

# Childhood Obesity Prevention Project

Prevention through Preschool Movement

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Center for Nutrition & Activity Promotion



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# Preventing Childhood Obesity in Early Care and Education Programs

Selected Standards from  
*Caring for Our Children: National Health and Safety Performance Standards*



American Academy  
of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



American  
Public Health  
Association



National Resource Center  
for Health and Safety  
in Child Care and  
Early Education

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# Active Opportunities for Physical Activity

The facility should promote children's active play every day. Children should have ample opportunity to do vigorous activities such as running, climbing, dancing, skipping, & jumping.



# Playing Outdoors

Children should play outdoors daily when weather and environmental conditions do not pose a significant health or safety risk. Outdoor play for infants may include riding in a carriage or stroller; however, infants should be offered opportunities for gross motor play outdoors, as well.



# Teachers' Encouragement of Physical Activity

Caregivers/teachers should promote children's active play, and participate in children's active games at times when they can safely do so.



# Policies and Practices that Promote Physical Activity

The facility should have written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation.



**For more information:**

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