agreed to pilot the intervention, surpassing the goal of 10 Centers.
- Head Start Agency Staff and Center Administrators completed Self-Assessments in 12 Head Start Centers; NKFM provided technical assistance.
- MDCH and NKFM facilitated an Action Planning Meeting where Hartford Head Start Agency Staff and Center Administrators reviewed and discussed the results of the Self-Assessments and identified priority goals.
- Action Plans have been developed in 12 Head Start Centers.
- Environment and policy changes have been made by 12 Hartford Detroit Head Start Centers according to the Action Plans developed by the staff. All seven goals in the Action Plan have been met by all 12 Centers.



Child Intervention: Brocodile the Crocodile (Reduction of TV Viewing)

Brocodile the Crocodile is an evidence-based intervention used in child care centers to help reduce children's TV-viewing at home. It was piloted in New York as Brocodile the Crocodile and further developed into New York's state-wide Fit 5 Kids curriculum used in Head Start centers to promote healthy eating and physical activity. The curriculum includes sessions that cover a span of seven weeks, incorporating reduction of TV viewing messages into creative lessons in language arts, math, movement and songs, arts and crafts, and health and science.

Each of the intervention's seven sessions consists of the following:

1. A 30-minute musical activity
2. A 10-minute snack
3. A 20-minute interactive education component

Take-home materials for parents and parent-child activities are included to provide alternatives to TV-watching at home.

NPAO Objective: By June 29, 2009, 10 Head Start preschool sites in Detroit will have implemented evidence-based behavioral interventions to reduce television viewing.

Progress toward Meeting the Objective:

- MDCH delivered NAP SACC and Brocodile the Crocodile training for providers of technical assistance to NKFM staff
- MDCH and NKFM provided an orientation to the Hartford Head Start Center Administrators.
- Teachers in 11 Head Start Centers agreed to pilot the intervention, surpassing the goal of 10 Centers.
- The intervention is being implemented in the spring of 2009, following the completion of the Regie's Rainbow Adventure program.

PREVIOUSLY EXISTING PROGRAMS



Parent Intervention: Healthy Families Start with You (Nutrition and Physical Activity)

The *Healthy Families Start with You* Program involves training staff members to have “health chats” with family members, during which they provide information about the connection between nutrition, physical activity, and chronic disease prevention to the family members and encourage them to adopt healthier behaviors. A cookbook, resource guide, measuring cups, pedometers, and several other tools and materials aid staff in stimulating positive health behavior changes. In addition, NKFM offers educational classes to families that address overweight and obesity. As part of the classes, families have planted herbs, participated in healthy cooking demonstrations, taken field trips to the local farmers market, one on a grocery store tour, and participated in weekly hustle classes.



Child Intervention: Regie's Rainbow Adventure (Nutrition and Physical Activity)

The *Regie's Rainbow Adventure* program is a curriculum that emphasizes eating fruits and vegetables that are the colors of the rainbow. Teachers are given six stories to read, each focusing on a different color. The plot for each story centers on Regie Rainbow Man, a superhero who must travel to various food islands and eat healthy foods of a particular color to earn his power stripe. Along the way, Regie learns about manners and sharing while facing great opposition and temptation. Children also create healthy snacks, sing songs, enjoy riddles and play games related to the book. Parents receive the stories and are encouraged to experience the joy of reading with their child while teaching them the importance of eating healthy and engaging in physical activity.



Partners Collaborating on Existing Programs:

The Hartford Head Start Agency, the Michigan Department of Community Health (MDCH), the National Kidney Foundation of Michigan (NKFM), and the Southeast Diabetes Outreach Network (SEMDON)

CONTACT INFORMATION

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