Celebrating 20 years of Growing Quality

ABC Child Care Program
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1985
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1986
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1987
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4”
person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1988
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1989
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1990
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1991
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS

BRFSS, 1992

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1993
(*BMI ≥ 30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1994
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1995
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1996
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1997
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1998
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 1999
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2000
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2001
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2002

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2003
(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2004
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2005
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2006
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2007
(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2008
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
OBESITY TRENDS* AMONG U.S. ADULTS
BRFSS, 2009
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2010
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1990, 2000, 2010
(*BMI ≥30, or about 30 lbs. overweight for 5’4” person)

1990

2000

2010

No Data  <10%  10%-14%  15%-19%  20%-24%  25%-29%  ≥30%
SOUTH CAROLINA
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2000

- < 50%
- 50 – 54%
- 55 – 59%
- 60 – 64%
- 65 – 69%
- 70% +

Counties in S.C. are color-coded based on the percentage of overweight and obese adults in 2000.
Percent of Overweight and Obese (BMI $\geq 25$) in S.C. Adults

2001

- < 50%
- 50 – 54%
- 55 – 59%
- 60 – 64%
- 65 – 69%
- 70% +
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2002

- < 50%
- 50 – 54%
- 55 – 59%
- 60 – 64%
- 65 – 69%
- 70% +
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2004

< 50%
50 – 54%
55 – 59%
60 – 64%
65 – 69%
70% +
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2005

< 50%

50 – 54%

55 – 59%

60 – 64%

65 – 69%

70% +

< 50%

50 – 54%

55 – 59%

60 – 64%

65 – 69%

70% +

< 50%

50 – 54%

55 – 59%

60 – 64%

65 – 69%

70% +
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2006

- < 50%
- 50 – 54%
- 55 – 59%
- 60 – 64%
- 65 – 69%
- 70% +
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2009
Percent of Overweight and Obese (BMI ≥ 25) in S.C. Adults 2010

- < 50%
- 50 – 54%
- 55 – 59%
- 60 – 64%
- 65 – 69%
- 70% +

Counties colored according to the percentage range of overweight and obese individuals.
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 ABC Child Care
The Health Environment of a Child

- Modeling
- Built Environment
- Nutrition Education
- Parent Education
- No playtime punishments
- Snacks
- Outside play time
- Meals
- Food Rewards
- Candy fundraisers
- Professional Development
- Parties
- Opportunities for physical activity
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.....
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.
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

Saluda
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
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.
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
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.
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.
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
WE’RE ON OUR WAY TO...
ABC GROW HEALTHY!!