



Creating a Healthy Environment in Sacramento County, CA

Overview

Continuing Development Inc. (CDI) is a non-profit statewide childcare agency and CACFP sponsor in California. They provide a healthy environment for children and staff by setting a high standard for the quality of food served through participation in the Child Care Food Program, by facilitating physical activity daily, and by integrating Nutrition/Health education in their training. With funding from the Sacramento First 5 Association, CDI partnered with the California Department of Education to develop and implement the Learning for Parents and Children Together (PACT) nutrition education/physical activity curriculum for seven low income preschool centers in Sacramento County. In addition, child care center staff received training based on CDI developed "Healthy Environment Guidelines" that includes tip sheets and focuses on healthy role modeling.

Position Statement for Nutrition and Physical Activity of All CDI Centers in California

- **Food**
 - Have Healthy Food Choices for all agency-wide staff activities, events at centers, fundraisers
 - Encourage Healthy Food Choices for Family and Community events
- **Physical Activity**
 - Opportunities for consistent activity for children and staff daily for a minimum of 30 minutes
 - Center will be equipped with developmentally appropriate and safe equipment for the specific ages of children Education and Curriculum

Learning for Parents and Children Together Project – Sacramento County Only

- **Goals**
 - Prevent childhood obesity through family-based education strategies
 - Enhance school readiness in the context of nutrition education
- **Logistics**
 - Implemented in seven Sacramento County based centers serving low-income preschoolers
 - Training conducted by CDI Nutritionists
- **Workshop Design – Four A's**
 - **A**nchor-learner's own experience
 - **A**dd-content told in dialogue
 - **A**pply-time for practice
 - **A**way-take home the learning

Workshop Agenda Example: Sense-able Meals		
Parent Part	Child Part	Family Part
Anchor : remembering favorite childhood meals	Child Activity based on five senses	Healthy meal served
Add : guidelines for healthy meals	Varied at each center	Reading "My Five Senses" book together
Apply : Select recipe from <i>Network</i> cookbook that appeals to you		Take Aways : book, cookbook
Away : One Idea at home		

Sacramento County Childcare Staff Training

- **Goals**
 - Childcare staff will learn to be good role models who know
 - the importance of good nutrition and exercise and
 - how to incorporate healthier practices into the center environment and child curriculum

Sacramento County Successes

- Encouraging role modeling was successful with a higher incidence of
 - Parents/child eating together
 - Parents/child reading the book together
- The work shops were highly attended and received requests for more workshops
- Childcare staff were highly involved

Lessons Learned

- Make sure to have staff on hand to translate Spanish
- Center staff would have preferred a template to teach child nutrition education

Funding and Partners for the Sacramento County Initiative Only

- The PACT project received primary funding from the Sacramento First 5 Commission. First 5 Commissions exist in every California county and are funded by the state tobacco tax.
- Continuing Development Incorporated partnered with the Nutrition Services Division under the California Department of Education to write the grant proposal, planning and logistics for the Learning for Parents and Children Together PACT initiative.
- The California Department of Education is also part of the Champions for Change-*California Network for a Healthy California*
 - The *Network* represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity.

- Champions for Change receives federal funding from USDA Supplemental Nutrition Assistance Program (SNAP) Nutrition Education money. SNAP is formerly known as Food Stamps.
- Through the *Network*, CDI received resources such as cookbooks for giveaways and incentives

Future

- In response to center staff request, will create a nutrition module for teachers as a resource for teaching child nutrition education at all centers
- Increase physical activity standards at centers

For more information, contact

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