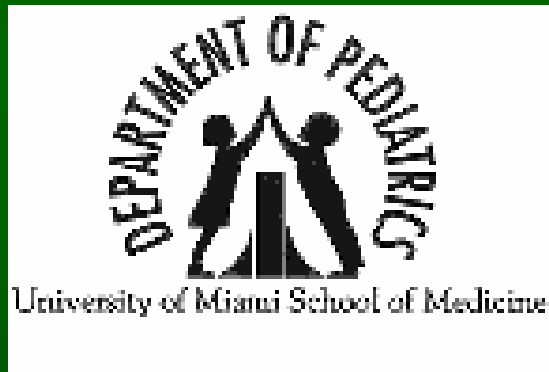


Obesity Prevention: Approaches for the Early Child Care Setting



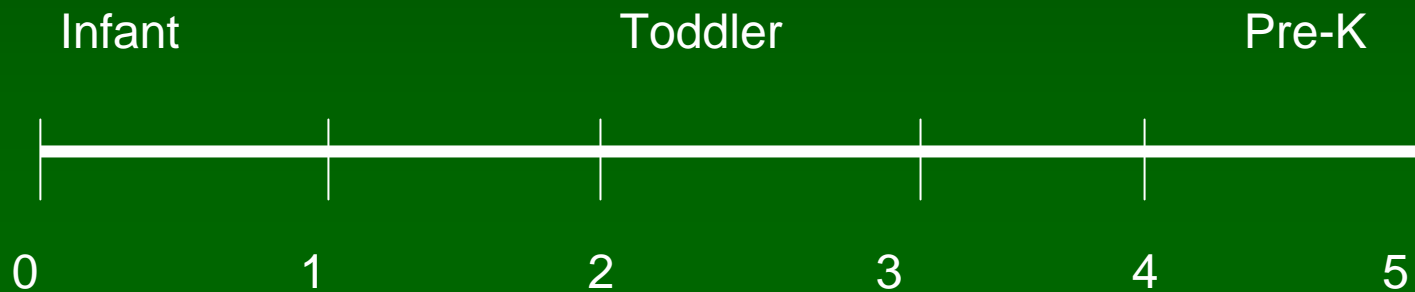
Lee M. Sanders, M.D., MPH

Obesity in the Preschool Years

- 1 in 5 children are overweight by age 5
 - 1 in 3 in Miami subsidized childcare
- Most parents of overweight children (>90%) do not recognize the problem
- Modifiable Risk Factors < age 5
 - TV in the bedroom
 - Consumption of sweetened beverages
 - Sedentary behavior

(Robinson 1999; Dennison 2002; Moore, 2003; Whitaker, 2003; Fisher 2003 ; Harvey-Berino 2003; Fitzgibbon 2002; Stolley 2003; Sanders 2004; McGarvey 2004; Dennison 2004; Katz D, MMWR 2005)

Settings for Early Childhood Obesity Prevention



Pediatric Provider: Counseling

WIC: Nutrition Counseling

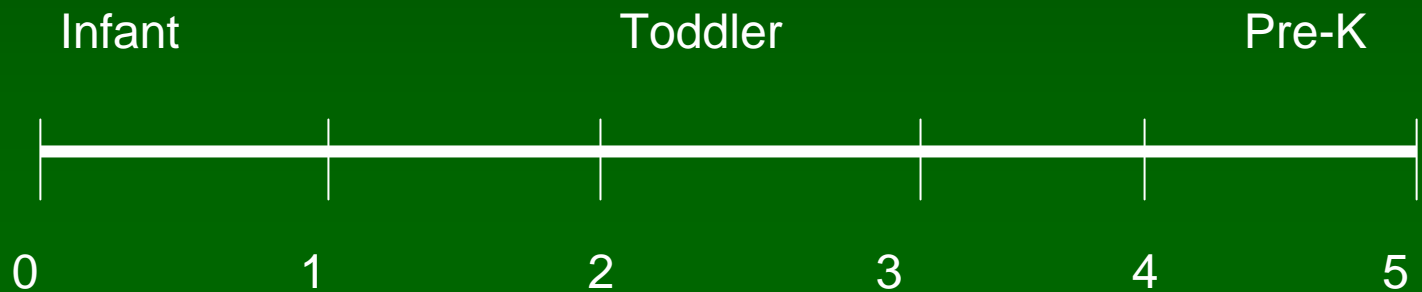
Child-Care Centers:

- Environmental Changes
- Child Curricula
- Parent Groups

“Fit WIC”

- 300 mothers/children (age 2-4) in xx Virginia WIC centers
- Intervention:
 - 6, 20-minute sessions reinforced by “Fit Cards” delivered over 12 months
 - Staff “Wellness Challenges”
 - Families referred to and “Fit Cards” shared with family-serving community agencies (parks, community centers)
- Results (RCT):
 - Increased active play
 - Increased use of water
 - No difference in fruit/vegetable intake or in TV use

Settings for Early Childhood Obesity Prevention



Pediatric Provider: Counseling

WIC: Nutrition Counseling

Child-Care Centers:

- Environmental Changes
- Child Curricula
- Parent Groups

Obesity Prevention Programs in Child-Care Centers

- Most children ages 3-5 spend daytime hours in a child-care setting
- Evidence-based Programs
 - Hip Hop to Health, Jr.
 - Brocodile the Crocodile
 - Healthy Inside – Healthy Outside (HI-HO)
- Other Resources
 - Healthy Childcare America

Hip Hop to Health, Jr.

- 300 children in 12 Chicago Head Start
- Intervention (14 weeks, 3/wk.):
 - Specially trained educator
 - 42, 20-minute lessons
 - 42, 20-minute physical activity
 - Weekly parent newsletter with homework
- Results (RCT):
 - Reduced Increase in BMI (-.5 kg/m²; p<.01)
 - Reduction sustained over 1-year, post-intervention follow-up
 - No differences in diet or TV viewing

Brocodile the Crocodile

- 102 children in 19 Upstate NY centers
- Intervention:
 - Specially trained educator
 - 32 sessions on healthy eating
 - 7, 20-minute sessions on reducing TV viewing
- Results of RCT:
 - 4.7 fewer hours/wk. of TV viewing

Healthy Inside-Healthy Outside (HI-HO)

- > 300 children in 6 subsidized centers in Miami
- Intervention:
 - Intensive staff training / Mentoring
 - Center modifications
 - Water = main beverage (no juice)
 - 1% milk
 - 60 minutes physical activity per day
 - Enforced TV time < 30 minutes per day
 - Weekly curriculum
 - Led by center staff
 - Bimonthly parent dinners
- Results:

Local Program: Healthy Inside-Healthy Outside (HI-HO)

- Preliminary Results:
 - 45% of children are overweight at baseline
 - High satisfaction
 - children
 - staff
 - parents
 - Staff feedback and innovation is high

“Best Practices” for Pre-school Obesity Prevention

- At least weekly program sessions
- Include center-based modifications
- Target specific behaviors:
 - TV use
 - Juice
- Include everyone (Staff, Parents, Children)
- Address perceptions about obesity

Thank You

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