

Who Was Sampled for Survey?

Licensed sites obtained from State

- >10,000 Centers
- >42,000 Family Homes

BUT can compare types of settings & first study of its kind!

Random sample selected

- ~1,400 surveys sent

Self-select to respond

Self-report

Surveys returned

- 429 completed



Who Completed Survey?

Child Care CENTERS

Head Start

State Preschool

Centers on CACFP

Centers not on CACFP

Family Child Care HOMES

Homes on CACFP

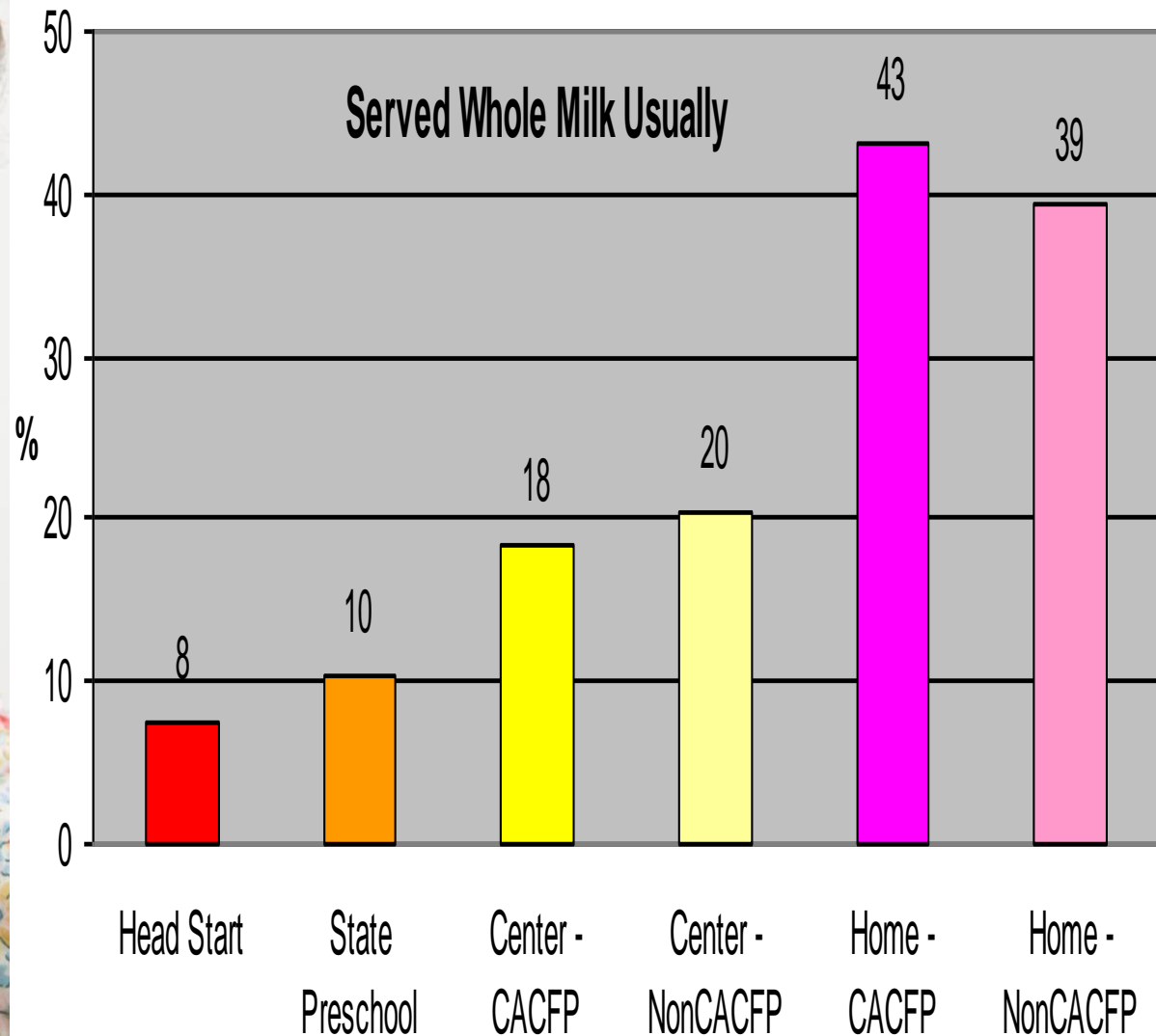
Homes not on CACFP

What Meals Were Provided?



- Most offered full day care
- Lunch, afternoon snack, and breakfast most common
- Most food made on-site
- Little food brought in by parents

Homes provide more WHOLE MILK that centers



Drinking WATER often absent

- 22% of sites **rarely or never served water** at meal or snack time
- 31% of sites did not have water easily and visibly available **inside** for kids to self-serve





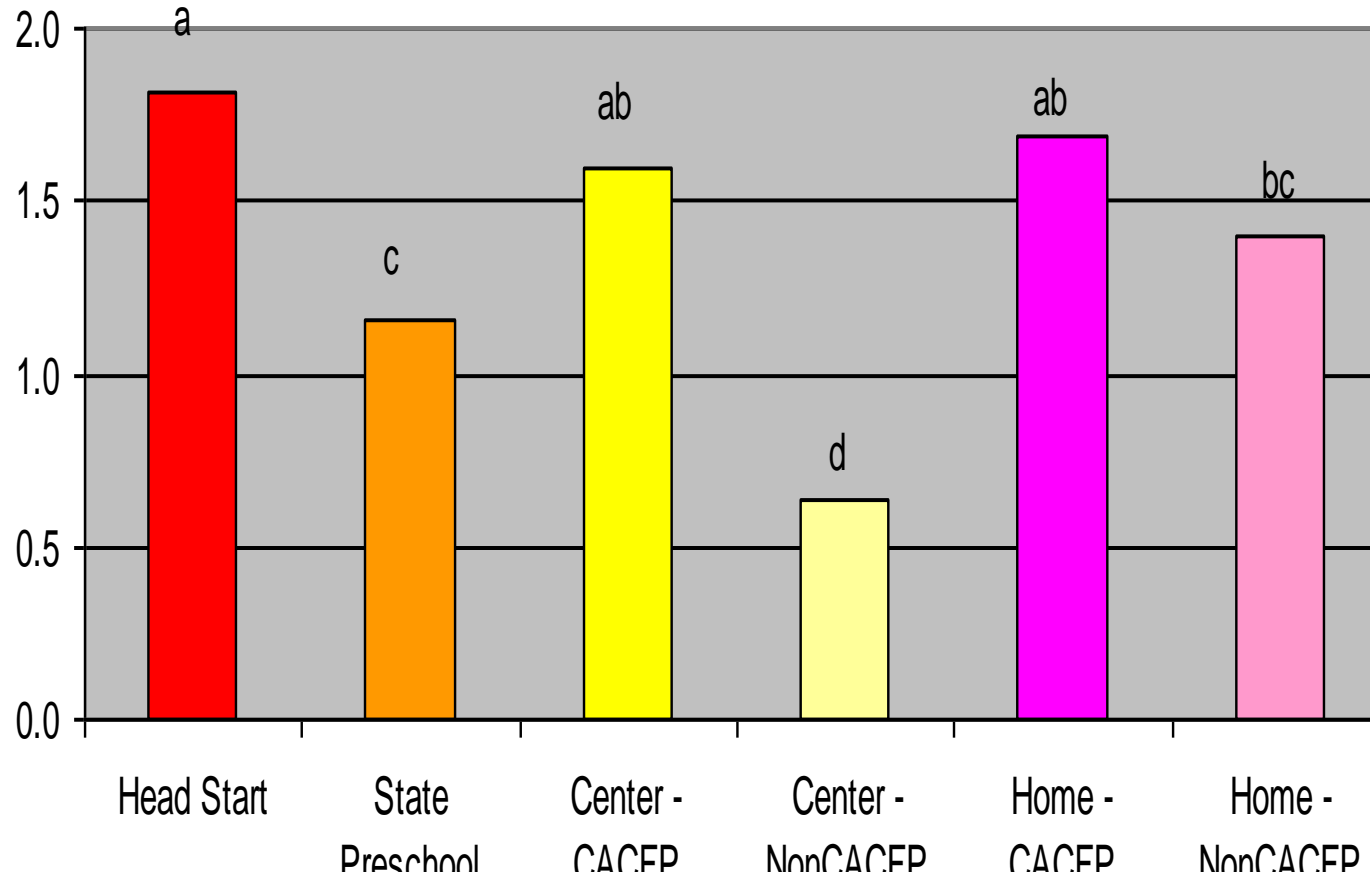
FRUIT can be improved

CACFP provide more fruit than non-CACFP

Half provide fruit canned in syrup

Nearly two-thirds provide 100% juice

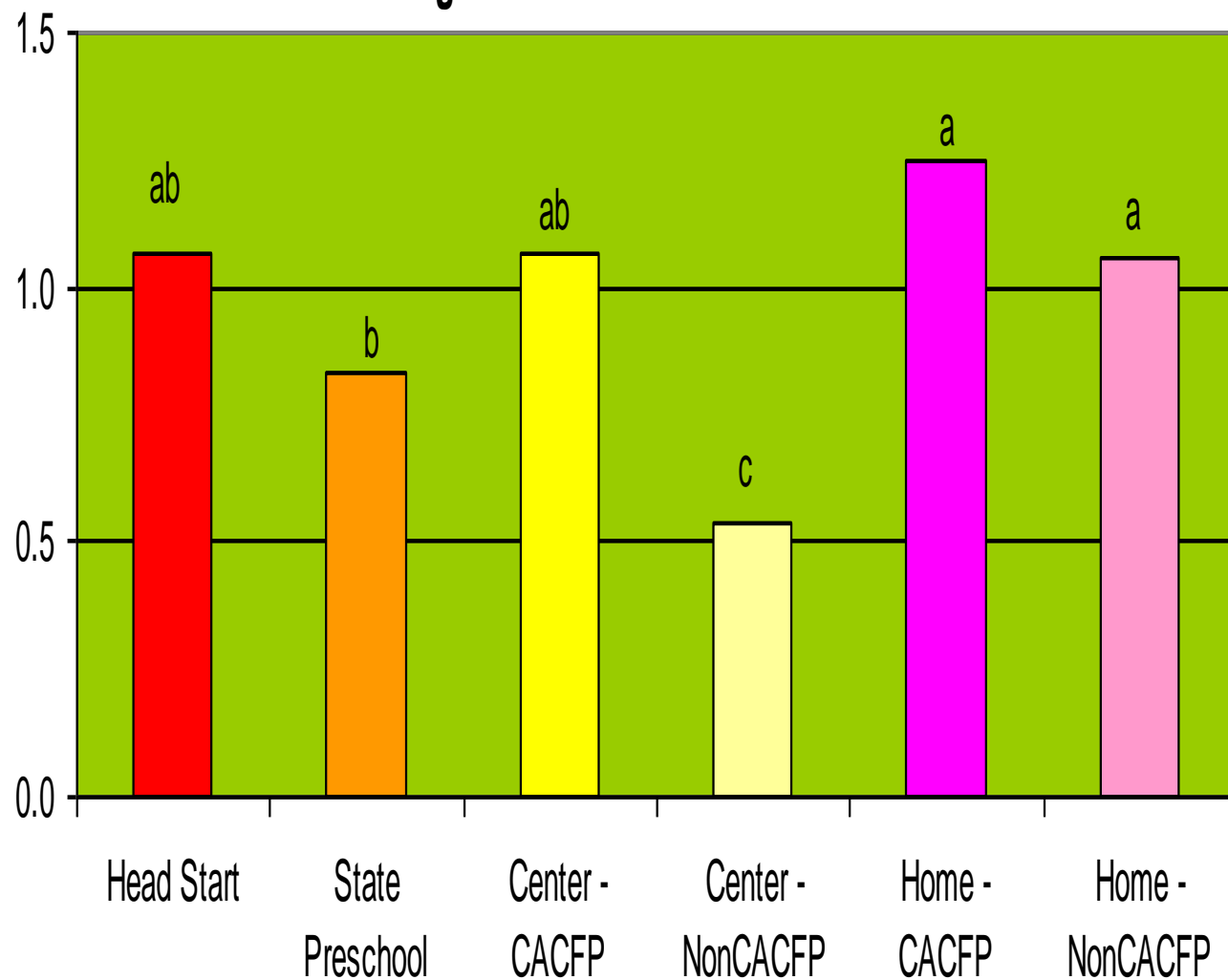
Whole Fruit Score at Breakfast & Lunch



VEGETABLES can be improved

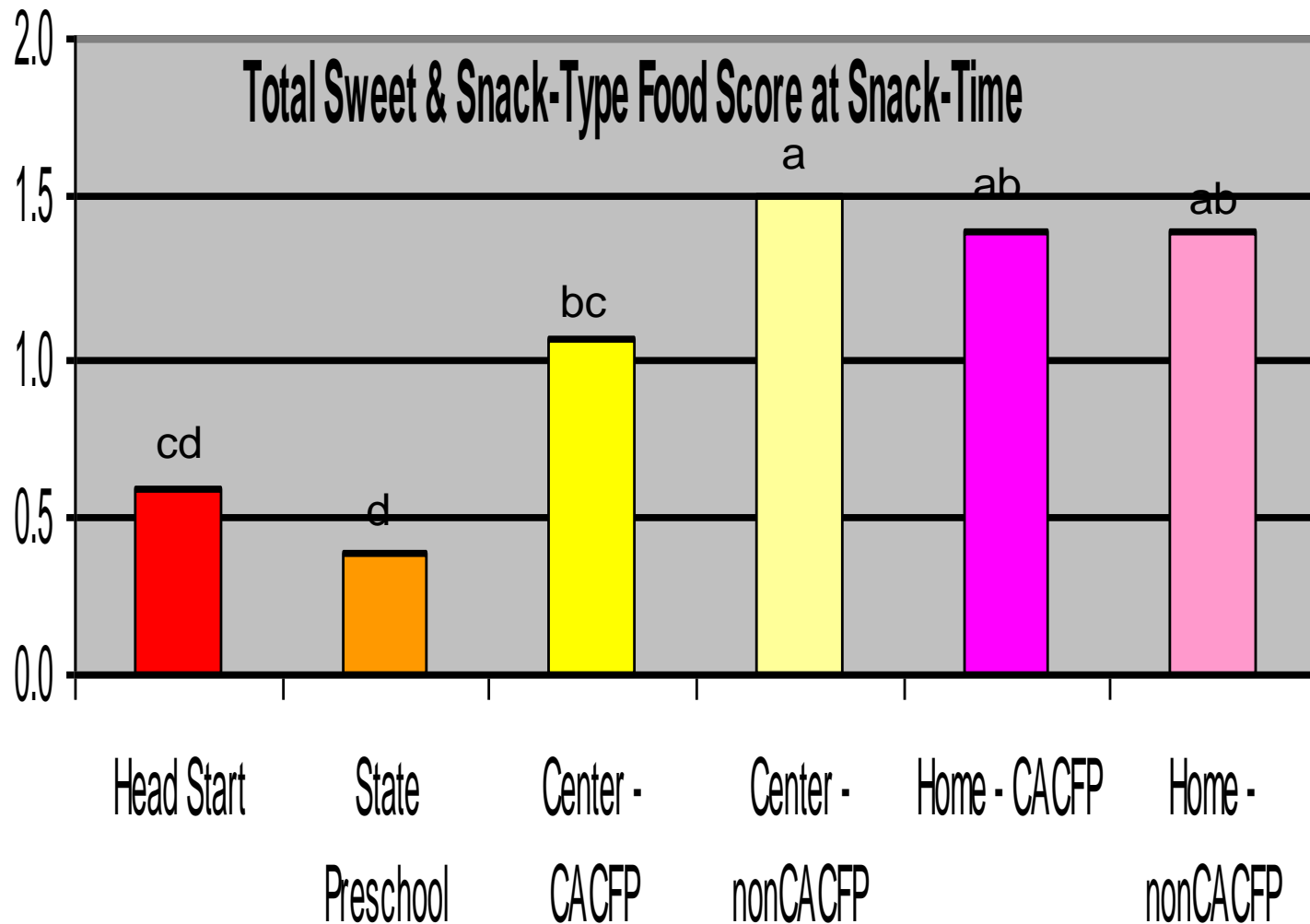
CACFP provide more than non-CACFP
¼ of sites serve fried potatoes

Total Vegetable Score at Breakfast & Lunch



SWEET & SNACK-TYPE FOODS could be reduced

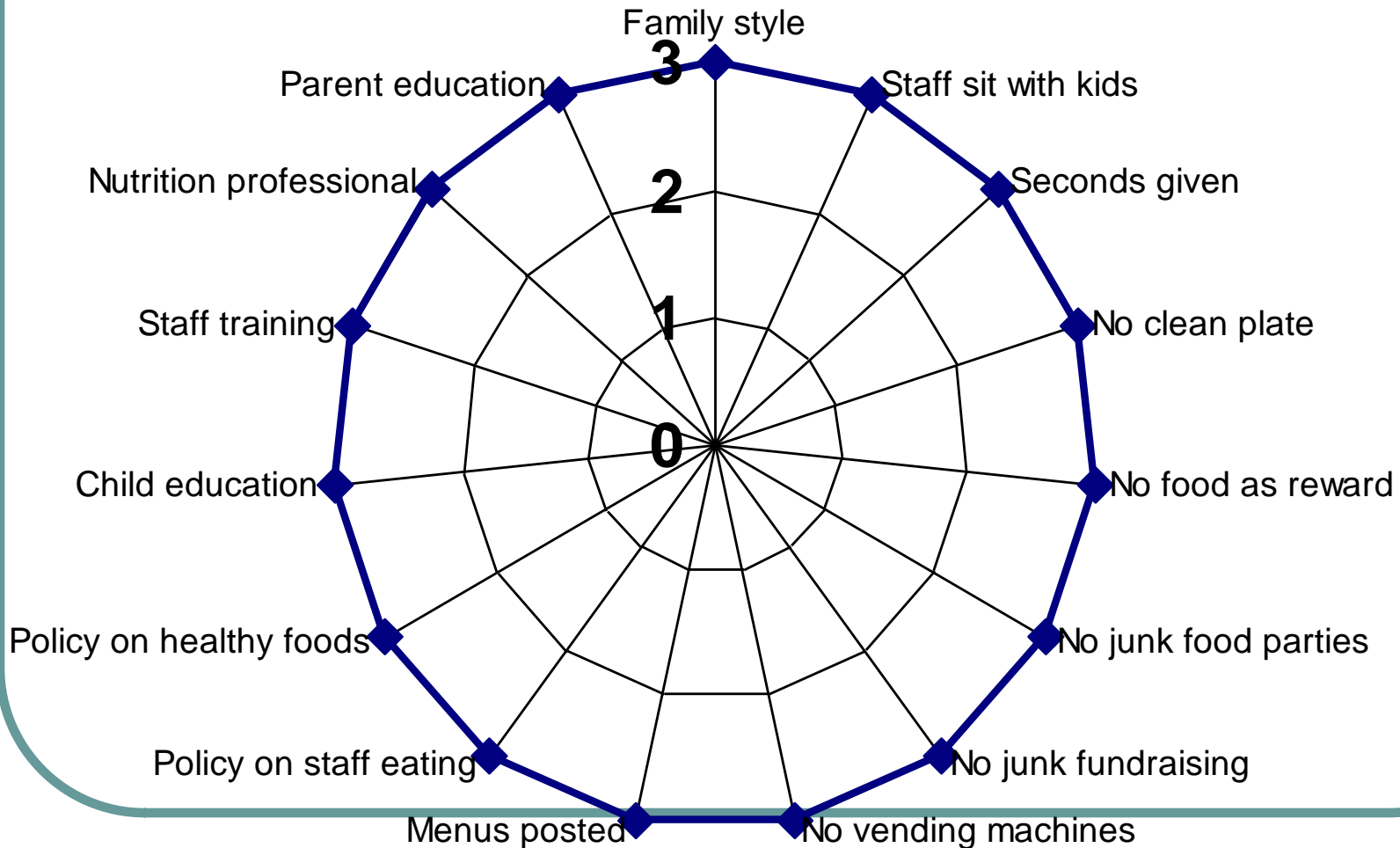
Mostly at snack time
CACFP less than NonCACFP
Centers less than Homes



Food-Related Practices: How does food get on these plates?

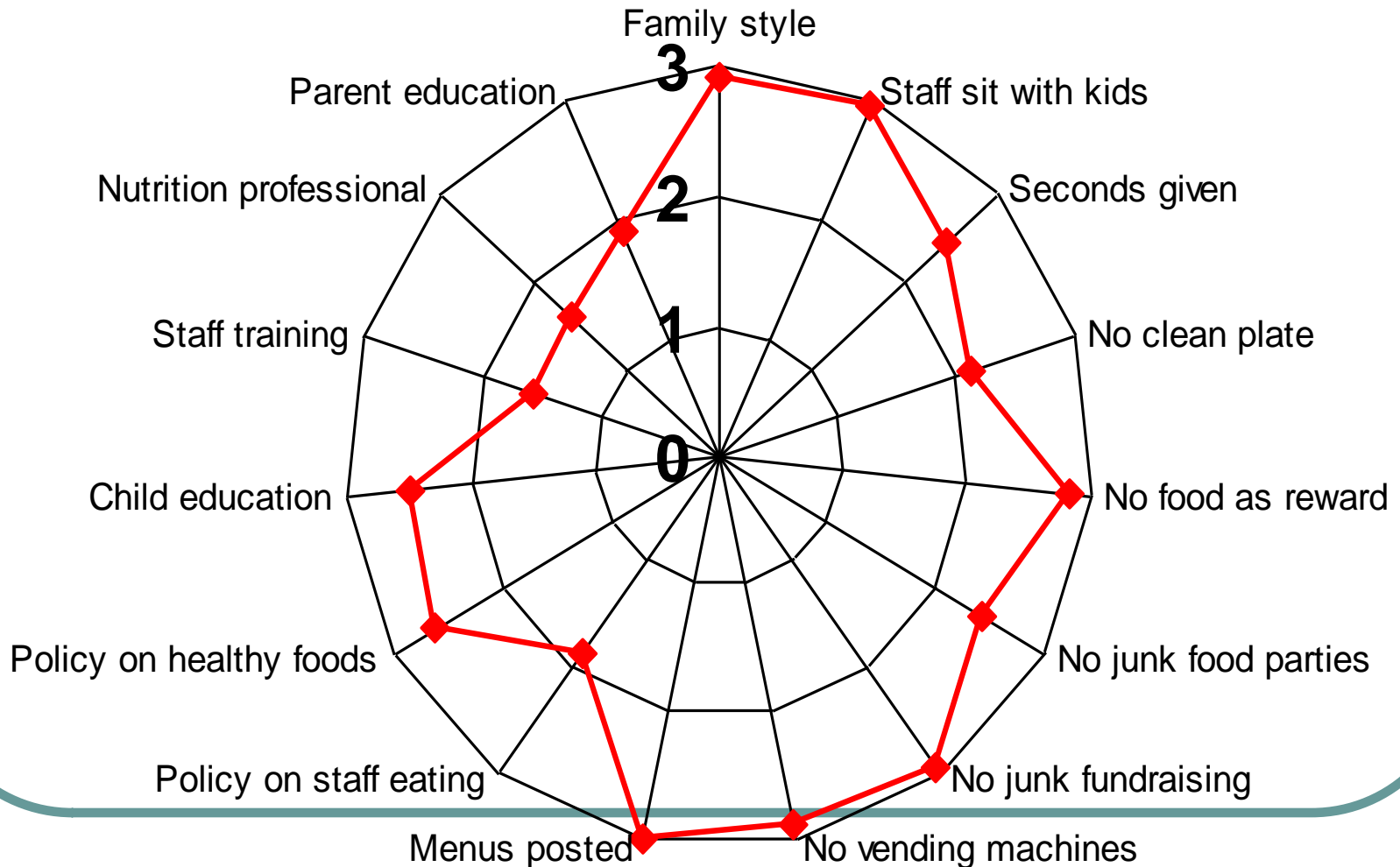


Food-Related Practices Recommendations



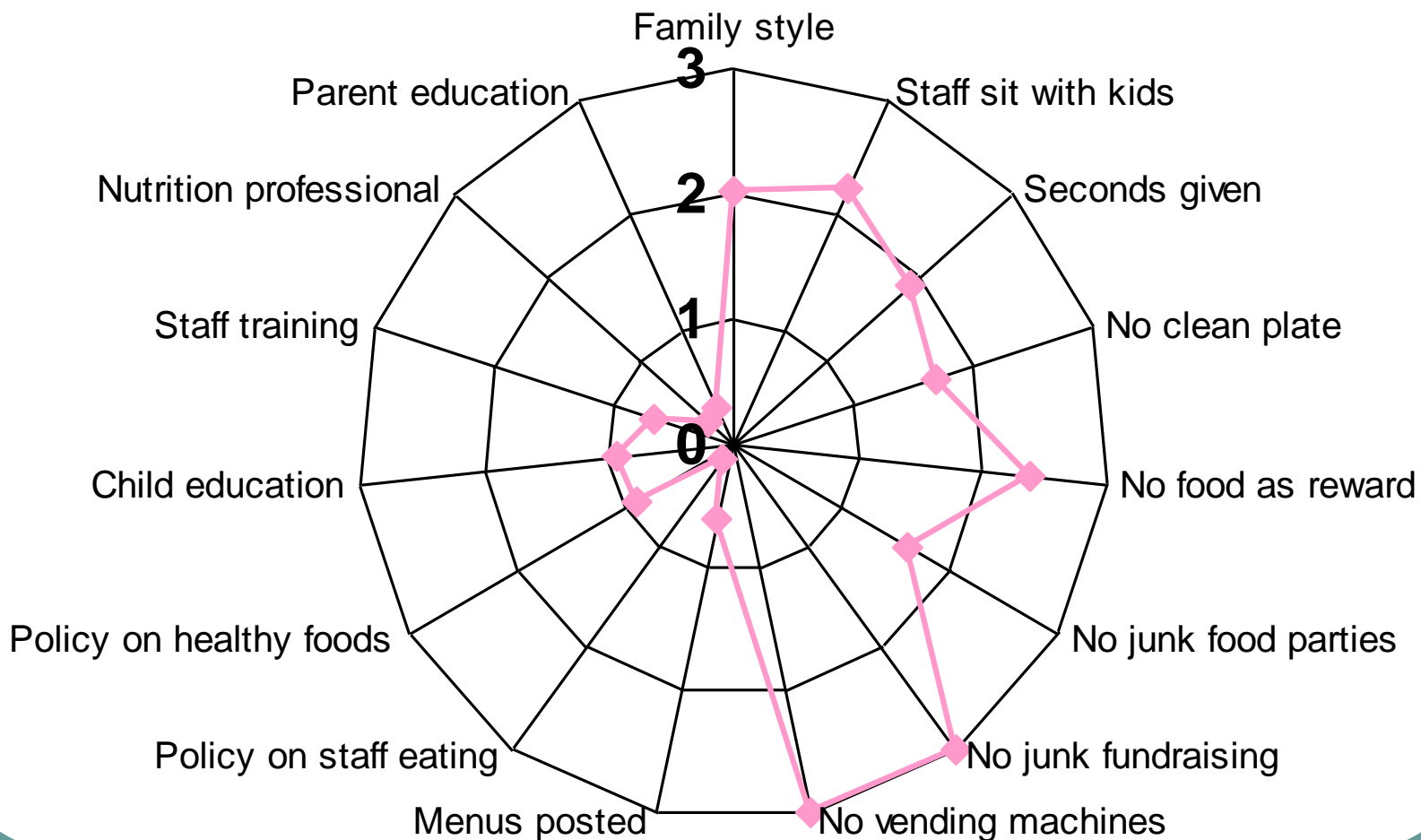
Food-Related Practices

Head Start



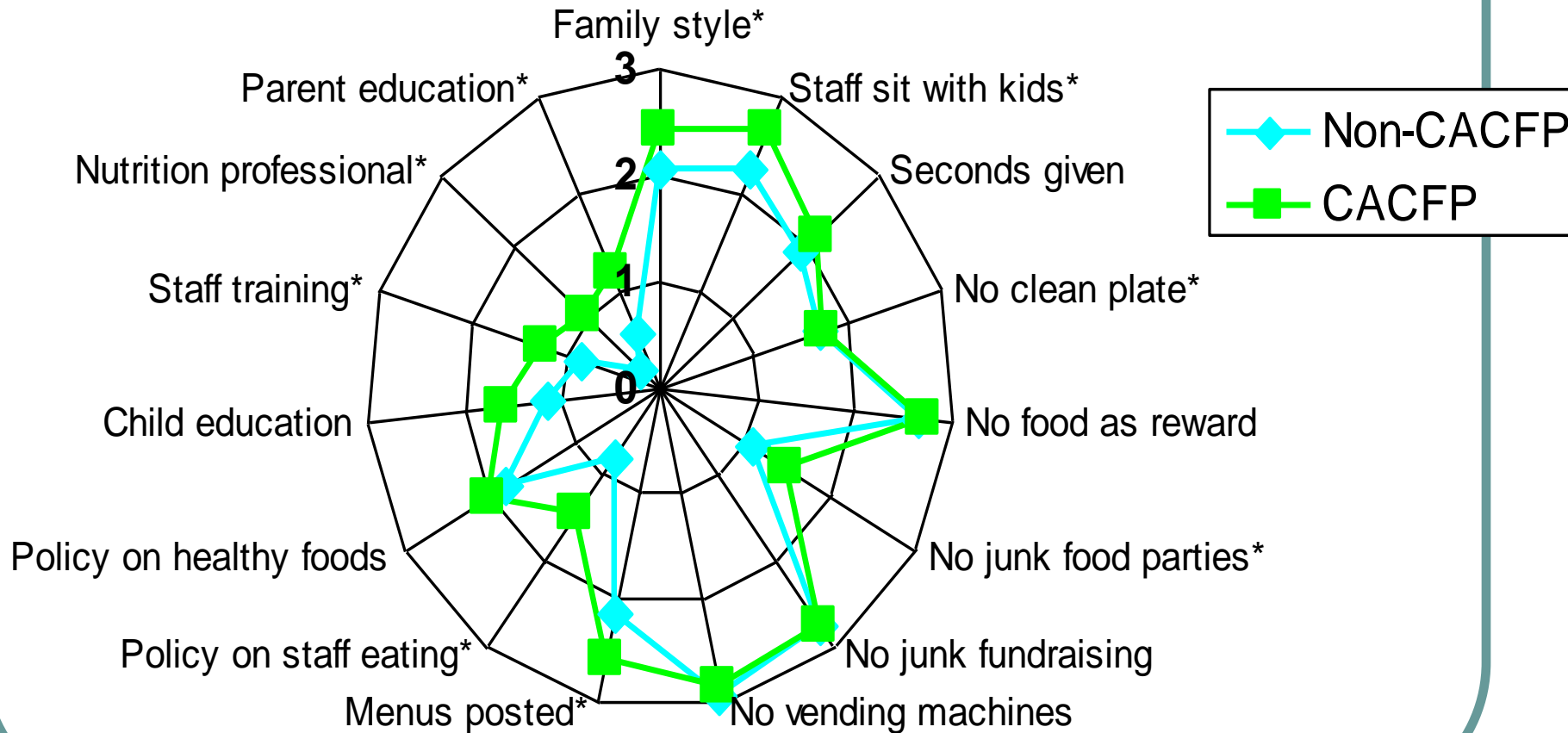
Food-Related Practices

Home - NonCACFP



Food-Related Practices

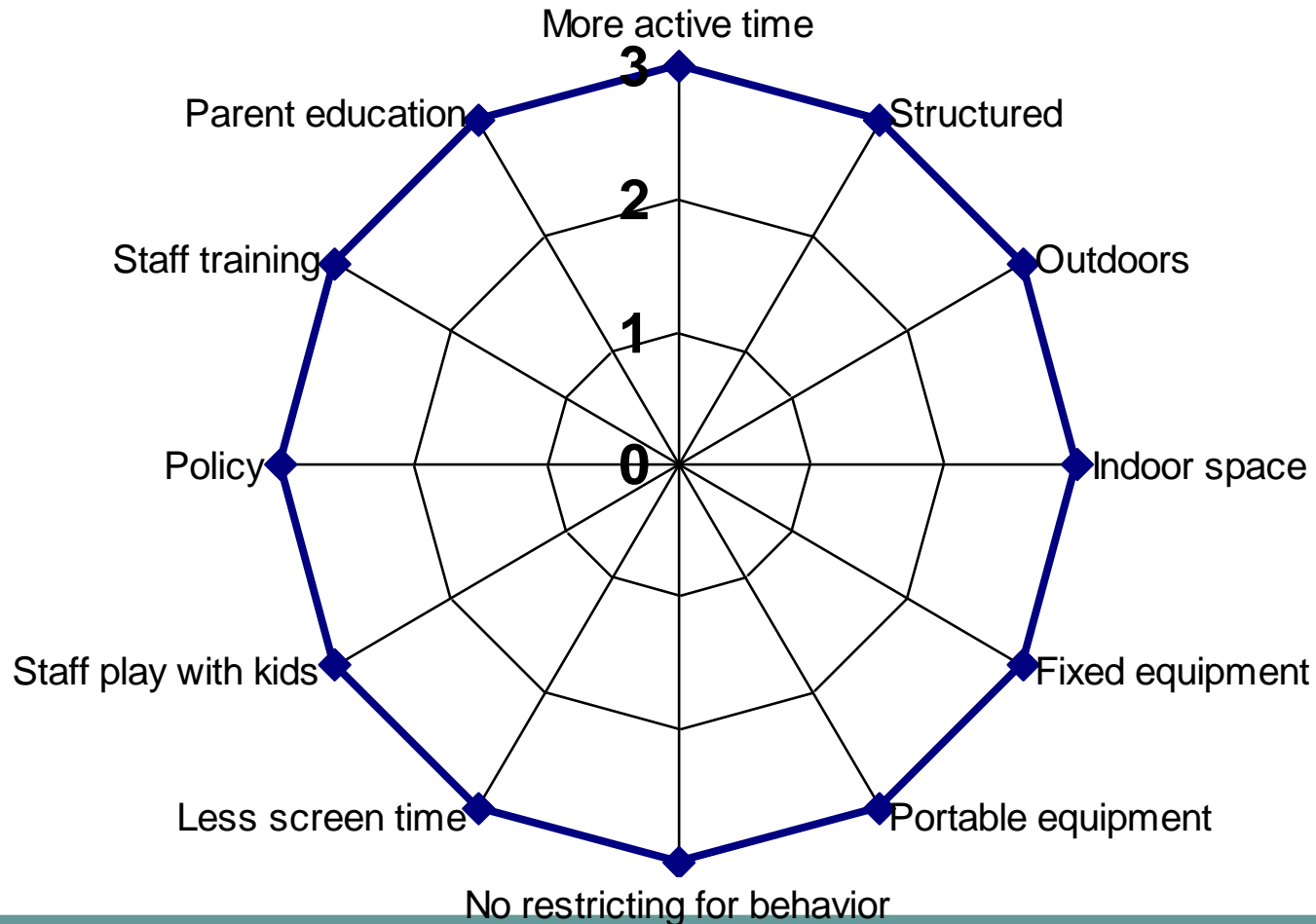
CACFP better than non-CACFP



Physical Activity-Related Practices: How do kids get to be active?

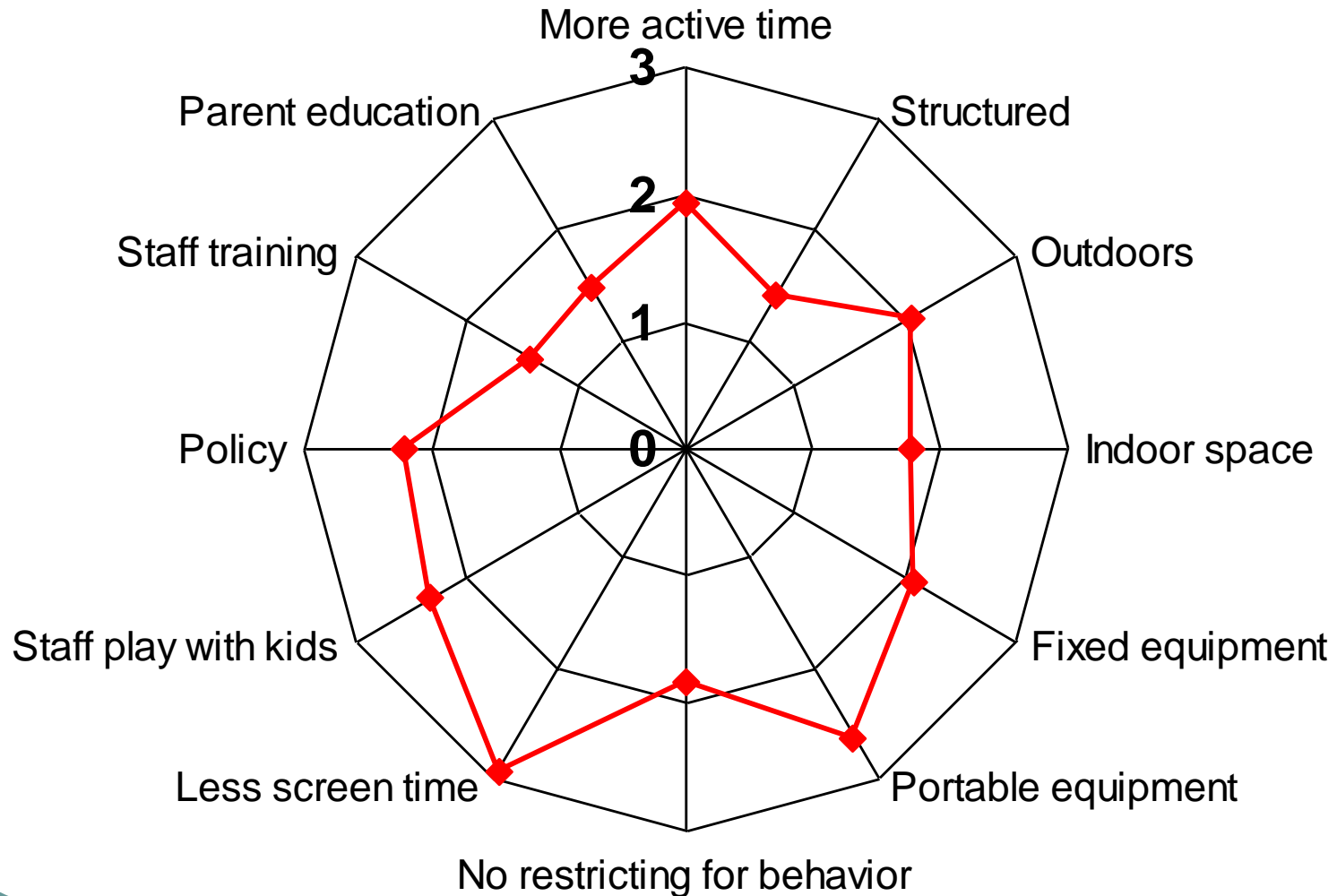


Physical Activity-Related Practices Recommendations



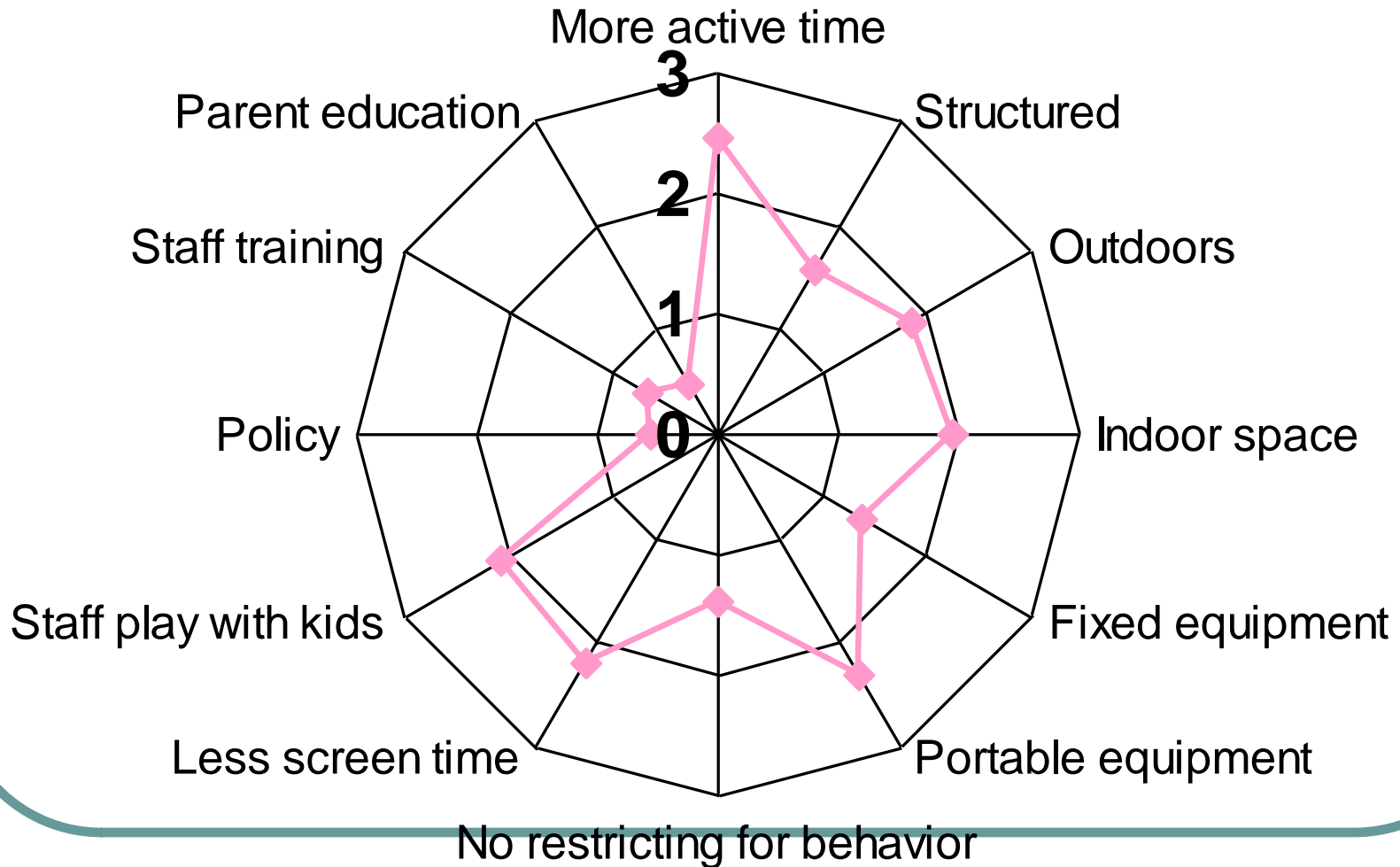
Physical Activity-Related Practices

Head Start



Physical Activity-Related Practices

Home - NonCACFP



Major challenges to Providing Healthy Foods:

#1 High food costs (57%)

#2 Children not liking (48%)

#3 Lack of control over food provider (18%)

#4 Not enough room for food prep/storage (15%)

#5 Not enough information (8%)

#6 Parents not wanting (7%)

#7 No CACFP reimbursement (4%)



Major Challenges to Providing Physical Activity:

#1 Weather (34%)

#2 Children's interest or skills (16%)

#3 Inadequate play equipment (15%)

#4 Lack of time (14%)

#5 Liability concerns (13%)

#9 Lack of policy (2%)

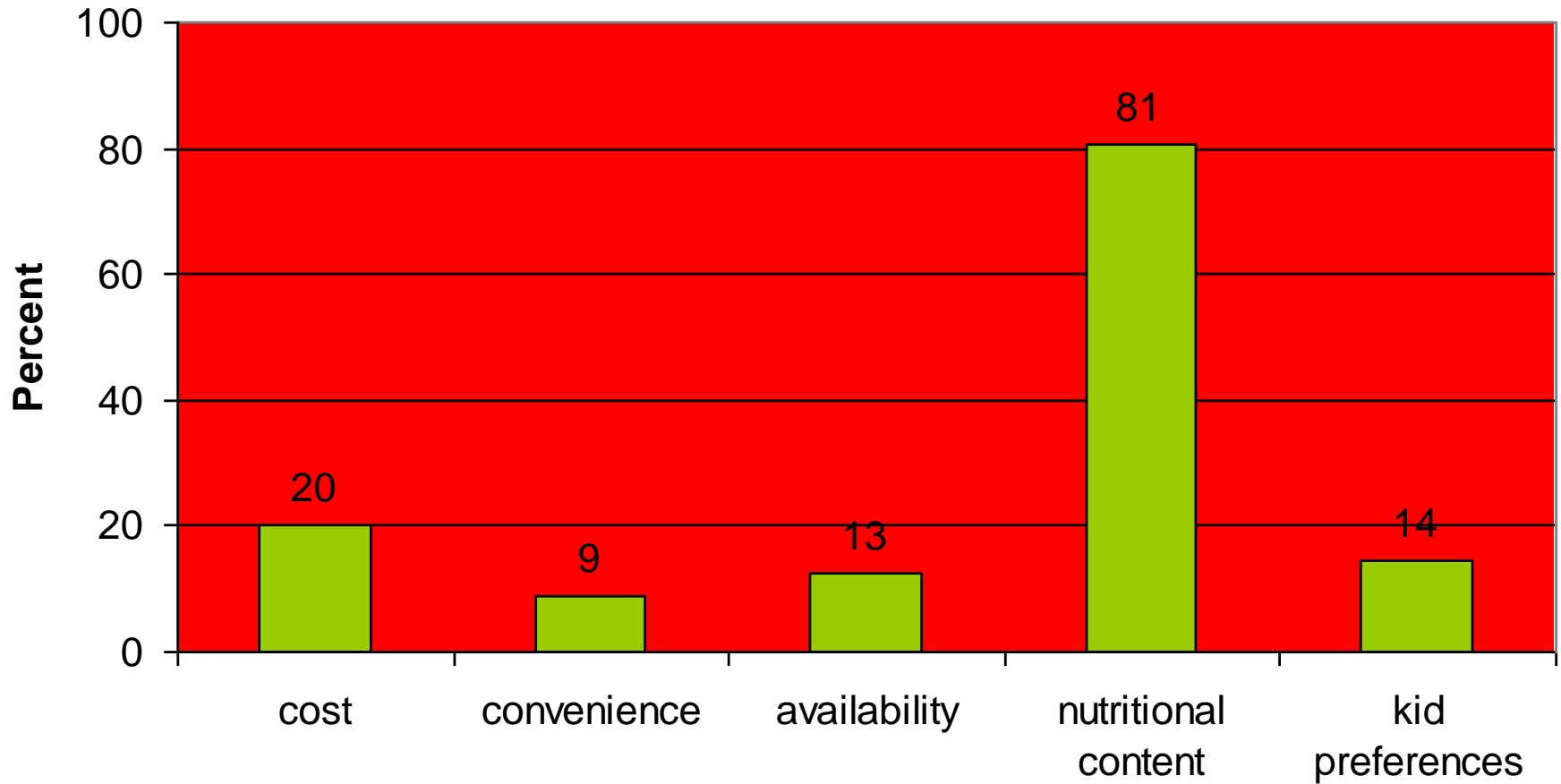
#10 Unsafe neighborhood (2%)





Nutrition

Most Important Factor in Deciding Food for Child Care



Summary

- 1. Head Start is overall the best.**
- 2. CACFP better non CACFP on most foods and practices.**
- 3. Centers better than homes on most practices.**
- 4. Lack of funding is the major barrier.**
- 5. Nutritious food is a priority of all!**



For a copy of full report...



CALIFORNIA

FOOD POLICY

ADVOCATES

- www.cfpa.net
 - Child Nutrition Programs
 - Research & Reports
 - Executive Summary or Full Report
- Lorrene_Ritchie@sbcglobal.net



Improving Nutrition and Physical Activity in Child Care through Regulatory Change



Lynne Oudekerk, MA, RD
Acting Director, CACFP
NYS Department of Health

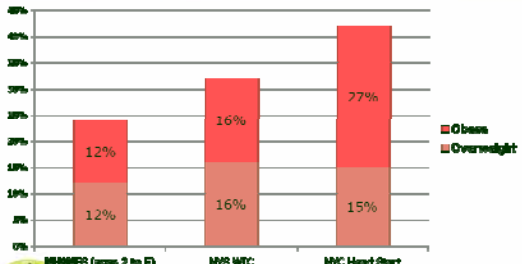
Extent of the Problem

Nationwide, overweight and obesity has increased among children of all ages




SOURCE: NHANES, Ogden, et al. JAMA 2008

Extent of the Problem in New York City



Program	Overweight	Obese
NIMNES (ages 2 to 6)	12%	12%
NYS WIC	16%	16%
NYC Head Start	15%	77%




SOURCES: NHANES; Ogden, et al, JAMA 2008. DOHMH Vital Signs 2006; 5(2): 1-2, Edmunds, JADA, 2006..

Why does it matter?

Overweight children are:

- 2.4 times more likely to have elevated total cholesterol
- 4.5 times more likely to have elevated blood pressure
- 12.6 times more likely to have high levels of fasting insulin

60% of overweight children had at least one CVD risk factor compared to 10 percent of non-overweight children.




Why does it matter?

Obese children are more likely to become obese adolescents and obese adults

The likelihood that an obese child will become an obese adult:


- 20% at age 4 (Whitaker et al 1997)
- 65% at age 10 (Magarey et al 2003)
- 80% by adolescence (Whitaker et al 1997)



Policy Approach to Addressing Obesity

The 2001 US Surgeon General's *Call to Action to Prevent and Decrease Overweight and Obesity* declared obesity prevention a national priority.

SOURCE: USDHHS, 2001



Children in Regulated Child Care in NYC				
Day Care Facility Type	Total Facilities	Setting	Law/ Regulation	Approx. Capacity
Group Day Care	2,072	Non-residential	NYC Health Code (Article 47)	113,696
Group Family Day Care	2,232	Home of an unrelated family	18 NYCRR (part 416)	30,742
Family Day Care	3,775	Home of an unrelated family	18 NYCRR (part 417)	103,942
School Age	1,192	Non-residential	18 NYCRR (part 414)	121,966
TOTAL, all facility types	9,271			355,346

The NYC Health Code and Child Care Regulation: A Short History

- 1854 – The first day nursery in US opened in NYC
- 1910 (approximately) – Child care was regulated under the Sanitary Code of the City of New York
- 1943 – Child care centers were mandated to adhere to the Sanitary Code of the City of NY
 - These regulations mandated two hours of outdoor play, a hot meal at noon, and at least one pint of milk per day.
- 1959 – The NYC Health Code for child care was adopted




NYC Health Code Article 47: Original Language

47.37(b):
 “Food shall be supplied to children which is wholesome, of good quality, properly prepared, sufficient in amount, varied according to a diet approved by the Department of Health and served at regular hours at appropriate intervals.”

47.37(c):


- “When children bring meals from home, they shall be properly refrigerated and the operator shall provide parents with information regarding appropriate diet for age. Any special diet shall be provided only in accord with a physician’s order.”



**NYC Health Code Article 47:
Original Language**

47.35(a):
"Indoor and outdoor play areas shall be available for the use of children..."

47.35(b):
"Adequate periods of outdoor play shall be provided daily for all children, except during inclement weather."



**New York City Health Code Revision:
The Process for Change**


1. **Initial research and formulation of proposal**
2. Notice of intention
3. Presentation to the Board of Health (BOH)
4. Approval for public comment
5. Receipt of written comments
6. Public hearing
7. Response to comments
8. Returned to the BOH
9. Amendment Approval or Rejection by the BOH



**Survey: Child Care Practices Before
Change in NYC Health Code**

Objective:
To evaluate nutrition and physical activity policies and practices at regulated child care centers in New York City.

Methods:
Interviewers conducted on-site 25-minute surveys with child care center directors between June and August, 2005.



Study Findings: Fruit Juice and Sugar Sweetened Beverages

- 53% of children consume juice at least once per day.
- 23% drink sugar sweetened beverages every day
- 54% drink sweetened beverages at least 1-2 times/week



Survey Findings: Fluid Milk

- 60% of children drank whole or reduced fat (2%) milk daily
- 50% of children never drank low-fat (1%) or fat-free milk
- 20% of children drank low-fat (1%) or fat-free milk daily



Survey Findings: TV Viewing Patterns

- 67% of children watched up to 2 hours of TV per day
- 31% of children watched 3 hours or more of TV per day.





It's too easy to stay still

- Walking has decreased by 40% in adults and by 60% in children since 1977
- Innovations lead to decreased activity: Remote controls, garage door openers, escalators



SOURCE: US Dept Transportation Bureau of Transportation Statistics, JNHTS 2001 Highlights report, BTS03-03

Until it comes to this.....



The doctor said he needed more activity. So I hide his T.V. remote three times a week.


**NYC Health Code Article 47:
Proposed Language**

Original Language

47.37(b): "Food shall be supplied to children which is wholesome, of good quality, properly prepared, sufficient in amount, varied according to a diet approved by the Department of Health and served at regular hours at appropriate intervals."

Proposed Language

- No beverages with added artificial or natural sweeteners
- Juice may be served only to children eight months of age and older
- Juice shall not be provided in a bottle
- Only 100% juice is permitted
- Children shall receive no more than six ounces of juice per day
- Children 2 years of age and older shall only be served low-fat (1%) or fat-free milk
- Water shall be available and easily accessible to children throughout the day, including mealtimes.




**NYC Health Code Article 47:
Proposed Language**

Original Language

47.37(c): "When children bring meals from home, they shall be properly refrigerated and the operator shall provide parents with information regarding appropriate diet for age. Any special diet shall be provided only in accord with a physician's order."

Proposed Language

When parents provide meals from home, foods shall be properly refrigerated and the child care center operator shall provide parents with information with information regarding an appropriate diet for age.



**NYC Health Code Article 47:
Proposed Language**


Original Language

47.35(a): "Indoor and outdoor play areas shall be available for the use of children..."

47.35(b): "Adequate periods of outdoor play shall be provided daily for all children, except during inclement weather."

Proposed Language

- Children 1 – 3 years of age in full time care shall participate in at least 60 minutes of physical activity per day
- Children 3 years of age and older shall participate in at least 60 minutes of physical activity per day, at least 30 minutes of which is structured and guided
- Children shall not remain sedentary or sit passively for more than 60 minutes continuously, except at scheduled rest or naptime
- In inclement weather, active play shall in safe indoor areas shall be substituted for outdoor play



**NYC Health Code Article 47:
Proposed Language**


Original Language

47.35(a): "Indoor and outdoor play areas shall be available for the use of children..."

47.35(b): "Adequate periods of outdoor play shall be provided daily for all children, except during inclement weather."

Proposed Language

- Television, video and other visual recordings shall not be used with children under two years of age
- Children two years of age and older are limited to no more than 60 minutes of television, video, or visual recordings per day. This viewing must be educational programming or programming that actively engages child movement.



New York City Health Code Revision: The Process for Change

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9. **Amendment Approved by the BOH**



Implementation of Revised Article 47

- **Trained** day care inspectors and NYC nutritionists working in NYC child care
- **Provided nutrition education** to child care center staff, parents, and children
- **Conducted physical activity training** to child care center staff
- **Developed and disseminated educational materials** to children and parents through child care staff



Study of Article 47 Implementation

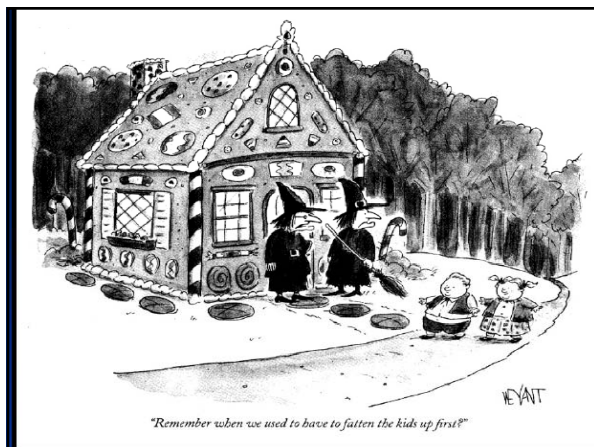
- Do licensed child care centers meet the new New York City Article 47-mandated nutrition and physical activity policies?
- What barriers do child care centers encounter as they implement these new nutrition and physical activity policies?



Next Steps

- RWJF study
- Macro International evaluation
- Continued training of NYC staff working in child care centers – ECECs and Sanitarians
- Expanded EWPCCS





"Remember when we used to have to fatten the kids up first?"

A cartoon illustration of a boy and a girl holding hands, standing under a bright sun. The boy is wearing a striped shirt and yellow pants, and the girl is wearing a red dress.

For more information, contact:
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New York City Child Care Nutrition and Physical Activity Regulations (Article 47)

✧ Nutrition

◆ No beverages with added artificial or natural sweeteners

◆ Juice:

- Only to children ≥ 8 months old
- Not provided in a bottle
- Only 100% fruit juice
- No more than 6 ounces per day



◆ Milk:

- 12 – 24 months old: only whole milk
- ≥ 2 years old: only 1% or less milk fat

◆ Water:

- Made available and easily accessible to children throughout the day

✧ Physical Activity

- 1-3 years old: at least 60 minutes of physical activity per day
- ≥ 3 years old: at least 60 minutes of physical activity; at least 30 of the 60 minutes must be guided and structured physical activity.
- Children are not sedentary for > 60 minutes continuously except during a scheduled rest or naptime

✧ Television Viewing

- < 2 years old: No TV, video or visual recordings
- ≥ 2 years old: No more than 60 minutes of TV, video or visual recordings per day. Only educational programs or programs that actively engage child movement are allowed.

(Effective 1/1/07)



For more information or questions contact
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