



Celebrating 20 years of Growing Quality

ABC Child Care Program



ABC GROW HEALTHY LEVEL B STANDARDS

BEVERLY HUNTER, SC DSS
MISTY PEARSON, SC DHEC

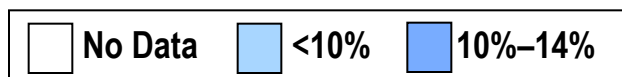
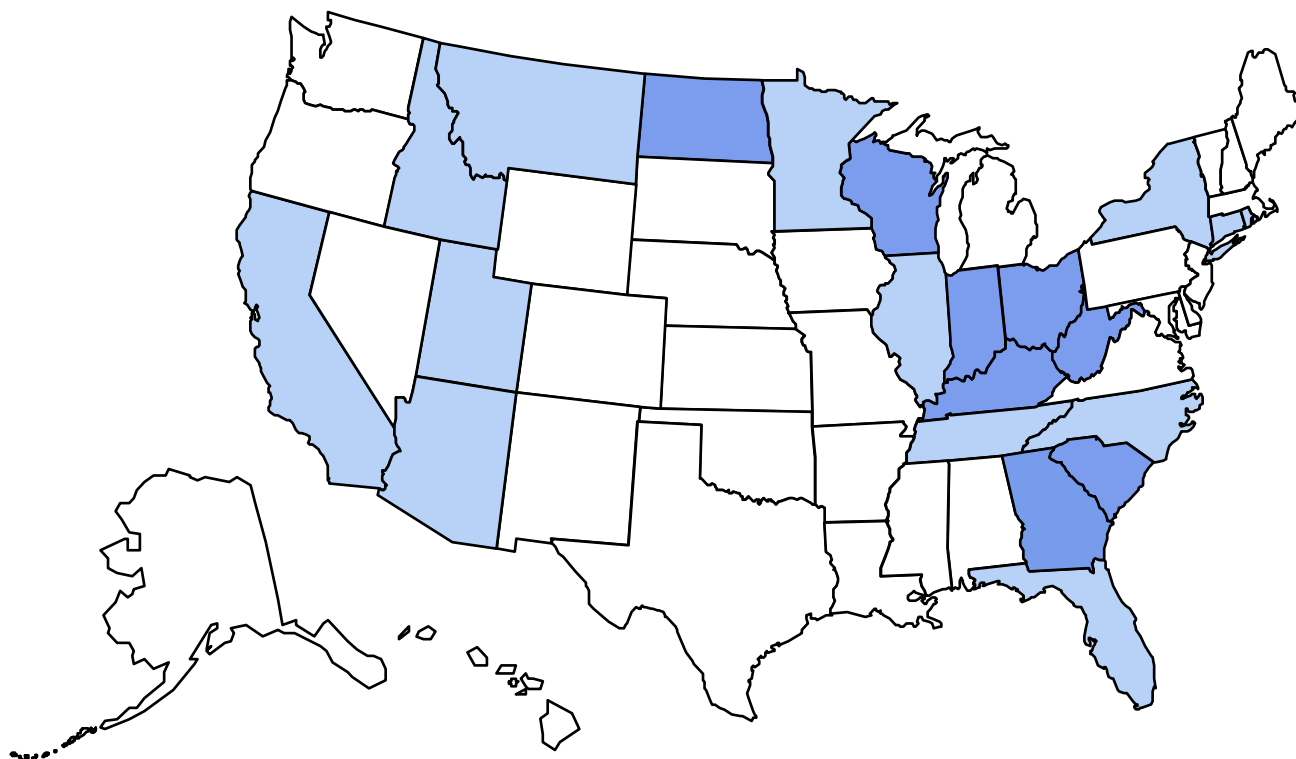
The South Carolina
Department Of Social Services
ABC Child Care Program



OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 1985

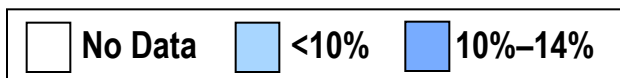
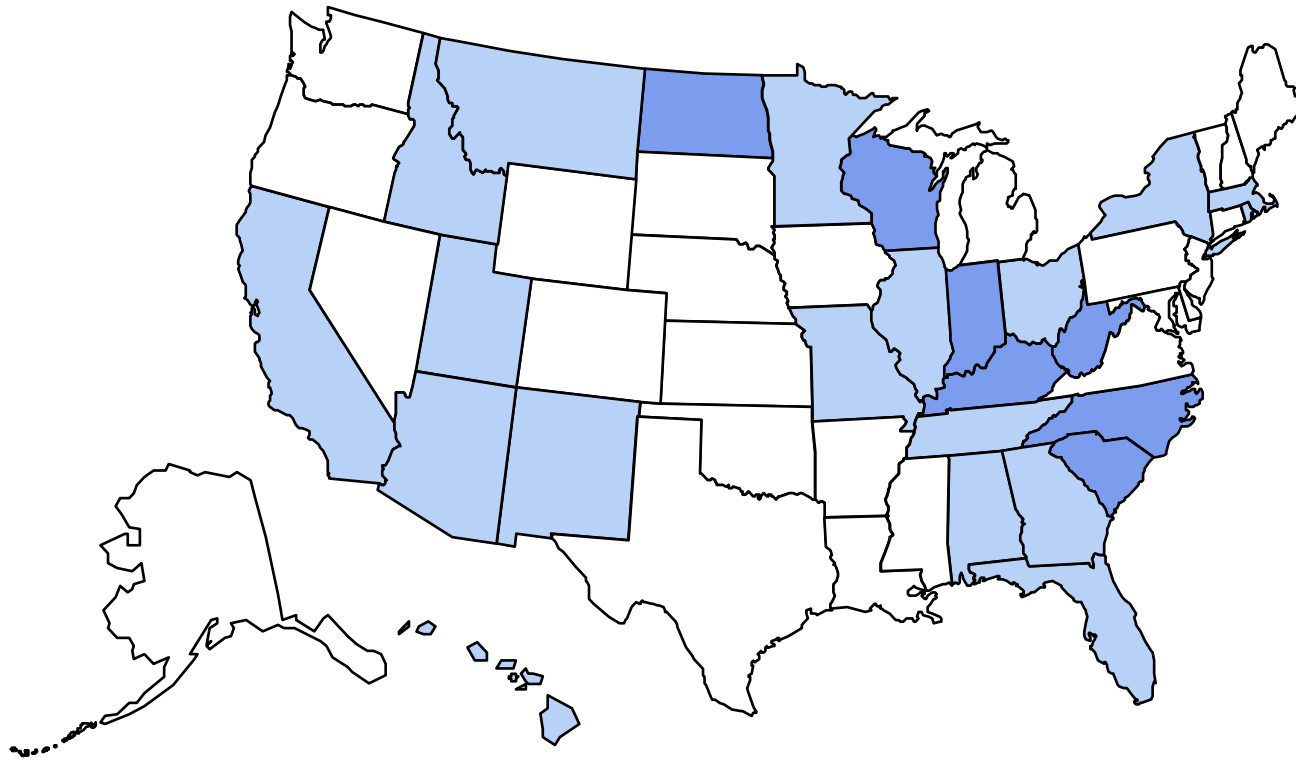
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BRFSS, 1986

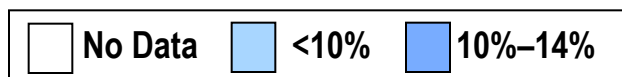
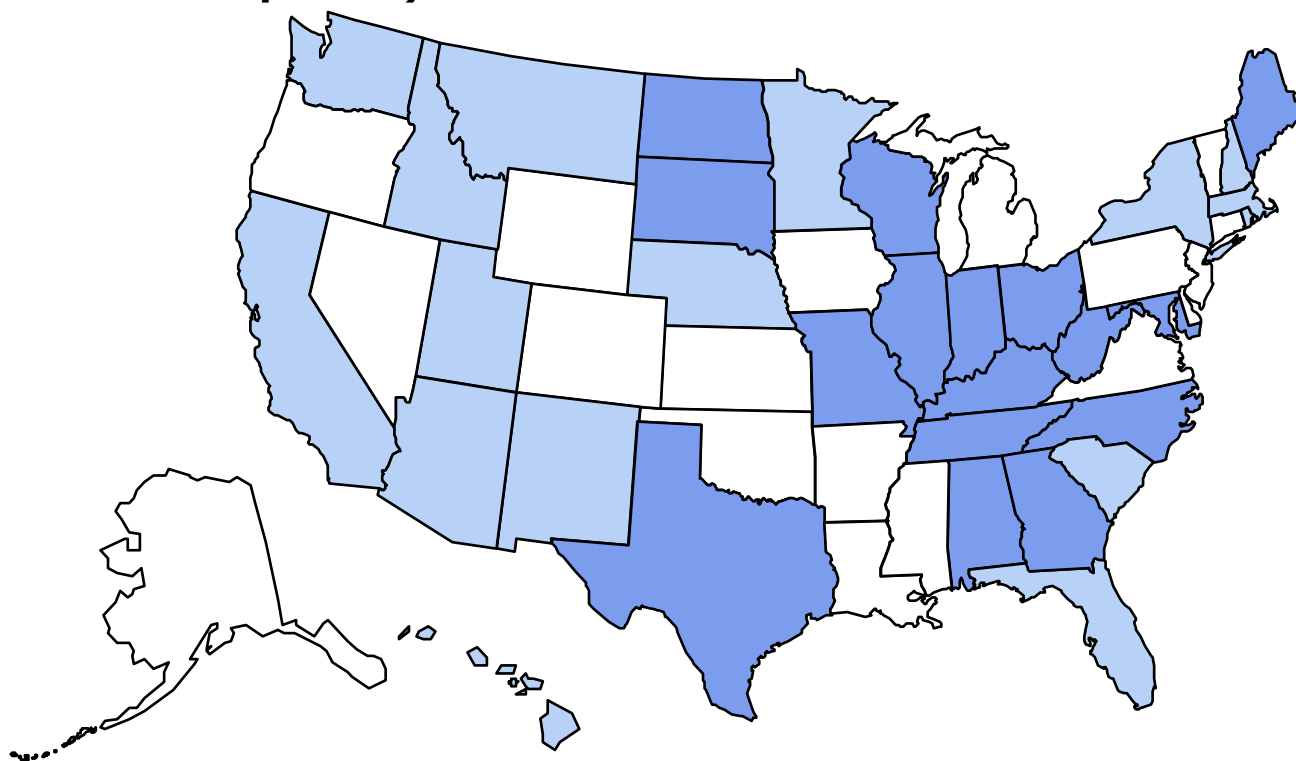
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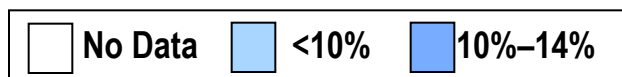
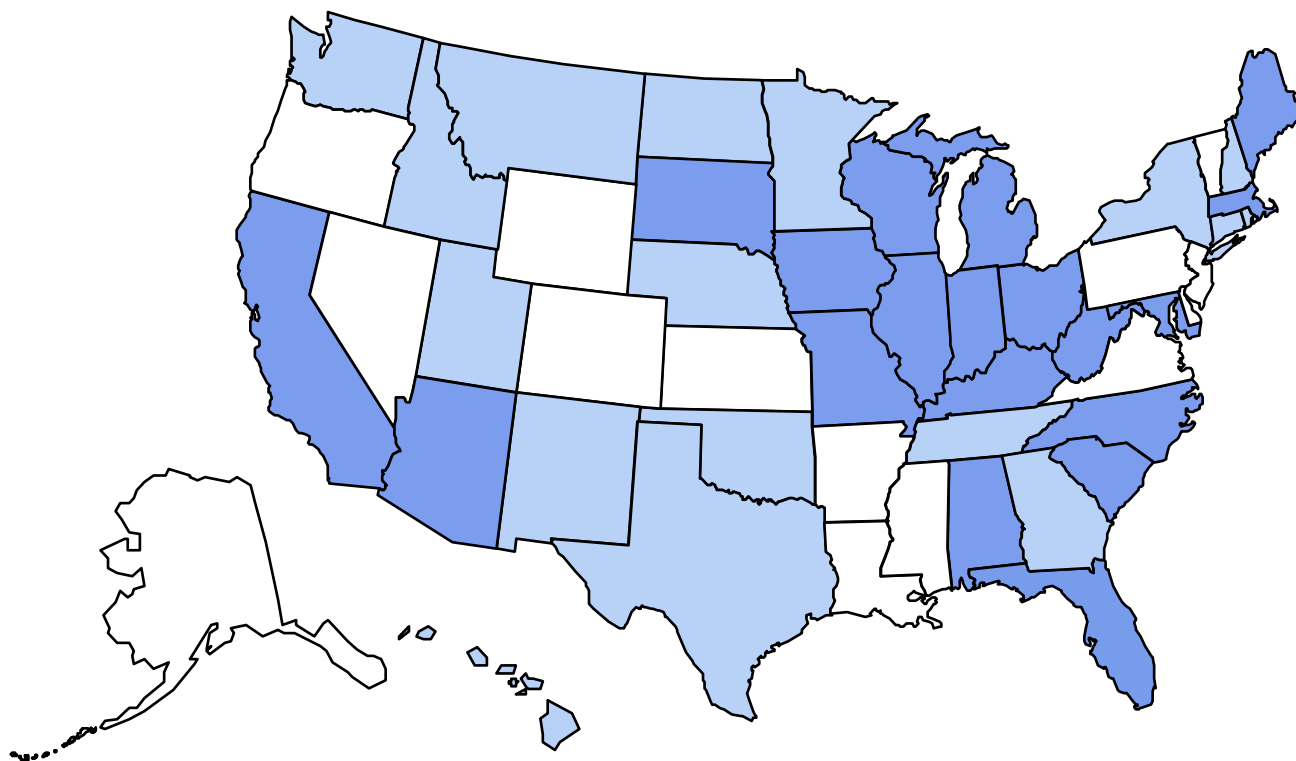
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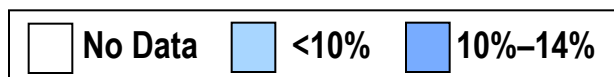
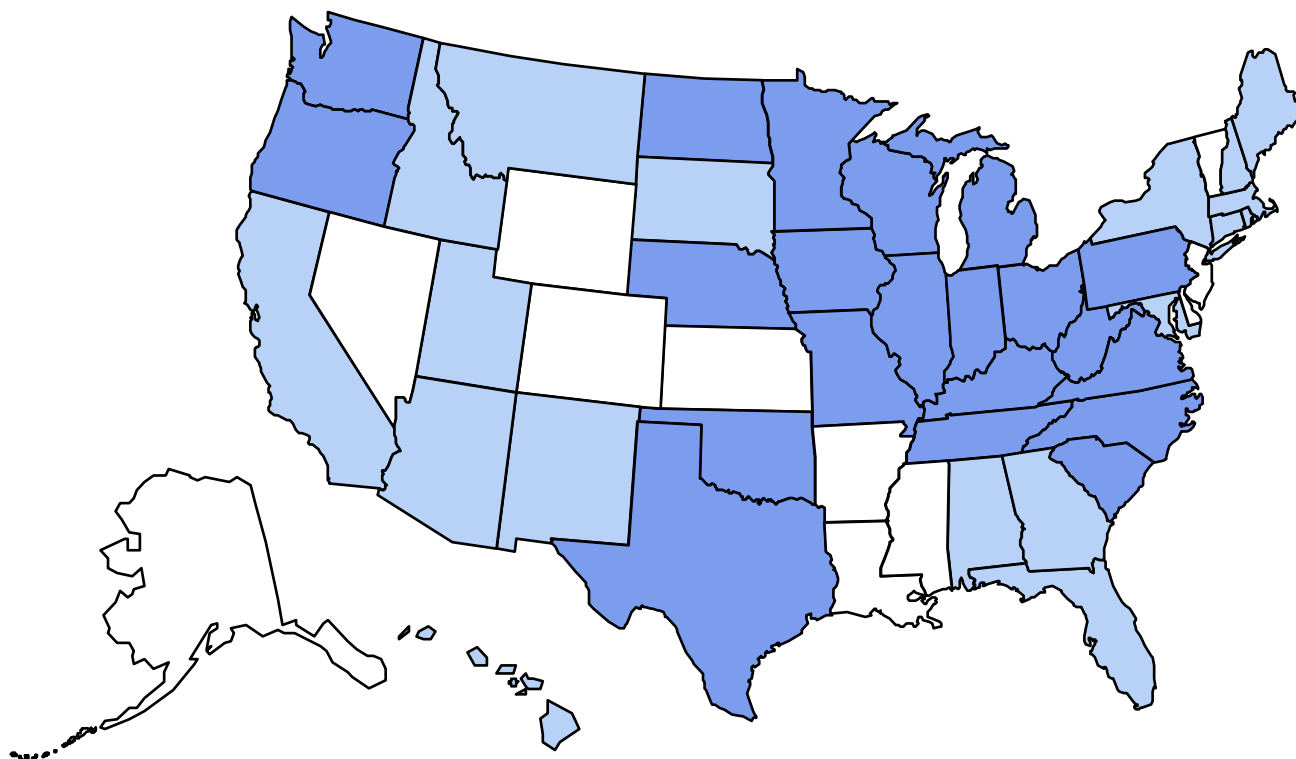
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 1989

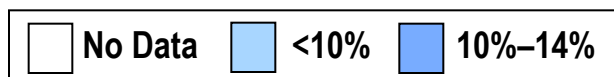
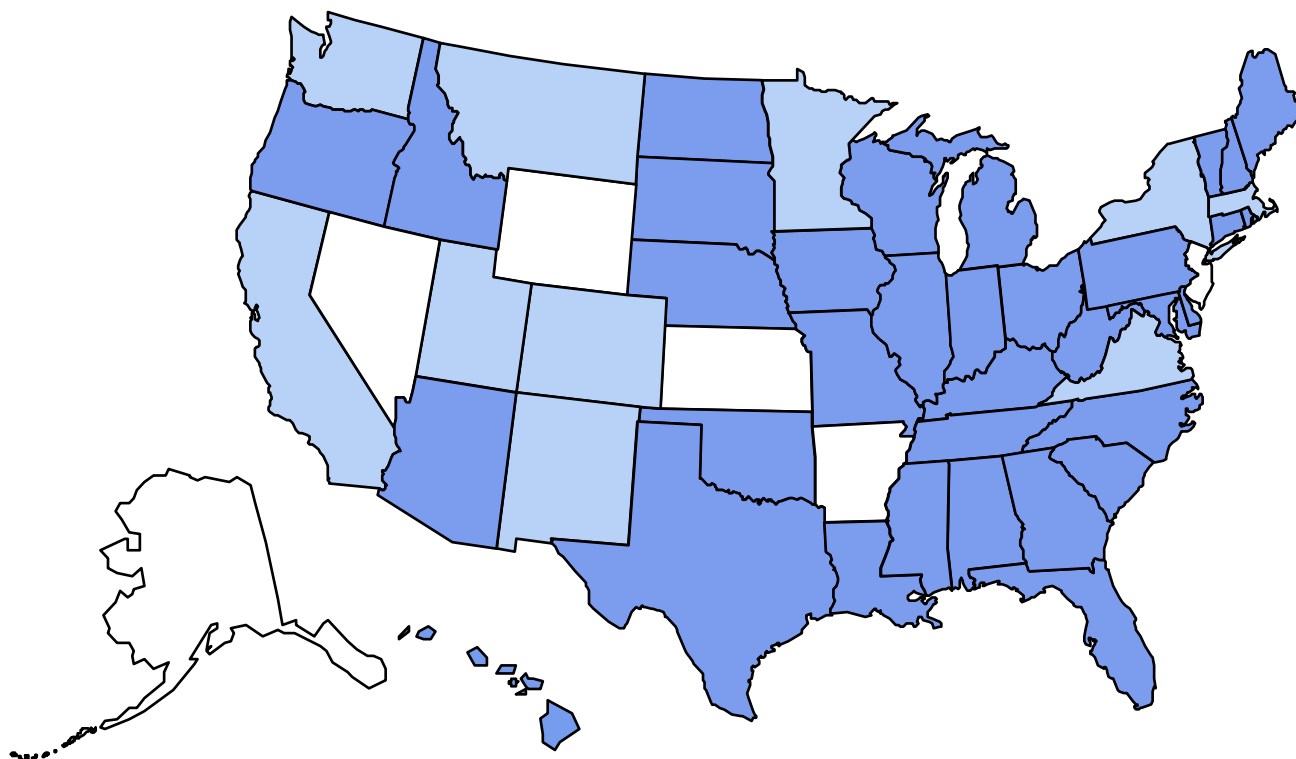
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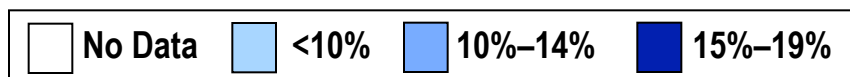
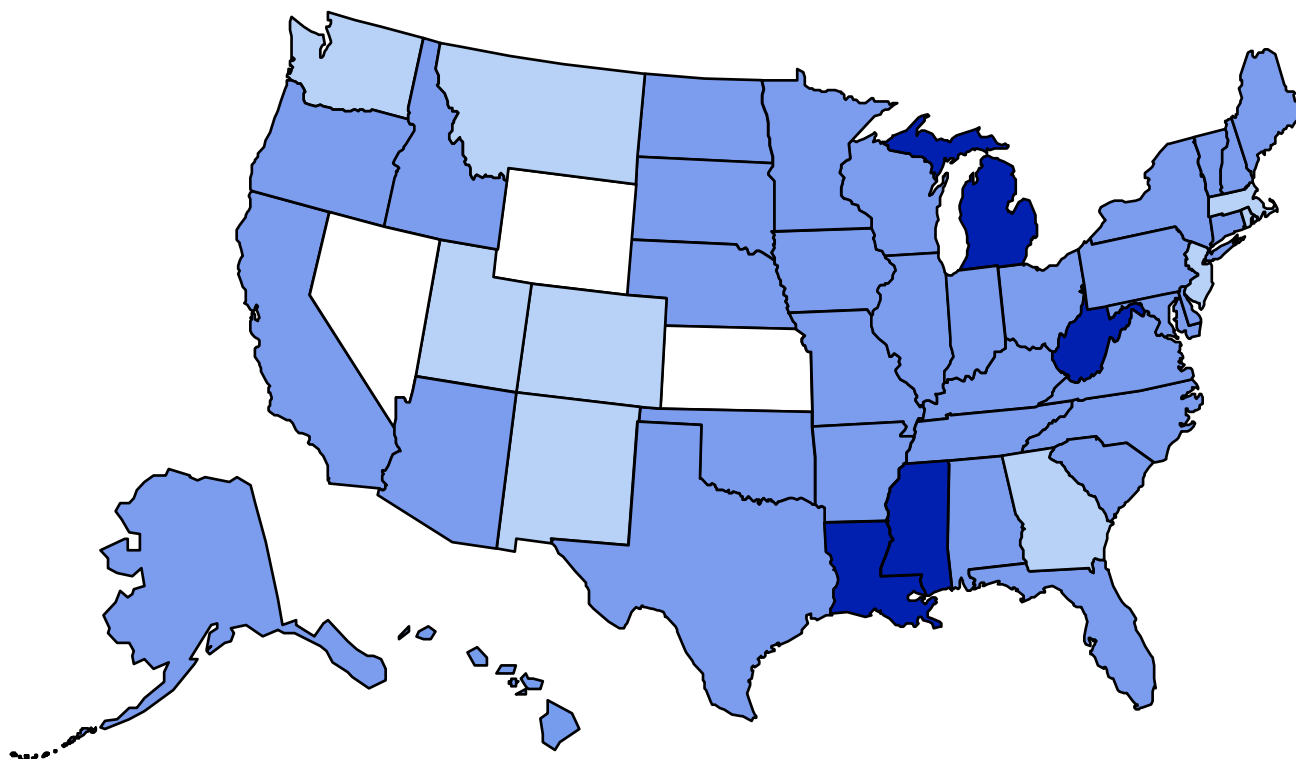
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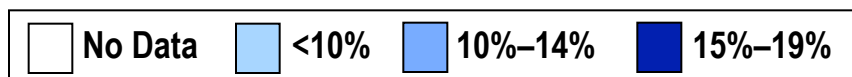
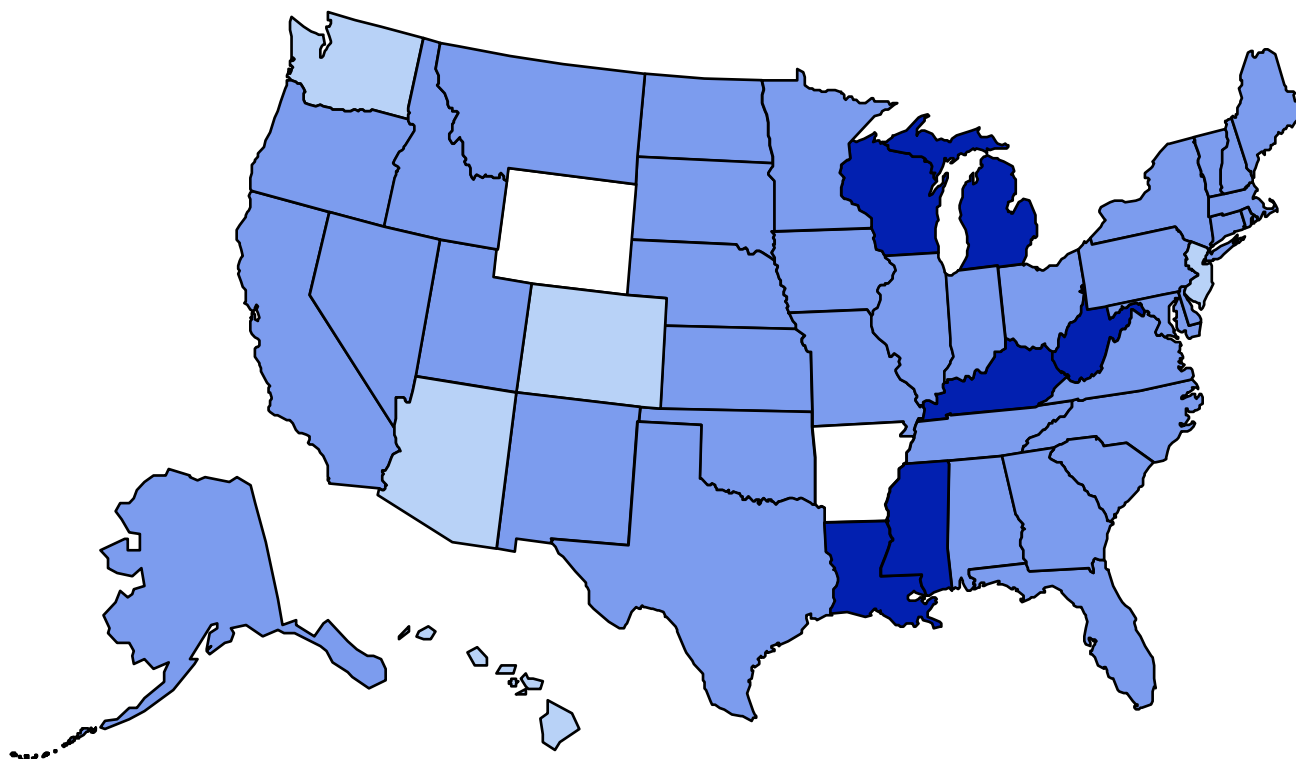
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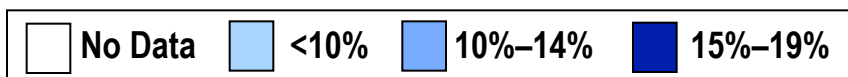
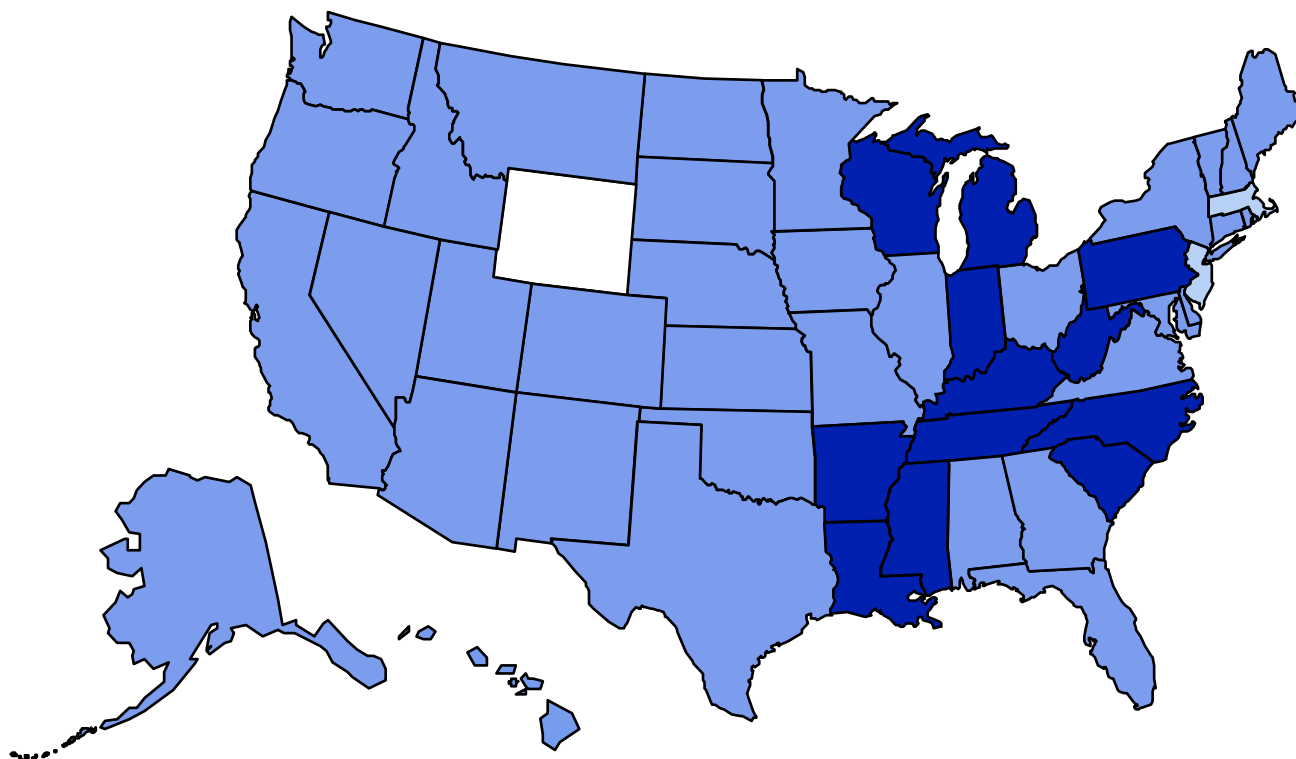
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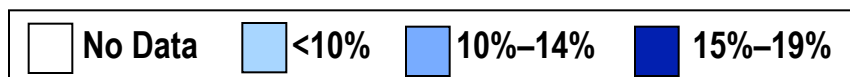
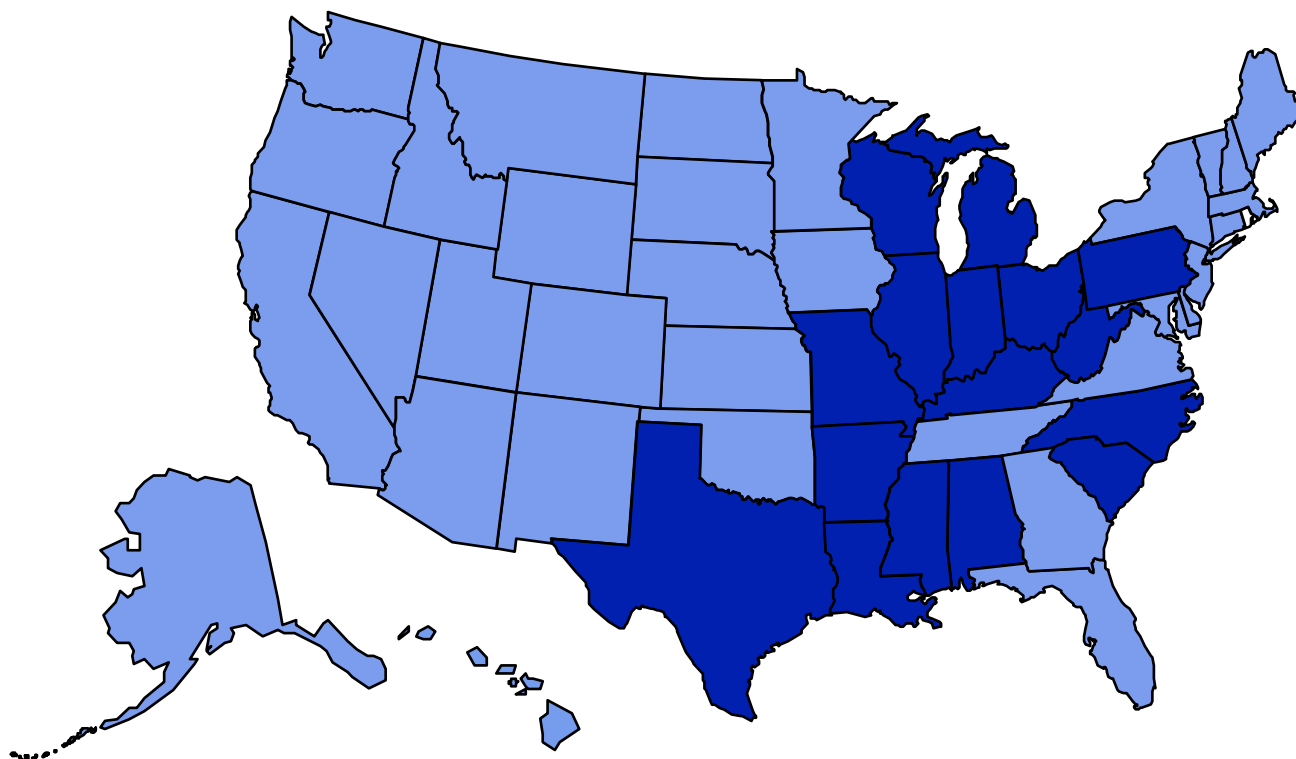
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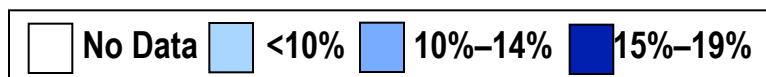
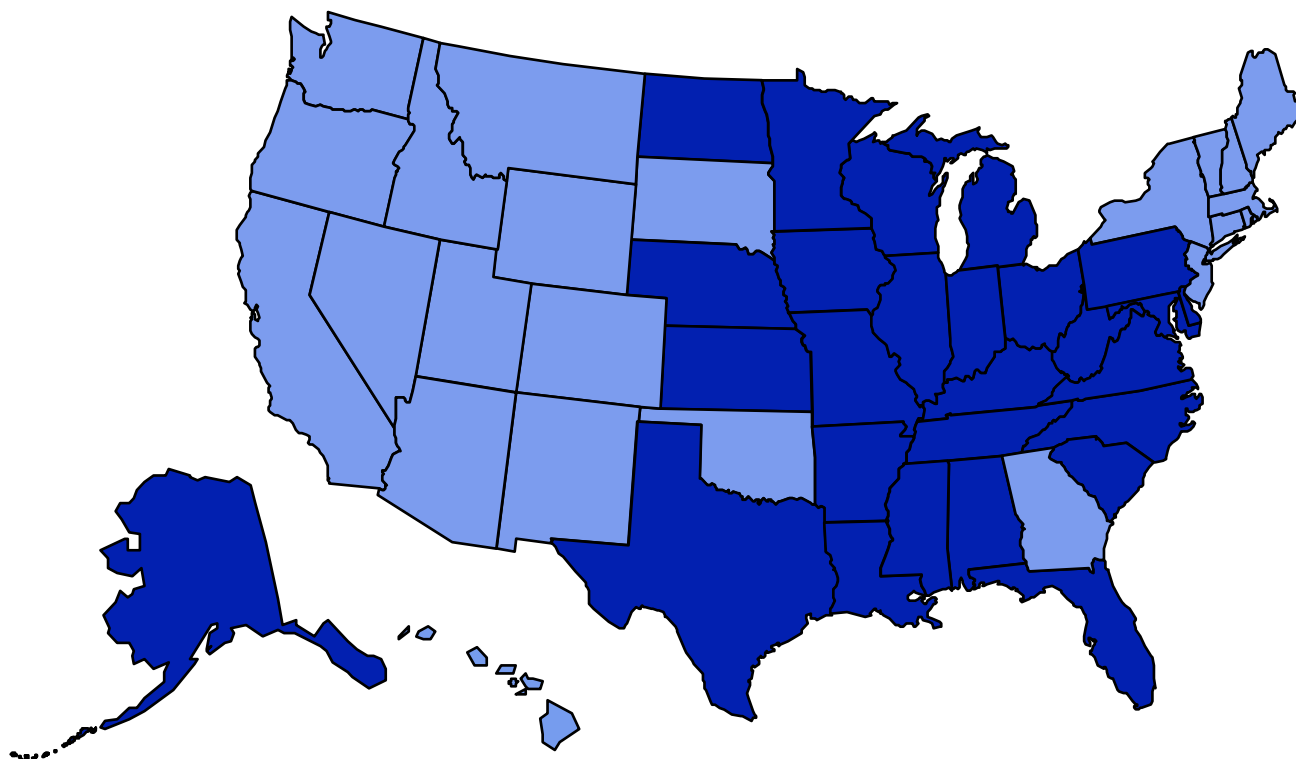
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BRFSS, 1995

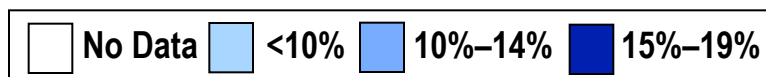
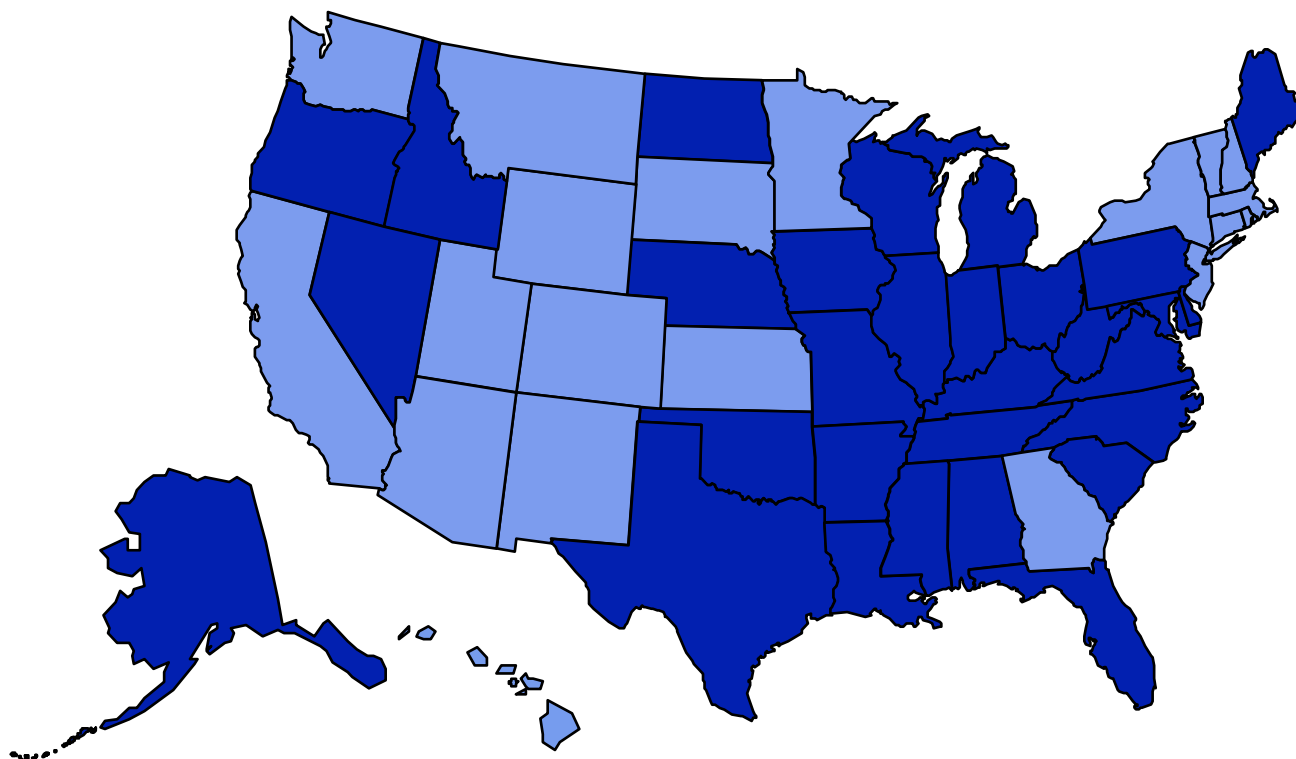
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BRFSS, 1996

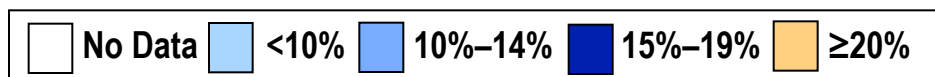
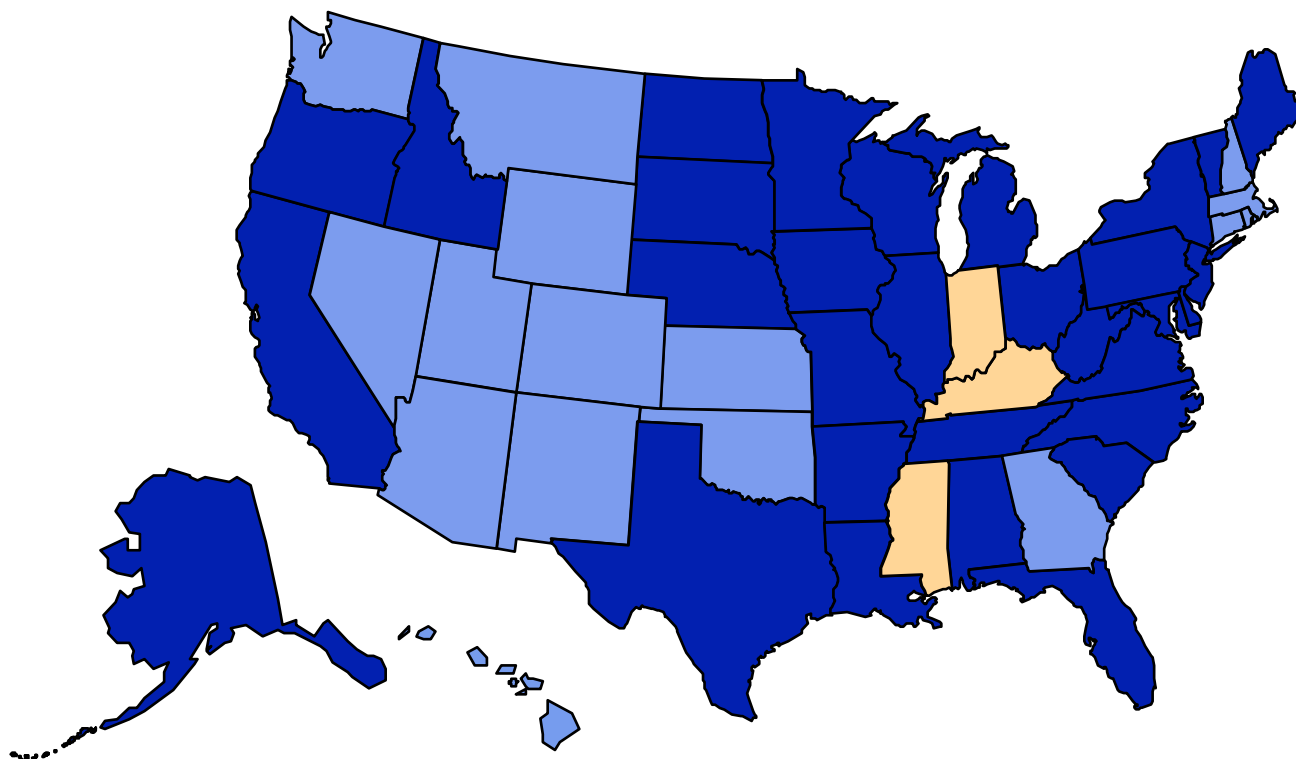
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 1997

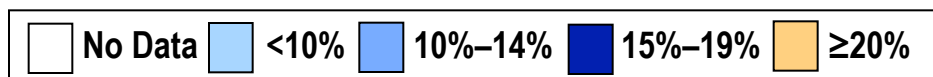
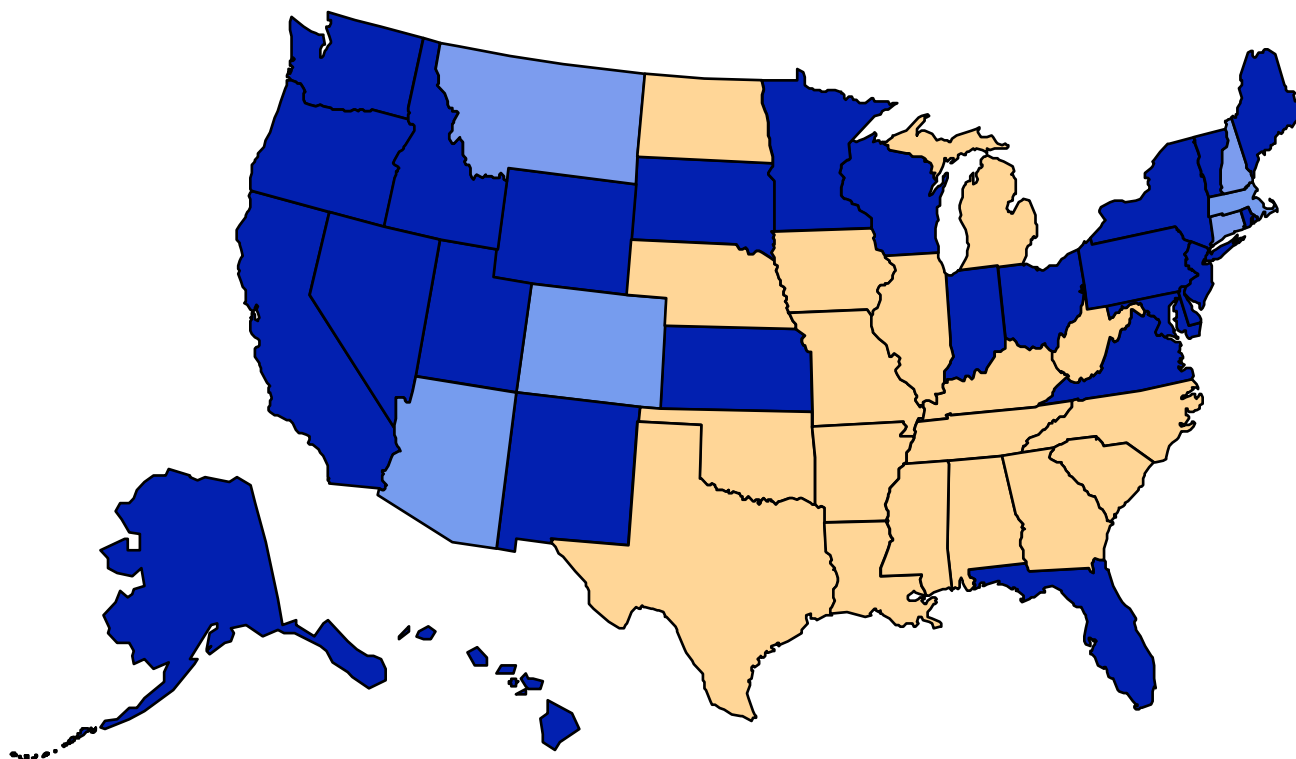
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 1999

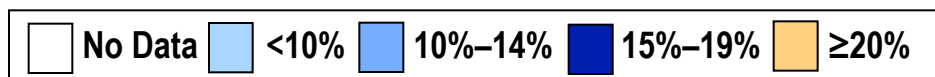
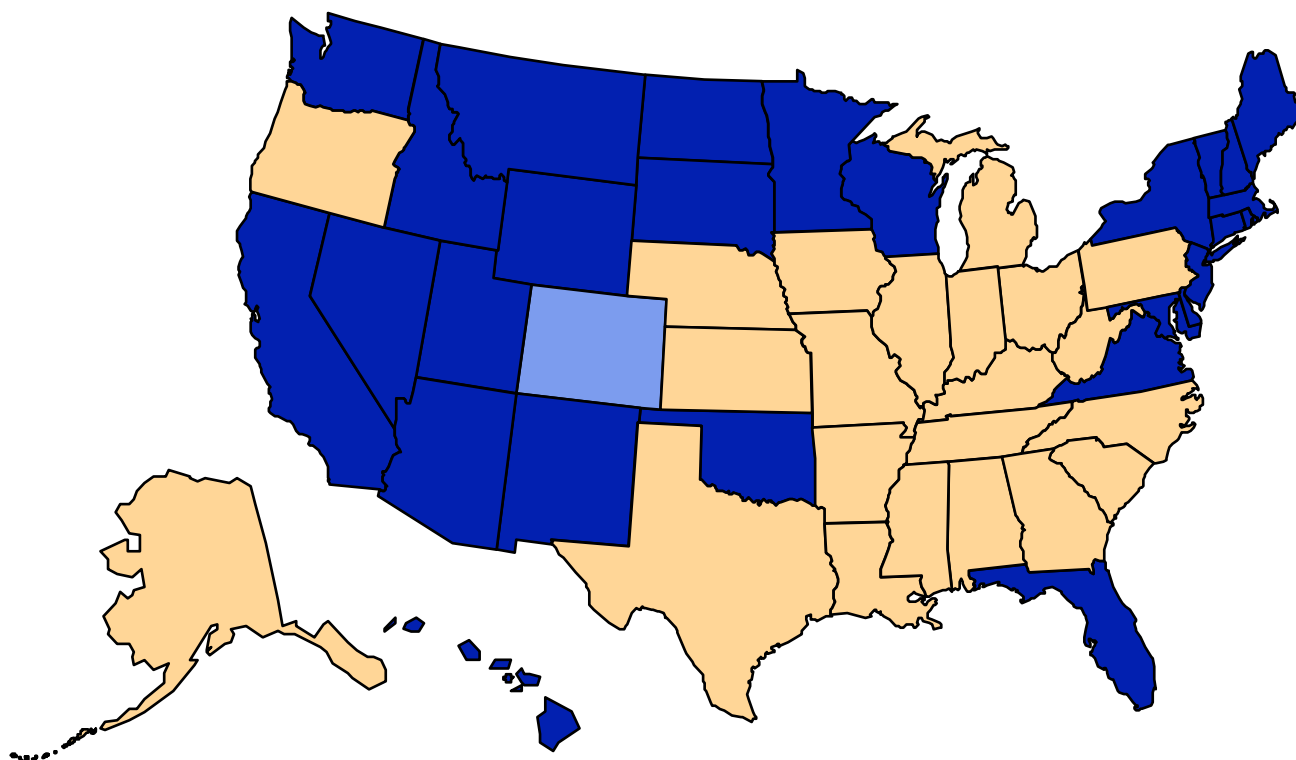
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 2000

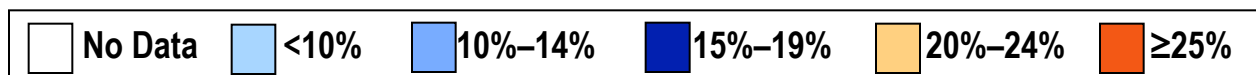
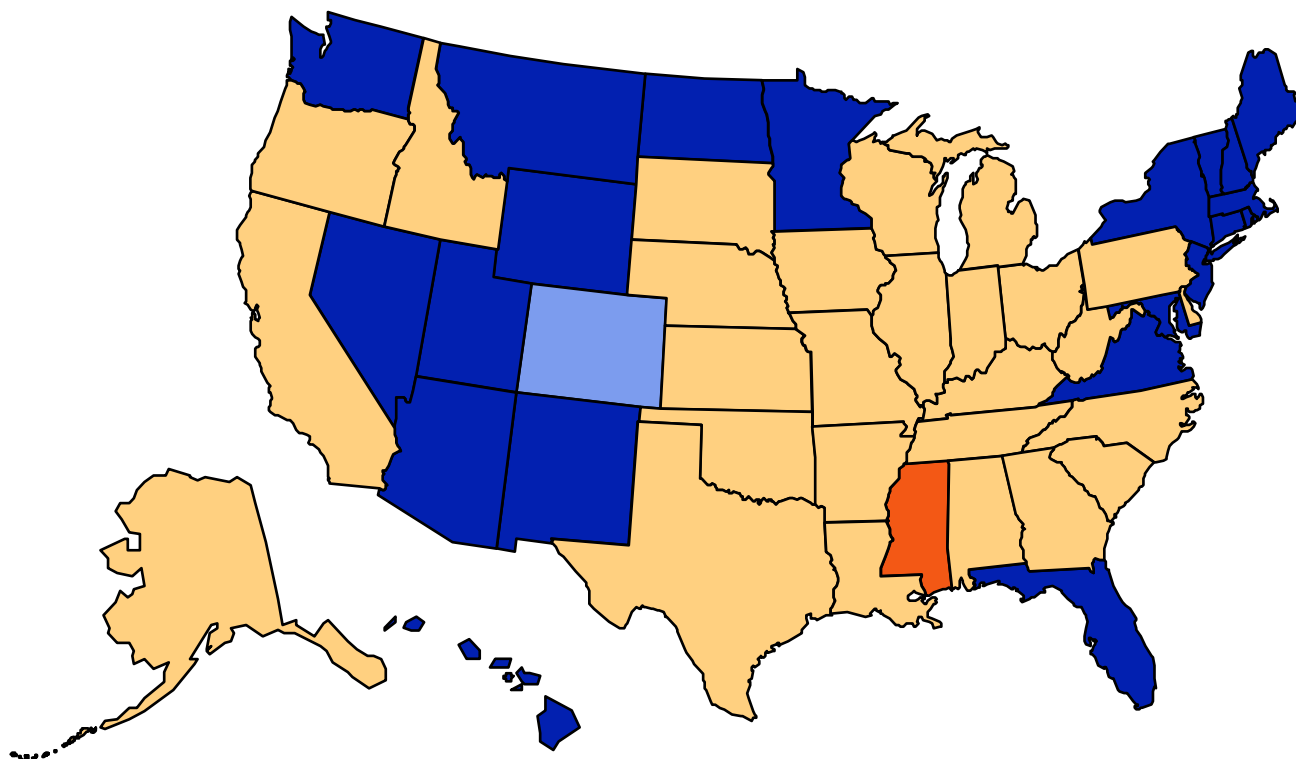
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 2001

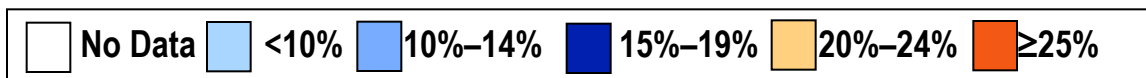
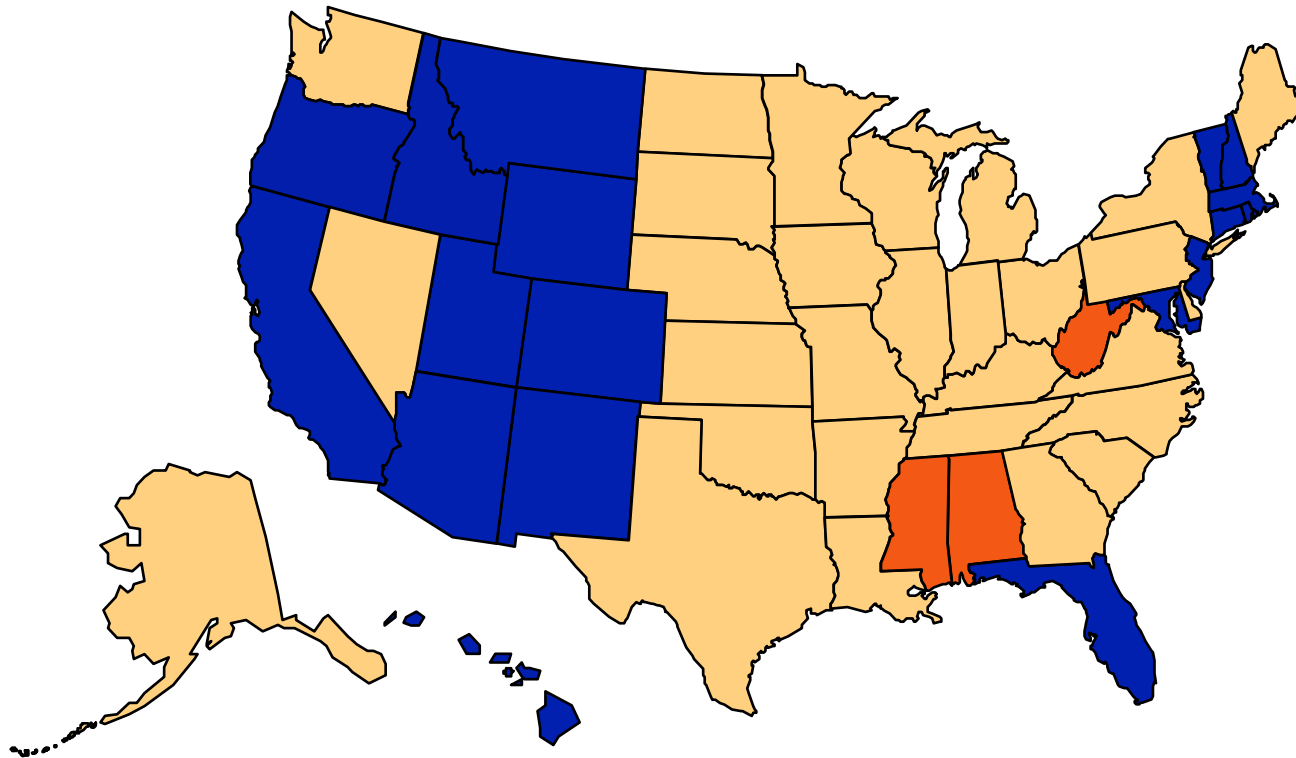
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Obesity Trends* Among U.S. Adults

BRFSS, 2002

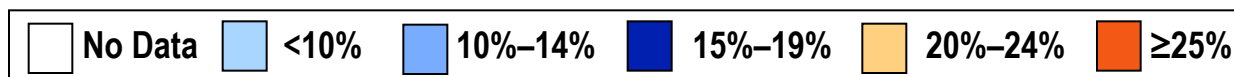
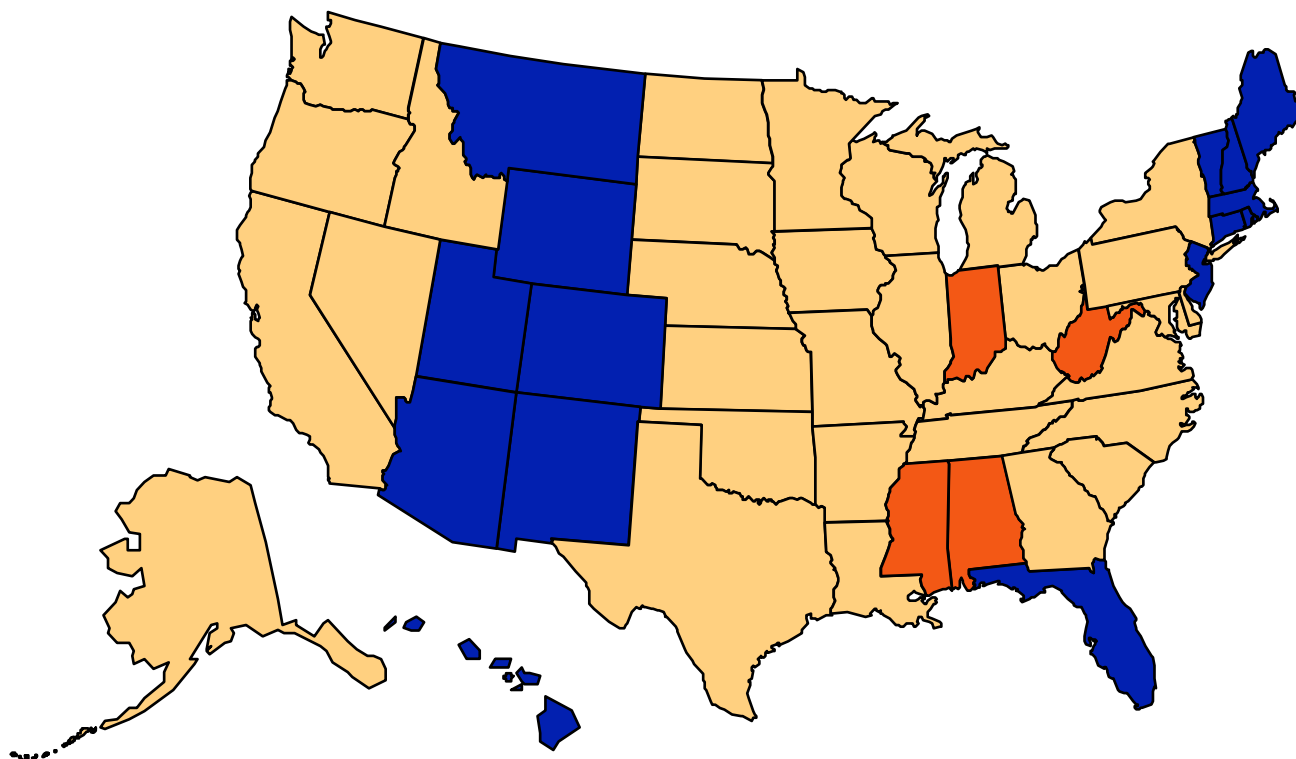
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 2003

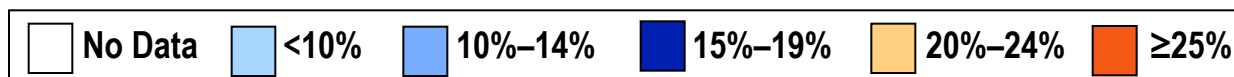
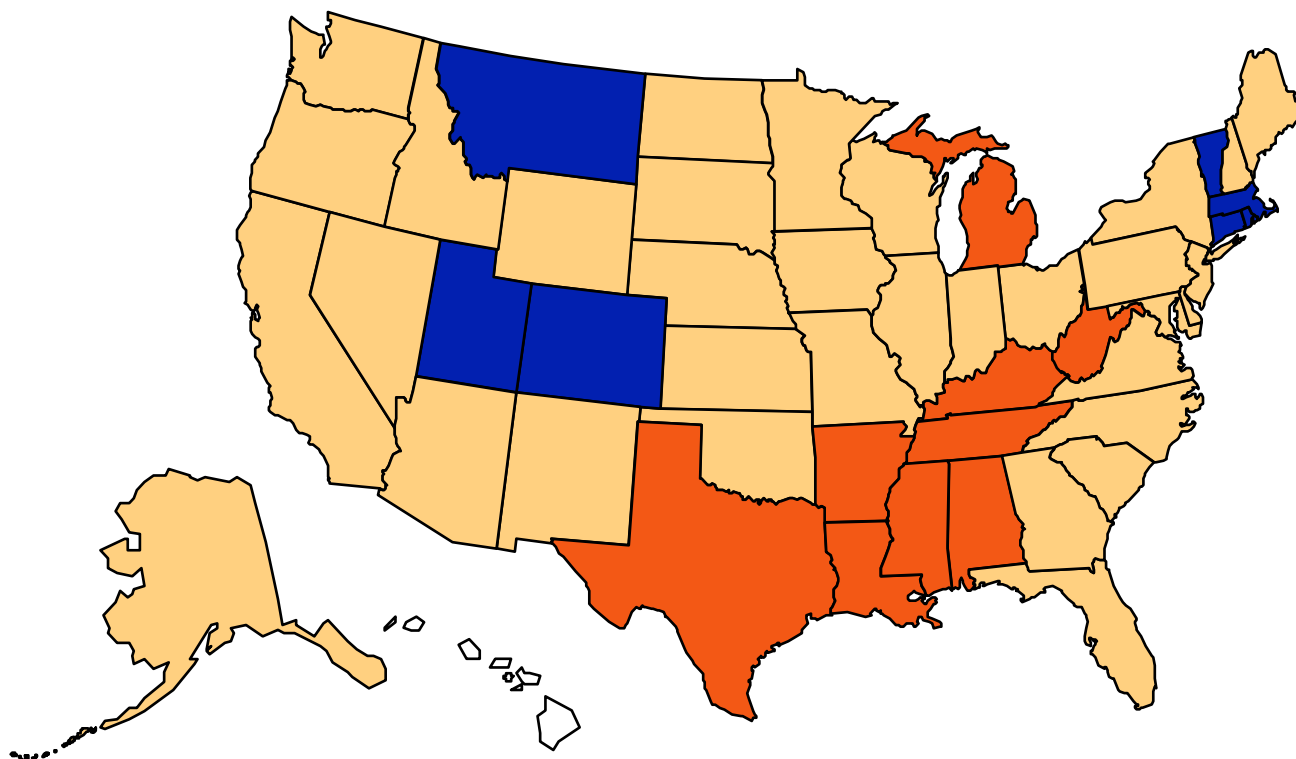
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 2004

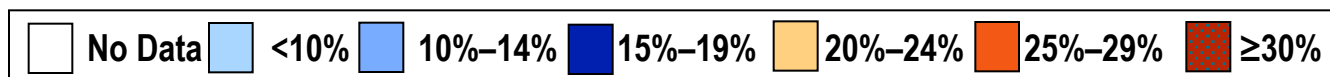
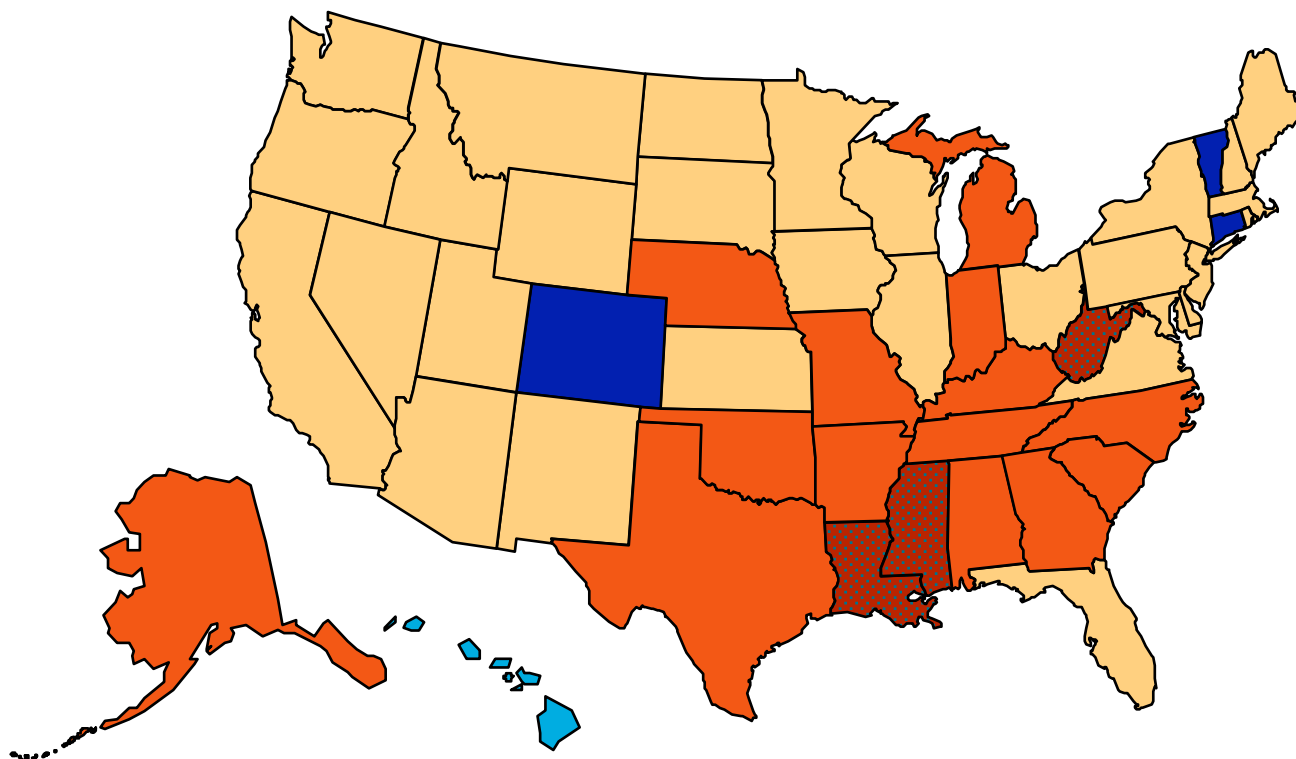
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BRFSS, 2005

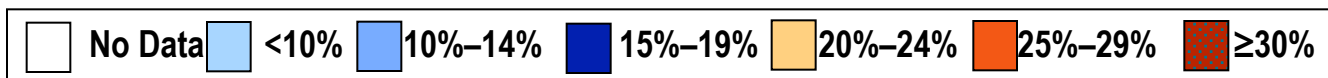
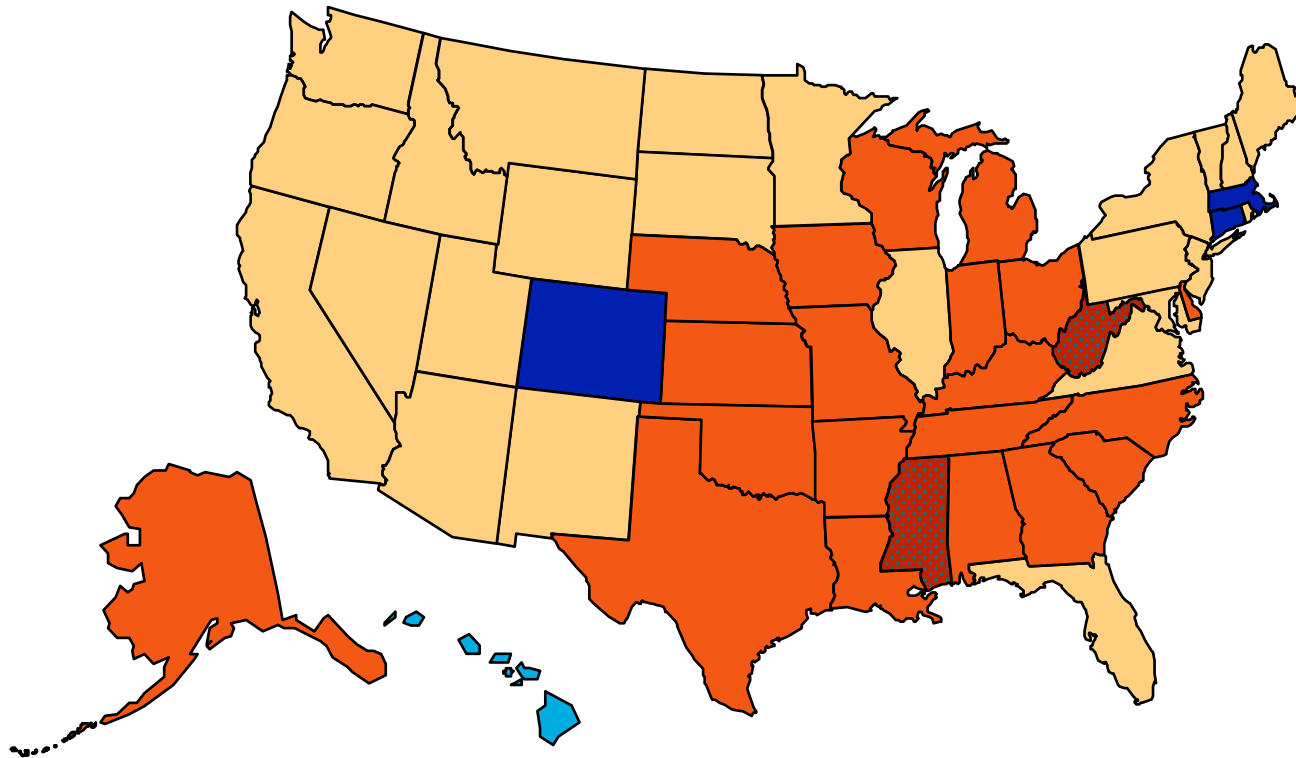
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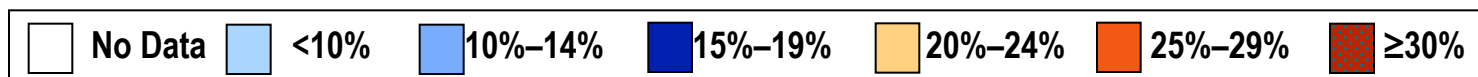
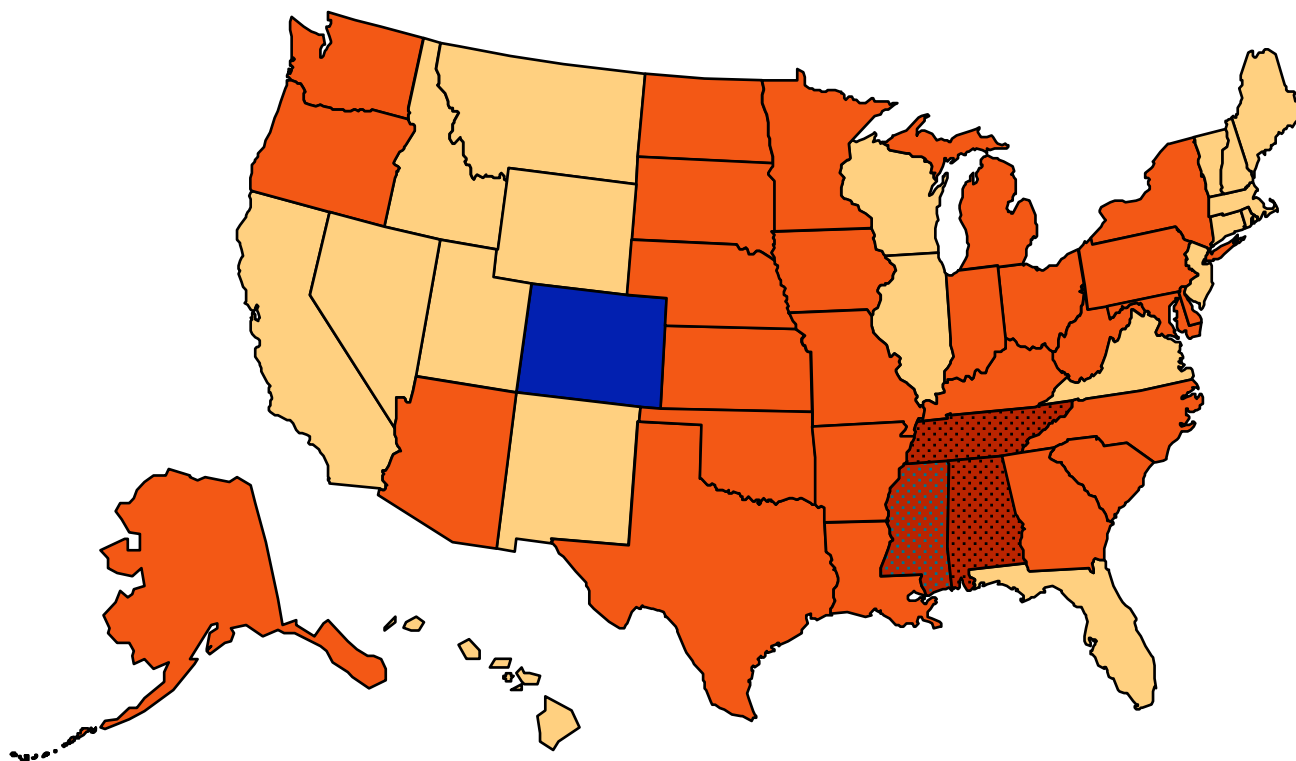
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 2007

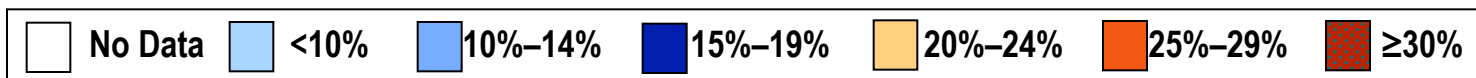
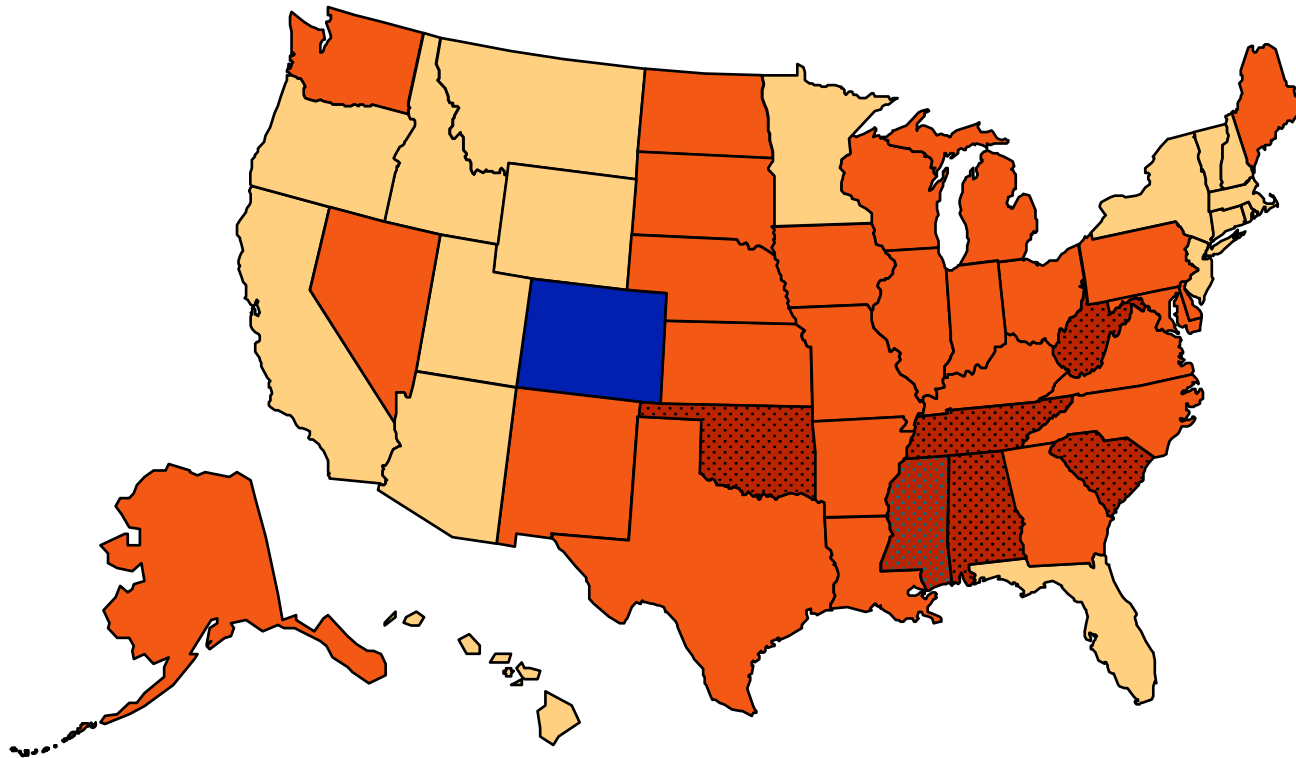
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BRFSS, 2008

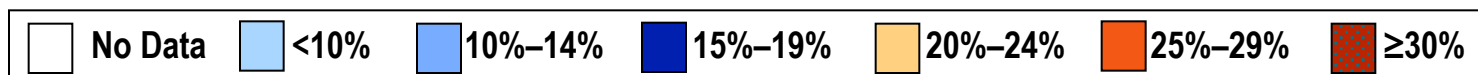
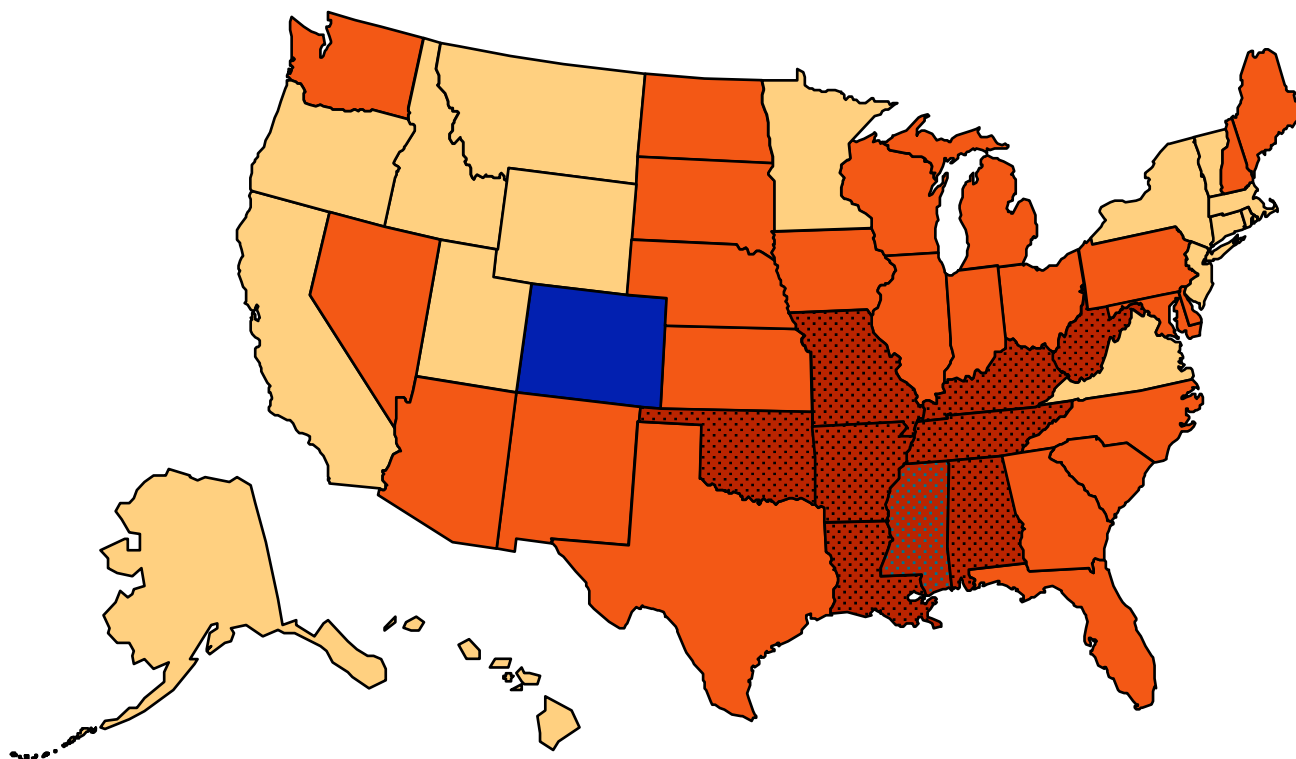
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BRFSS, 2009

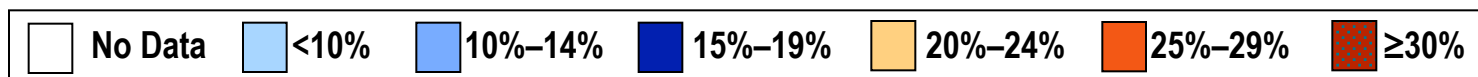
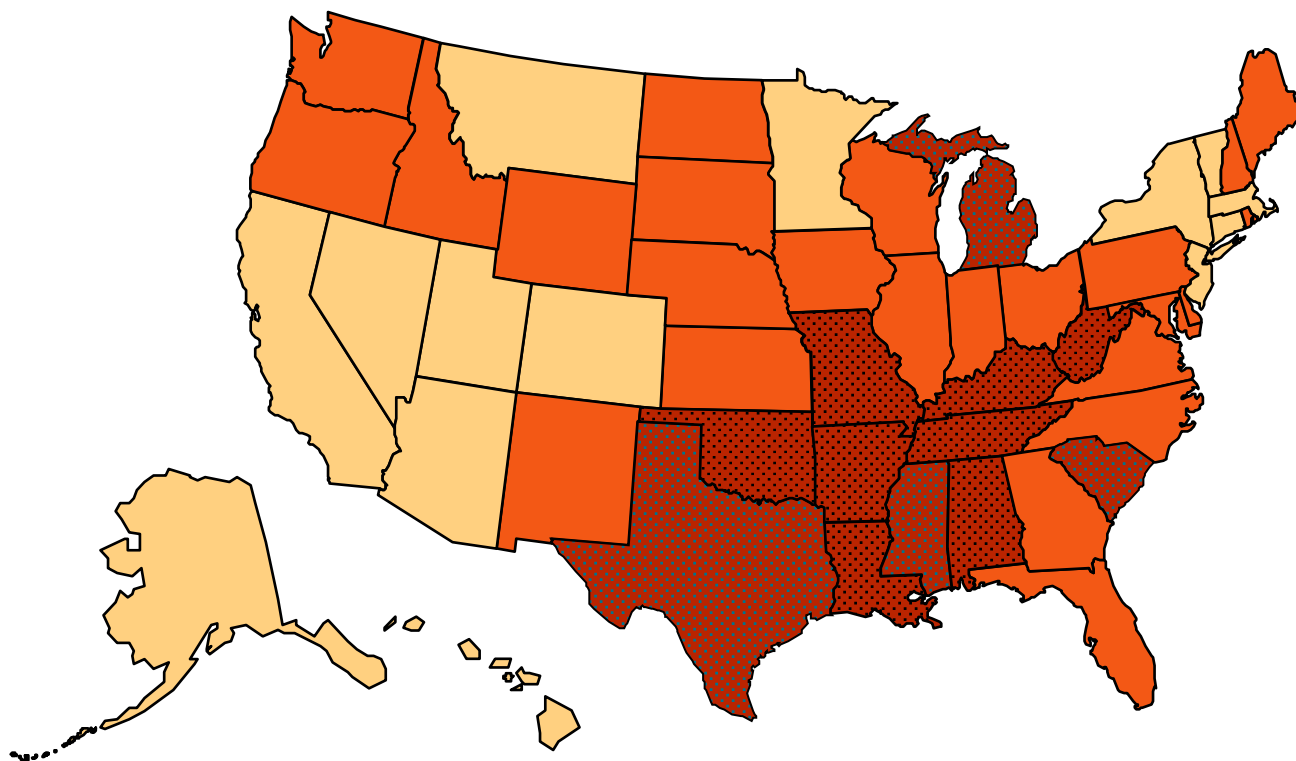
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OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 2010

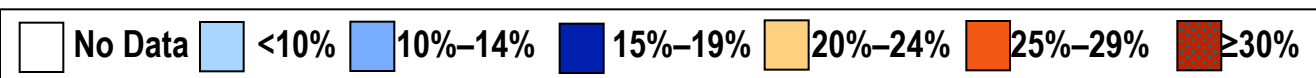
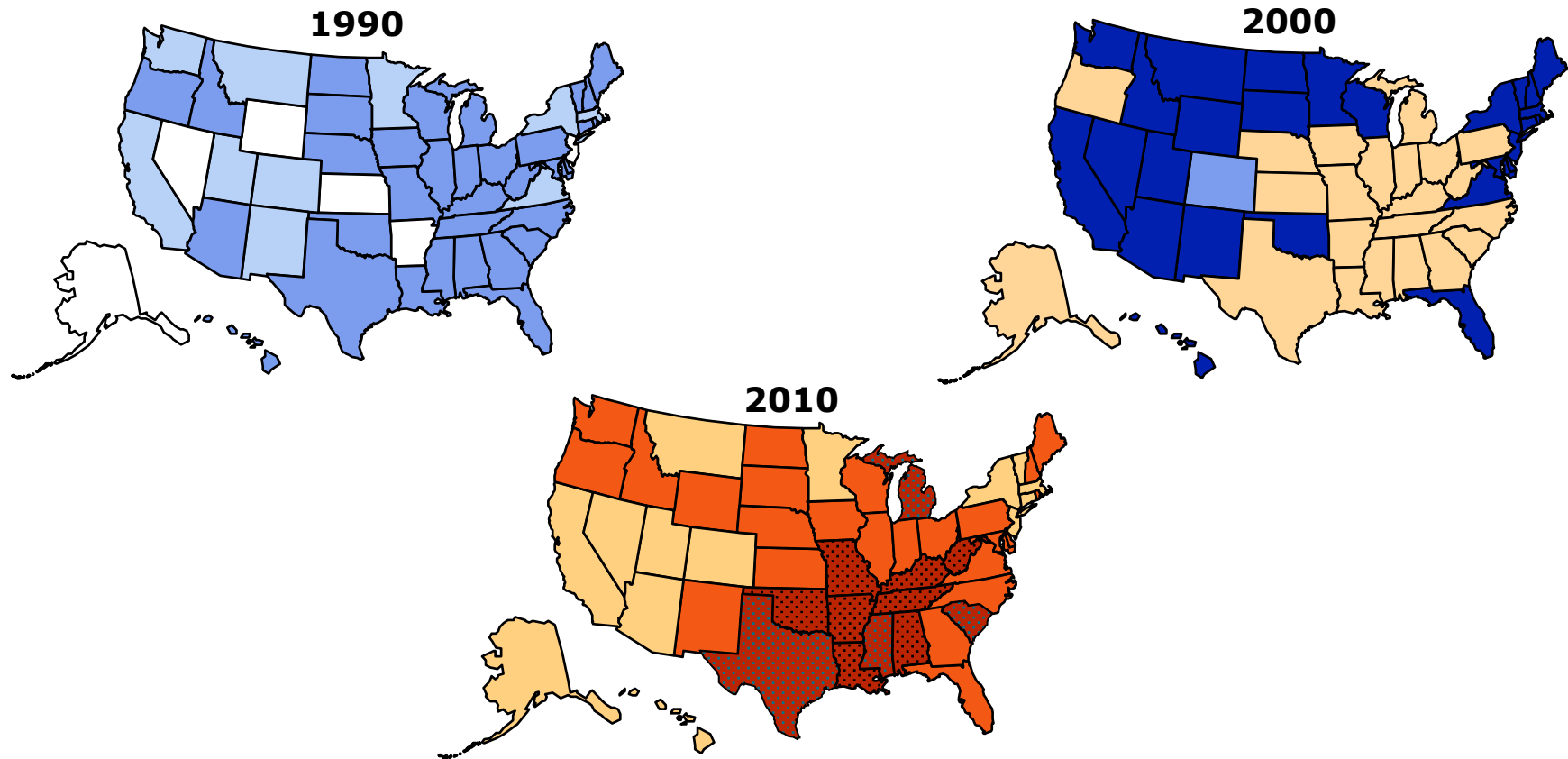
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Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

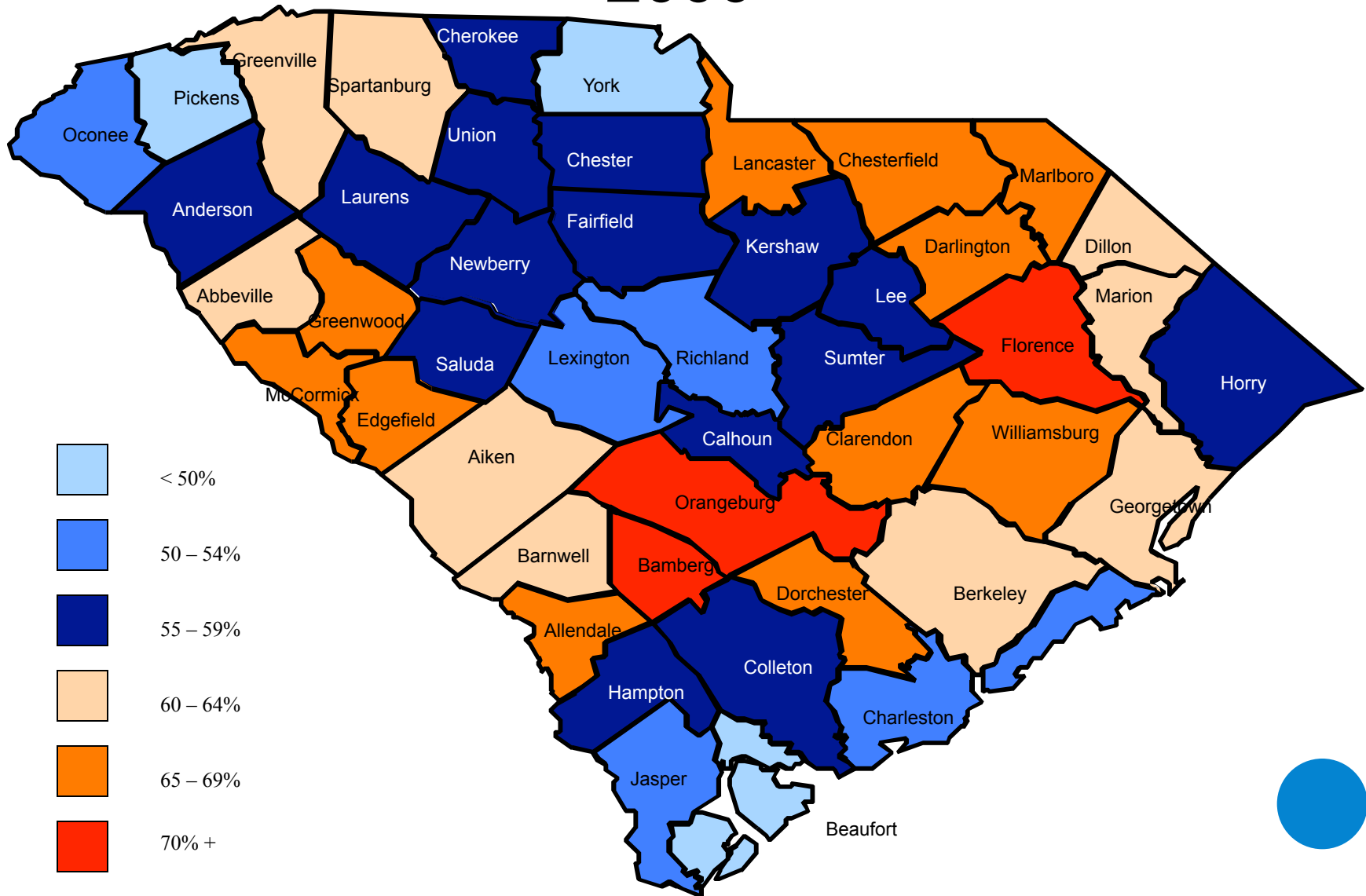
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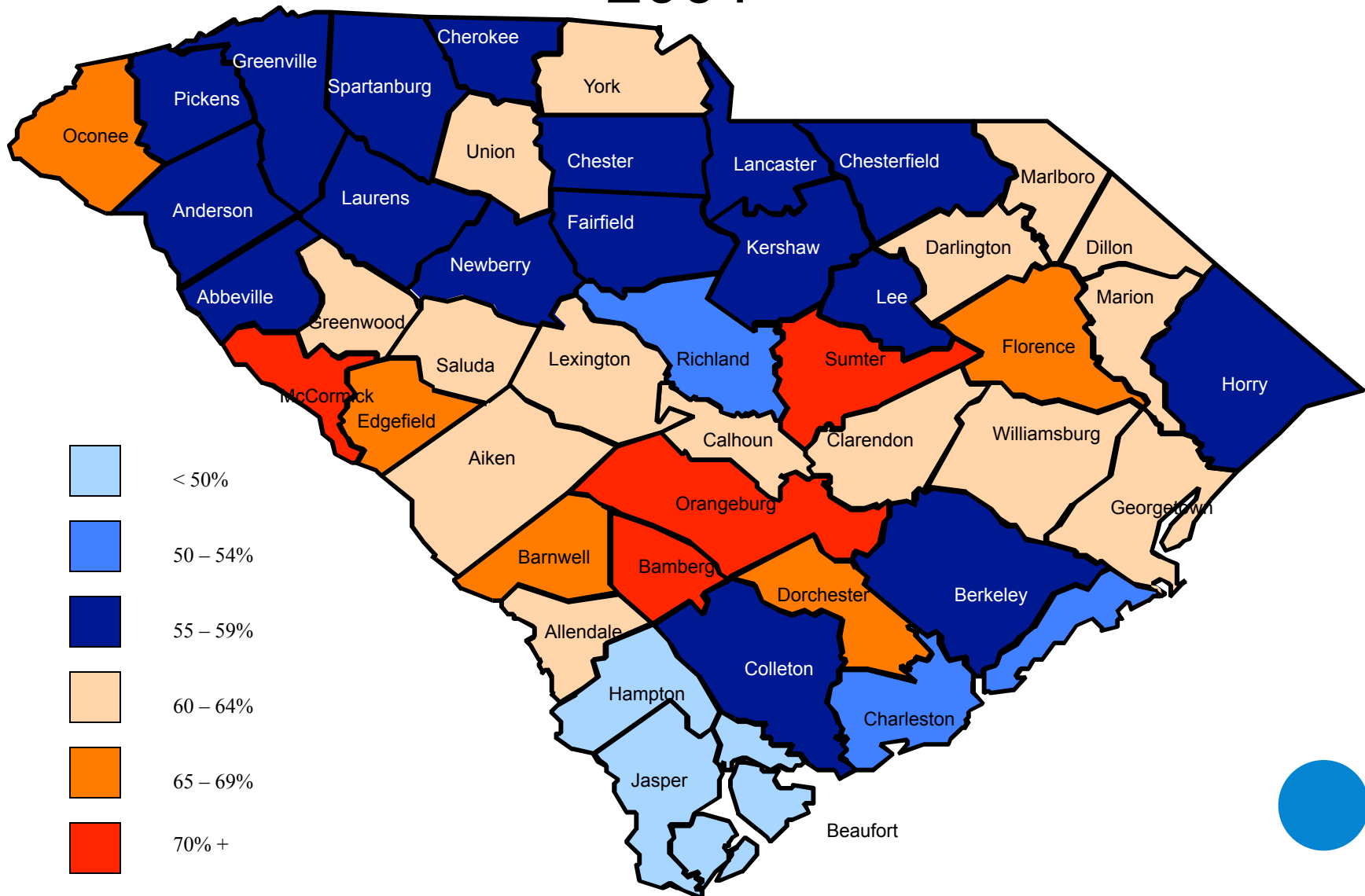
SOUTH CAROLINA



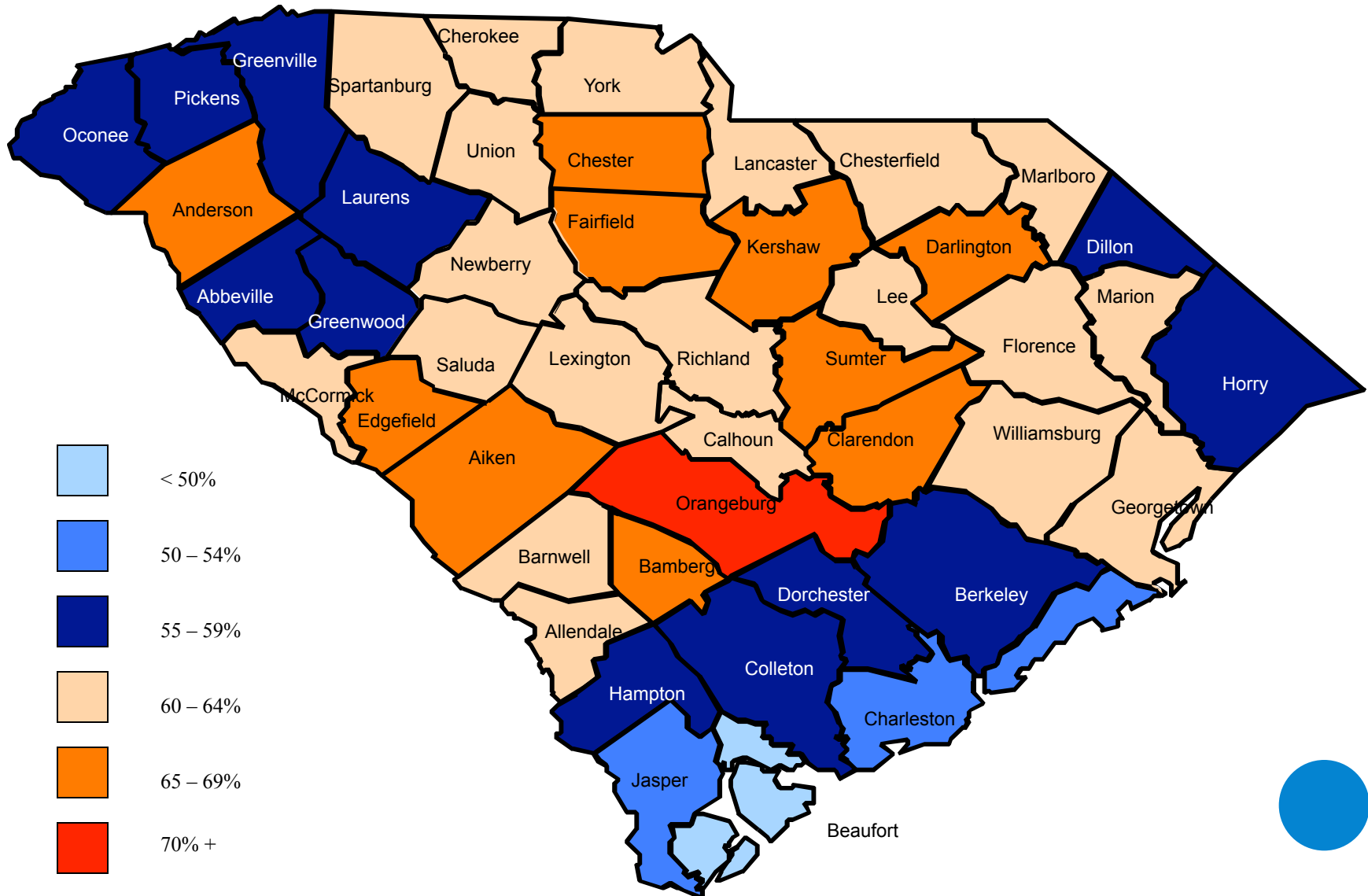
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2000



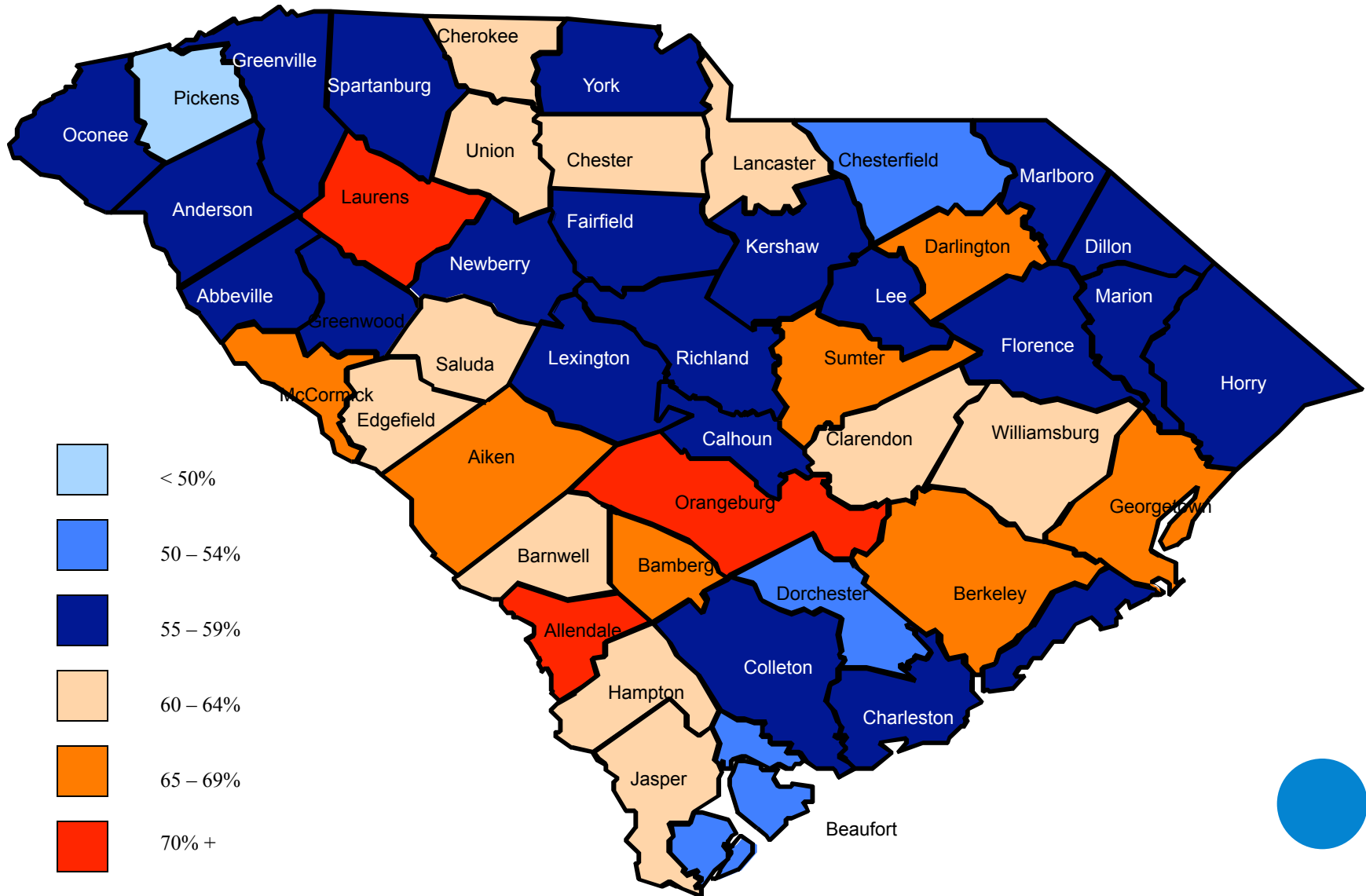
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2001



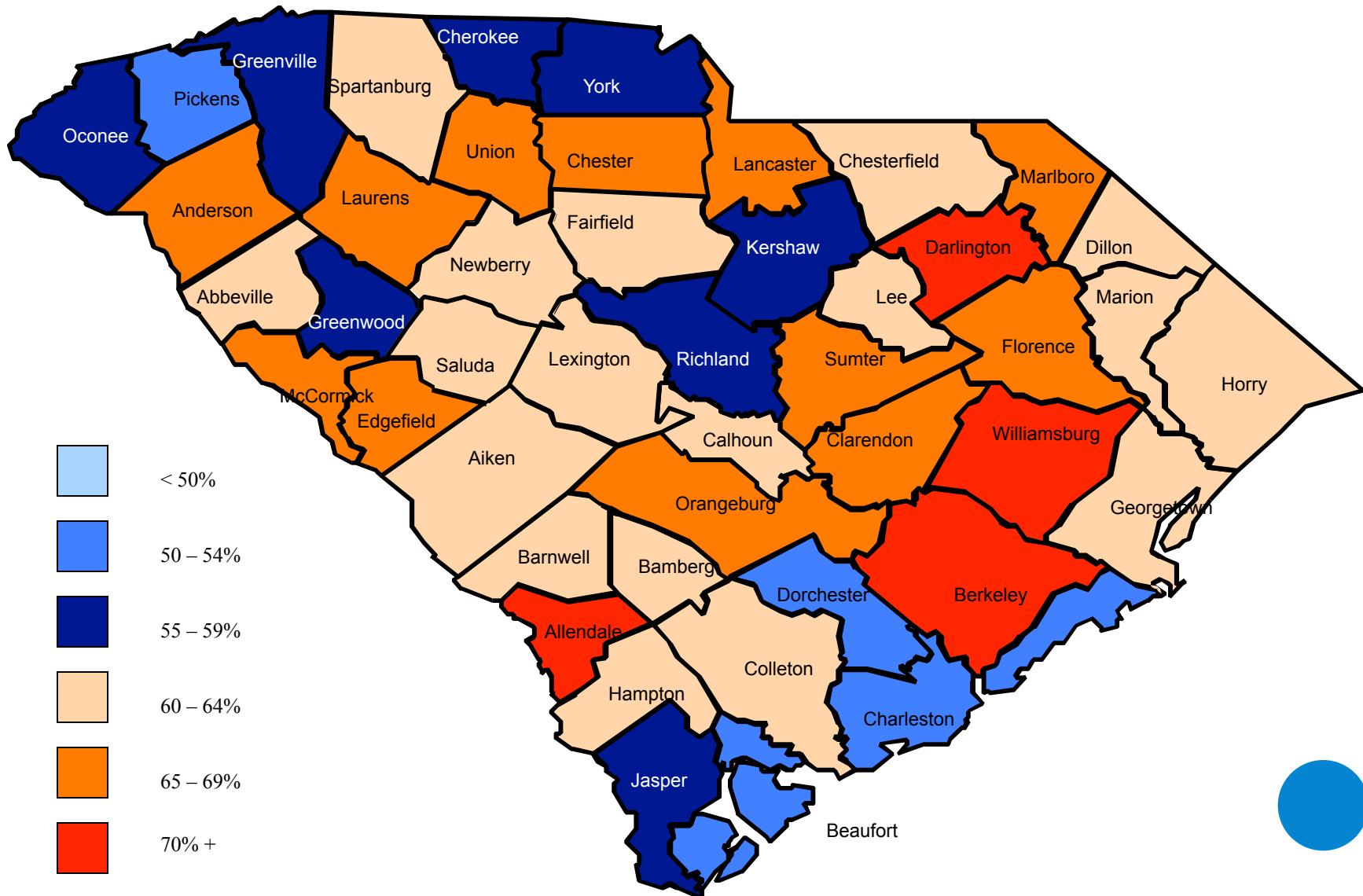
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2002



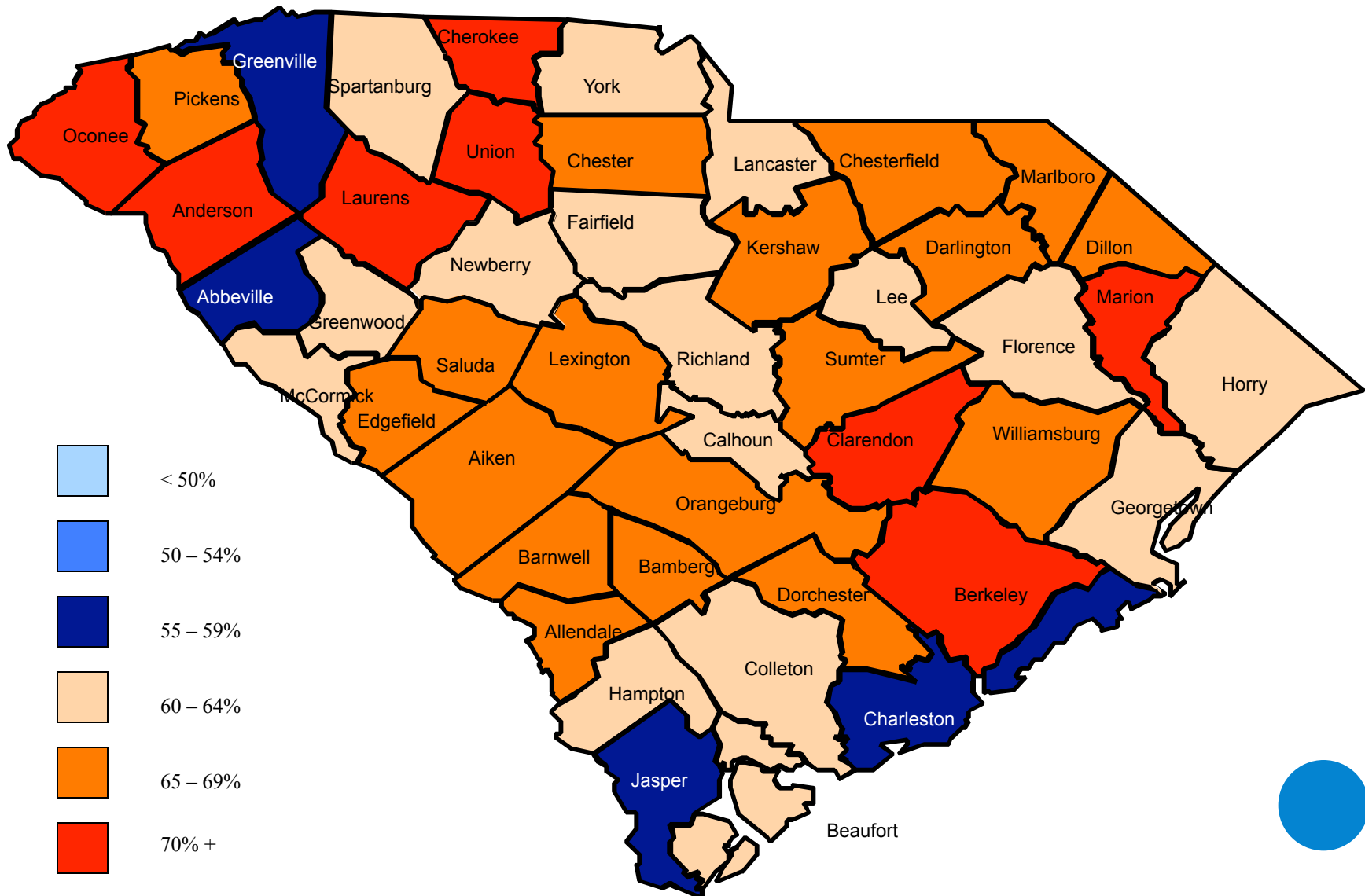
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2003



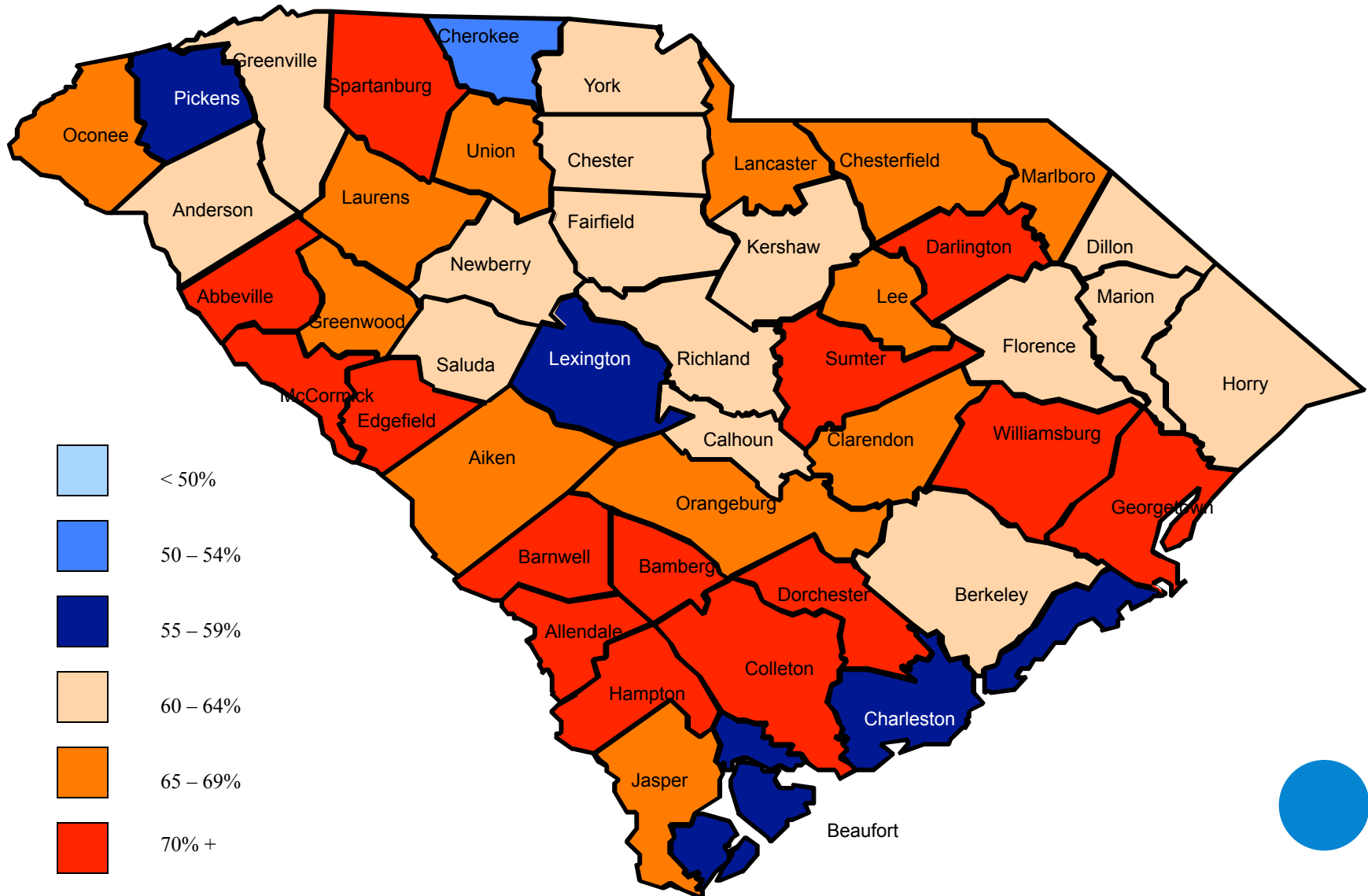
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2004



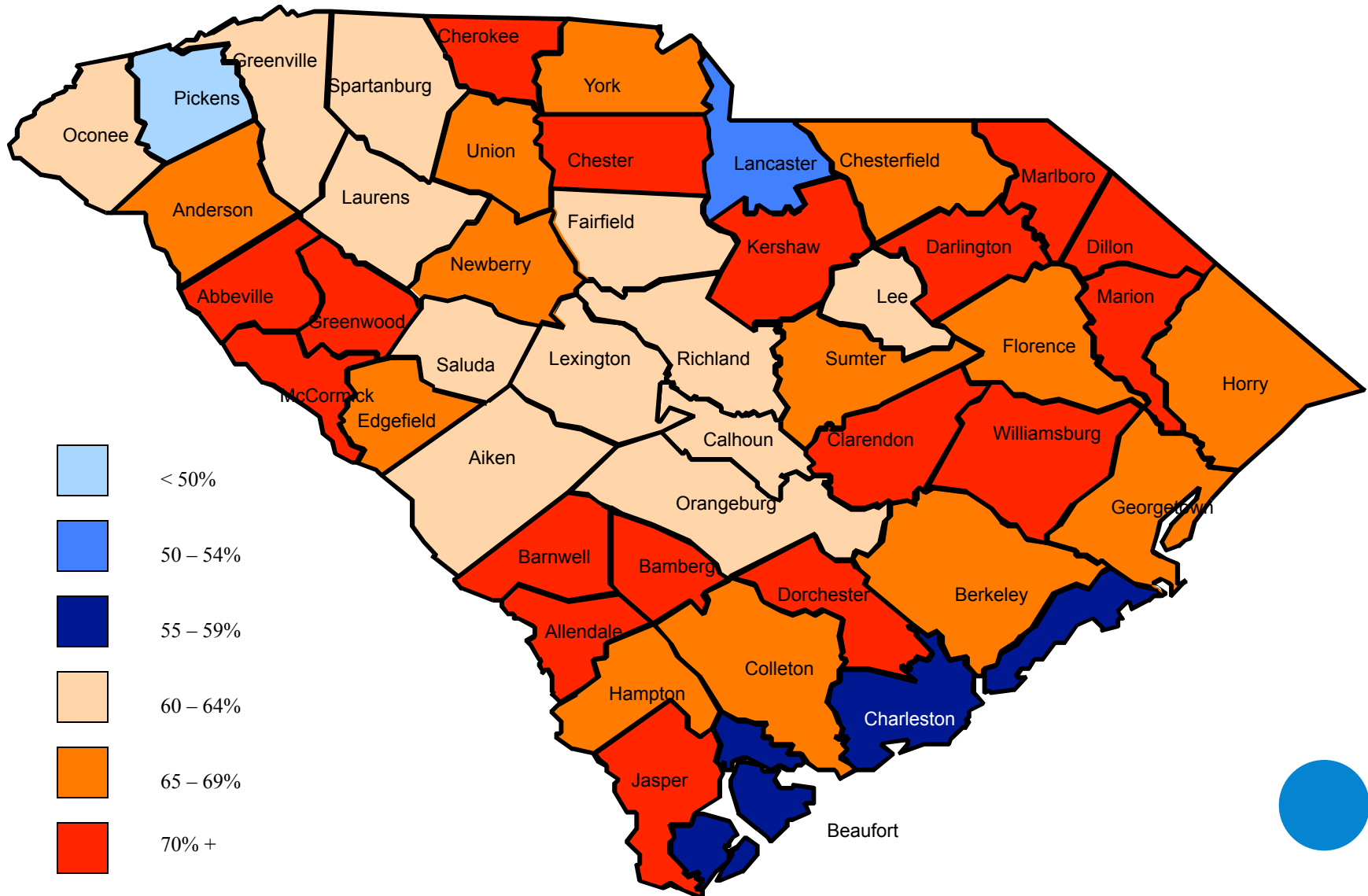
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2005



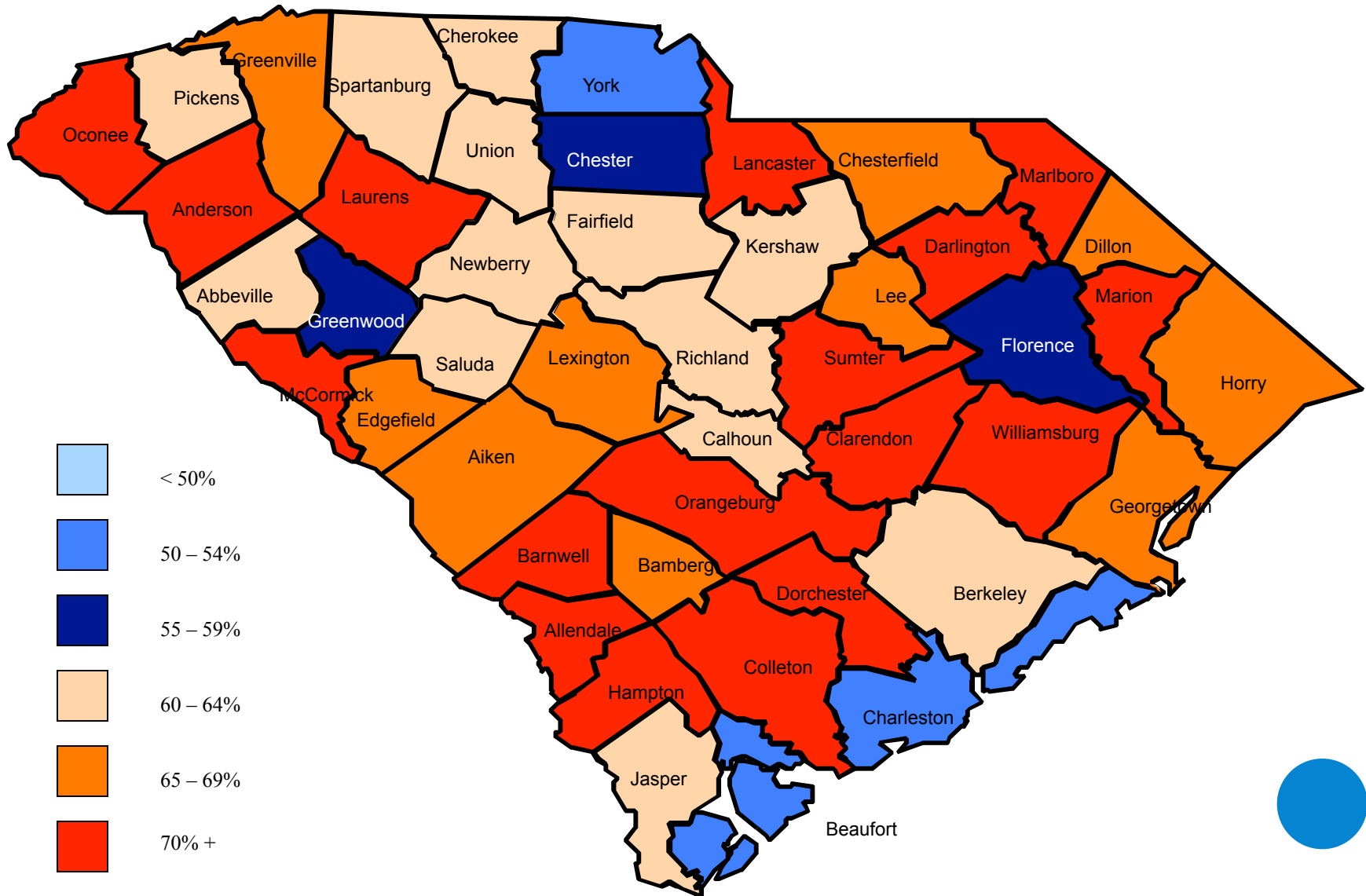
Percent of Overweight and Obese (BMI \geq 25) in S.C. Adults 2006



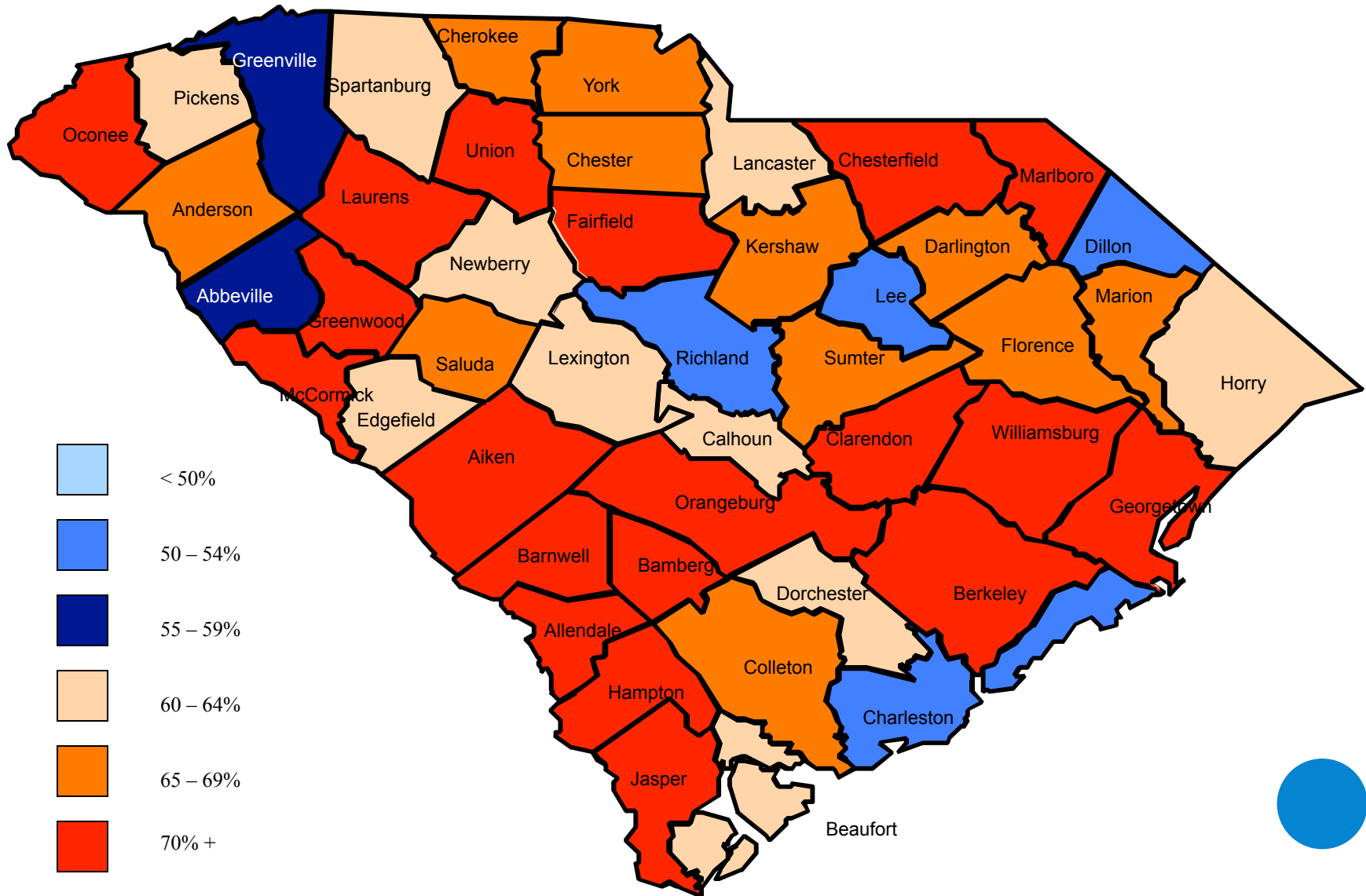
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2007



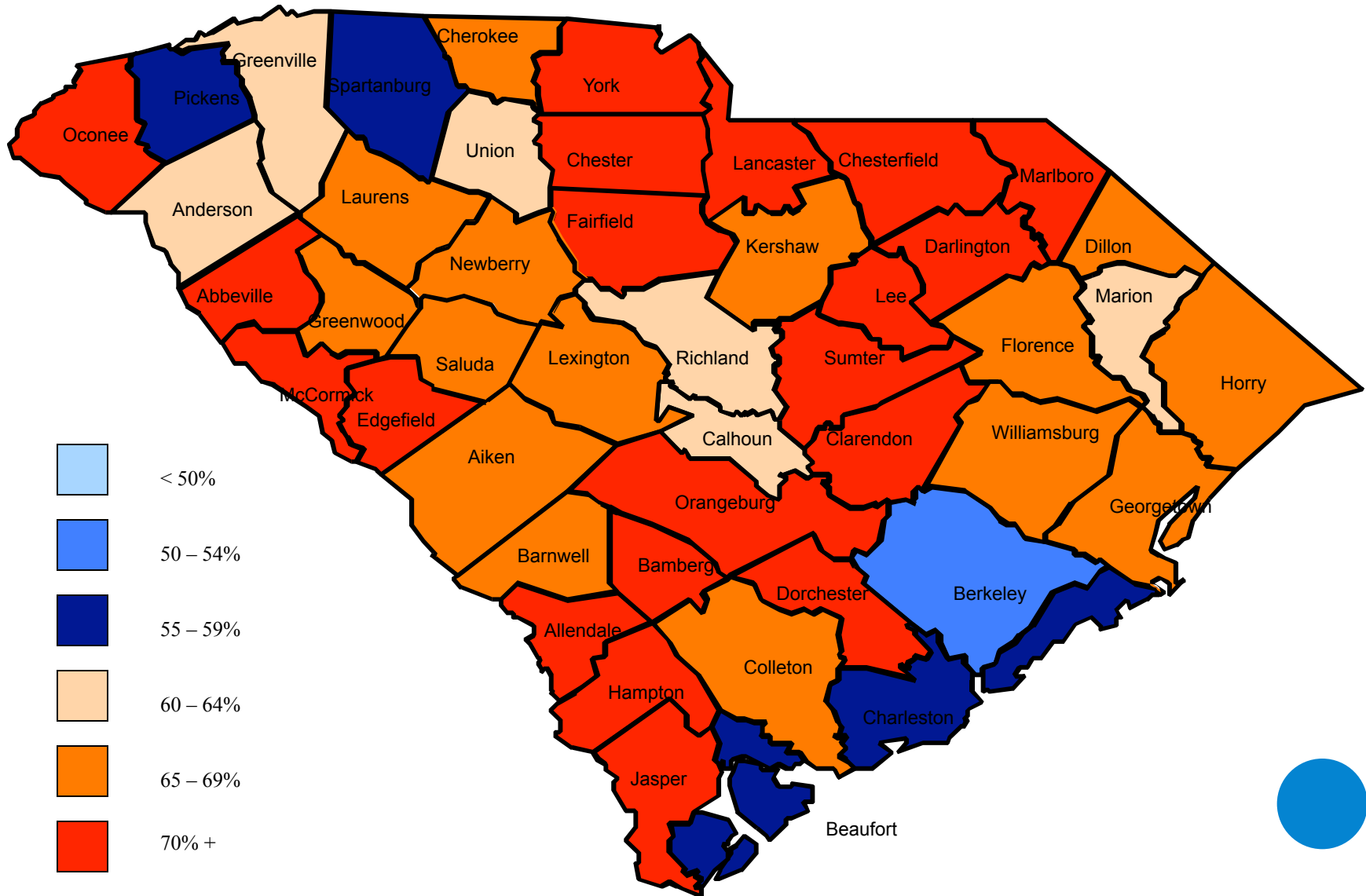
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2008



Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2009



Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2010



WHAT ABOUT SOUTH CAROLINA CHILDREN?





- Over 28% of low-income children ages 2 - 5 are overweight or obese in S.C.



- Over 34% of children ages 10-17 are overweight or obese



- SC ranks 13th in the percentage of obese and overweight children

Health Implications for Children



- ✓ increased LDL cholesterol
- ✓ decreased HDL cholesterol
- ✓ increased triglycerides
- ✓ atherosclerotic plaques

- ✓ hypertension
- ✓ increased type 2 diabetes
- ✓ sleep apnea
- ✓ orthopedic problems



Why it Matters: Lifelong Effects

- ✓ 60% of overweight children age 5-10 have 1 or more heart disease risk factors.
- ✓ 30% of boys and 40% of girls born in 2000 will develop Type 2 diabetes.

Source: CDC, American Heart Assoc, Pediatrics, 2003



Growing
our
Quality

With
South Carolina

A B C Child Care

The Health Environment of a Child



ABC ...Why now and why us?

- **Statewide program – 20,000+ children**
- **Children ages birth to 5 years and afterschool for 5-12 year olds**
- **Performance standards for programs with unannounced reviews**
- **Statewide policies**

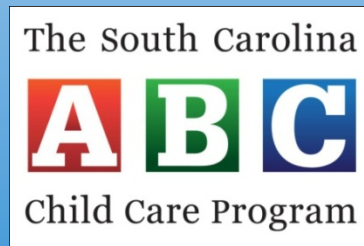
We know...

First 5 years are critical

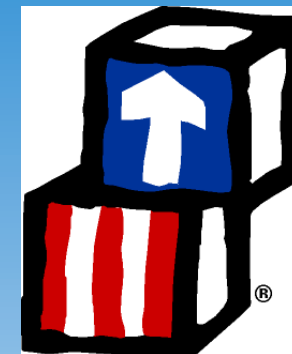
Habits and behaviors are developed early in life

Children can spend 40% of time in child care

Working Together to Grow Healthy.....



Child and Adult Care Food Program
South Carolina Department of Social Services



ABC GROW HEALTHY

Standards addressing nutrition and physical activity designed to impact childhood obesity by improving the quality of the childcare environment within Level A, B, and C centers.

ABC Grow Healthy



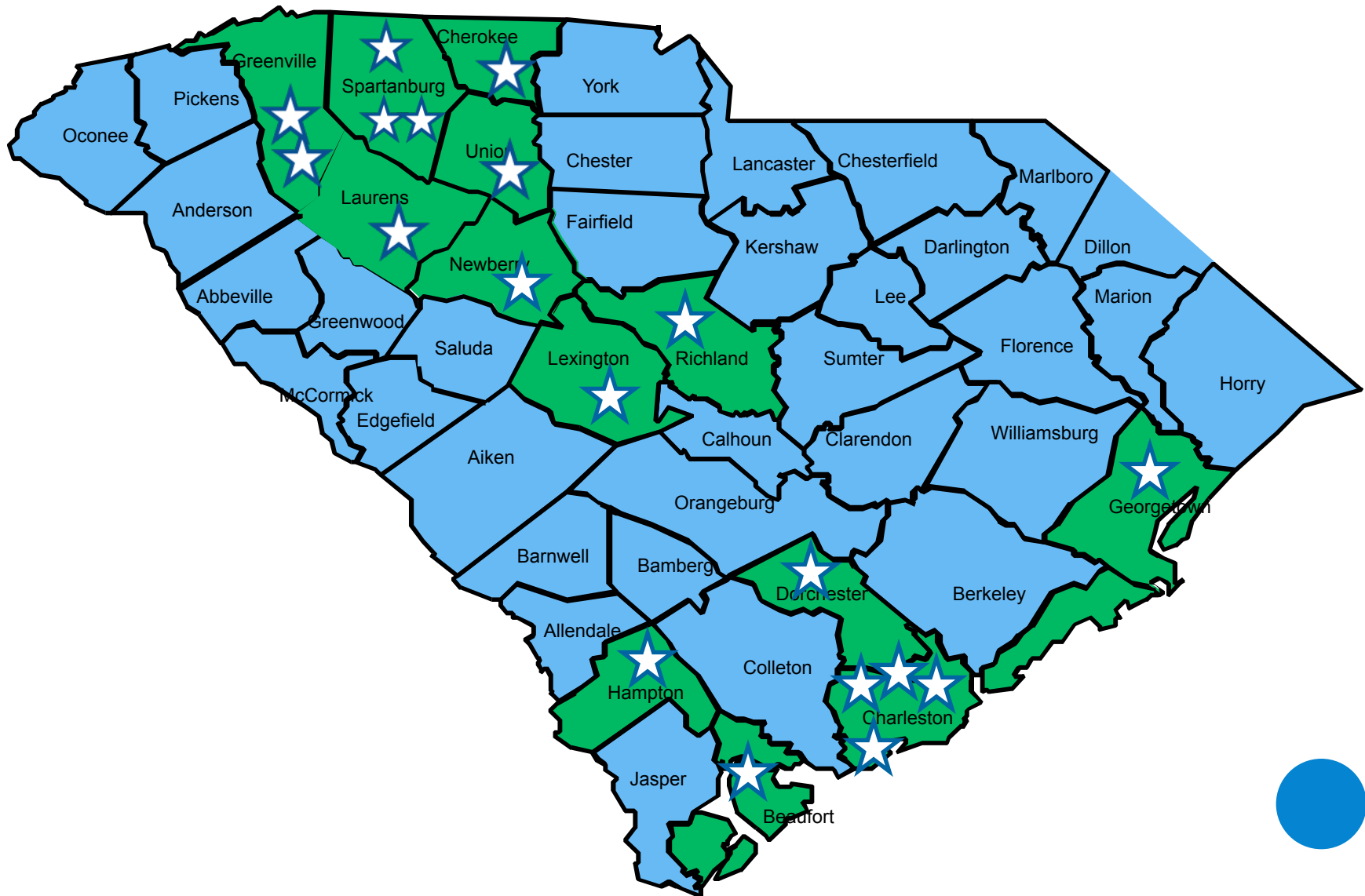
What We've Done

- Crosswalk of all standards
- Pilot group of centers
- Focus Groups
- Review of recommendations using criteria of cost, feasibility, and impact on children

Pilot Phase

- February 2011 - June 2011
- 19 Level B or B+ child care centers
- Different types of centers
 - Faith-based, school based 4K, private, federally funded, for profit corporation
 - Full and half day programs
 - Child and Adult Care Food Program participating and non-participating
 - Food purchased from vendors, caterer, grocery stores
 - Food prepared on site
 - Food provided by school lunch room, hospital cafeteria, and parents

ABC Grow Healthy Pilot Sites



Lowcountry Pilot Sites

- Amazing Creations, Beaufort County
- Bibleway Community Learning Center, Georgetown County
 - Children's Keeper, Hampton County
 - Discovery School, Charleston County
 - Gateway Academy, Charleston County
 - Gateway Academy, Dorchester County
- Montessori Day School, Charleston County
- Roper Learning Center, Charleston County

Midlands Area Pilot Sites

- **Adlerian Child Care Center, Richland County**
 - **Newberry CDC, Newberry County**
- **The Harvest Daycare & Preschool, Lexington County**
- **Did not receive face to face technical assistance**

Upstate Pilot Sites

- CHS, Spartanburg County
- Lee Road Child Enrichment Center, Greenville County
- Mon Aetna Child Enrichment Center, Union County
 - Pleasantview CDC, Laurens County
 - The Sunshine House, Spartanburg County
 - UU World of Children, Greenville County
 - Wiggles & Giggles, Cherokee County
- Woodruff Primary Child Care Center, Spartanburg County

**NEW LEVEL B
MANDATORY STANDARDS
NUTRITION AND PHYSICAL
ACTIVITY**



STANDARD II. ADMINISTRATION

Discipline policy disallows:

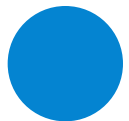
- Corporal punishment
- Any strategy that hurts, shames, or belittles a child
- Any strategy that threatens, intimidates, or forces a child
- The use of food as reward or punishment
- The use or withholding of physical activity as punishment



STANDARD II. CONTINUED

Nutrition Policy

Policy reflects the criteria from Standard IV. on Menu Planning and Meal Service



STANDARD II. CONTINUED

Physical Activity Policy

- Encourages and informs parents about their role in dressing their child in clothes and shoes for physical activity.
- Media (TV, video and DVD) viewing and computer use not permitted for children age 2 and under
- Caregivers informed about role in encouraging children to be active indoors and outdoors



STANDARD II. CONTINUED

- Program schedule includes daily, active outdoor play for all children. Written policy to address plan to increase time of indoor activity to assure total time remains same if inclement weather.
- Full-day Programs (6 hours or more) have 2-3 separate time periods of outdoor play for infants/toddlers totaling 60-90 minutes.
- Full-day Programs have 2-3 separate time periods of outdoor play for 3 – 12 year olds totaling 90 – 120 minutes.



STANDARD III.

STAFF DEVELOPMENT

- Directors and Caregivers must receive 1 hour of training related to nutrition annually
- Directors and Caregivers must receive 1 hour of training related to children's movement/physical activity annually



STANDARD IV.

HEALTH, SAFETY, AND WELL-BEING

Menu Planning and Meal Service

Limit sugar intake:

- Juice allowed only once per day in serving size specified by CACFP
- Sugar-sweetened beverages shall not be served
- Sweet food items served no more than two times per week



STANDARD IV. CONTINUED

Foods and beverages high in fat limited:

- High-fat meats served no more than 2 times per week
- Only skim or 1% milk for children age 2 and over
- Fried or pre-fried vegetables, including potatoes, served no more than once a week.



STANDARD IV. CONTINUED

Fruits, vegetables, and whole grains served as follows for programs serving breakfast, lunch, and snack:

- Fruit (not juice) served at least 2 times per day
- Vegetable other than white potatoes served at least once a day
- Whole grain foods served once a day



CLASSROOM OBSERVATION STANDARDS

Nutrition

Provide opportunities for children to learn about nutrition 1 time per week or more



CLASSROOM OBSERVATION STANDARDS

PHYSICAL ACTIVITY

Specific to 0-2 year olds

- No use of media/computer use for children 2 years and younger
- Encourage least restrictive, safe environment for infants and toddlers at all times
- Designate outdoor areas for safe play of infants/toddlers, including mats/blankets for non-walkers



CLASSROOM OBSERVATION STANDARDS

Physical Activity For All

- Children are encouraged to be physically active indoors and outdoors at appropriate times
- Teacher planned physical activities lasting 5-10 minutes occur at least 2 times a day
- Provide daily active outdoor play for all children ages 1-12, weather permitting across 2-3 separate time periods totaling 60-90 minutes for 1-2 year olds and 90-120 minutes for 3-12 year olds



CLASSROOM OBSERVATION STANDARDS

Physical Activity For All

- Provide variety of play materials that promote physical activity indoors for most children to use
- Provide variety of outdoor portable play materials for most children to use



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ABC GROW HEALTHY!!**

