



SFDPH-MCAH Child Care Health Project BMI Screening, 2011-2012

Healthy Nutrition and Physical Activity in Child Care in San Francisco

Childhood obesity prevention is a public health priority to limit lifetime risks of disease and disability¹.

First Lady Michelle Obama is calling on child care professionals to champion healthy nutrition and physical activity for children. Her *Let's Move! Childcare* campaign sets national goals for food and beverages, physical activity, and screen time².

Findings from the Child Care Health Project BMI screening suggest that *Let's Move! Childcare* may be effective locally.

Key Findings from the Child Care Health Project BMI Screening

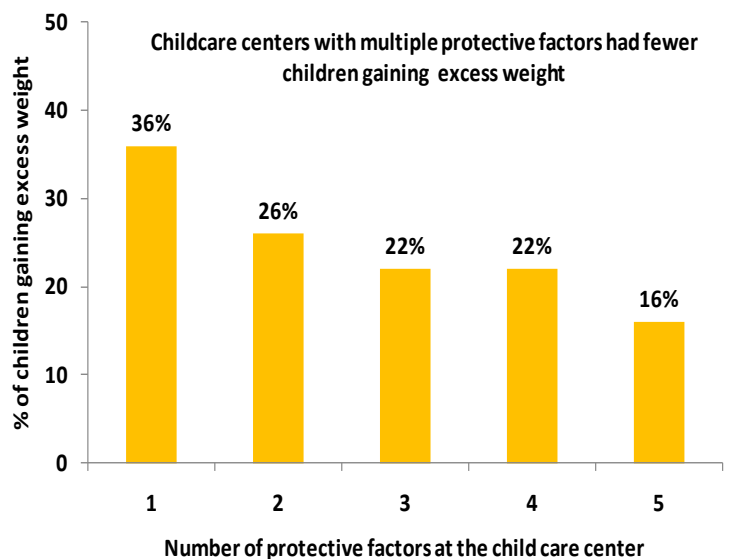
Childhood obesity is happening locally

- ❖ On average, 1 in 5 children screened by the Child Care Health Project gained excess weight in 6 months. Rapid weight gain (increases in BMI percentile) for children under age 5 is a red flag that predicts adult obesity and signals need for preventive action³.

Childhood obesity may be preventable in San Francisco

- ❖ Excess weight gain did not happen at all child care centers. At four child care centers, fewer than 1 in 10 children gained excess weight.
- ❖ The child care centers where fewer than 10% of children gained excess weight met several *Let's Move! Childcare* goals.

- 2 and 3 year old children in childcare centers that had a visible water pitcher, space for running, OR an area for wheeled toys were half as likely to gain excess weight than children in other centers without these resources.
- 4 year old children in childcare centers with no TV or Computer screen were 60% less likely to gain excess weight than children in centers with a screen.
- Child care centers that had multiple protective factors, such as a pitcher for drinking water, space for running, an area for wheeled toys, AND no TV screen had significantly fewer children gaining excess weight: 16% of children in centers with 5 protective factors gained excess weight compared to 36% of children in centers with only one protective factor.



- The four child care centers where fewer than 10% of children gained excess weight were similar with respect to multiple *Let's Move! Childcare* factors, despite different neighborhoods and resources.

Characteristics of the four child care centers with the lowest weight gain

Zipcode	94115	94102	94133	94134
Space for running	Yes	Yes	Yes	Yes
Wheeled toys	Yes	Yes	Yes	Yes
Flat area	Yes	Yes	Yes	Yes
No TV or screen	Yes	Yes	Yes	Yes
Play structure	No	Yes	Yes	Yes
Grass or garden	Yes	Yes	Yes	No
Goes to the park	Yes	Yes	No	No
Visible water pitcher	Yes	Yes	Yes	Yes
Food vendor	Other	Revolution Foods	Central kitchen	None
Food funding	CACFP	CACFP	State funding	CACFP
Full kitchen	Yes	Yes	No	No

Program and policy implications

The SFDPH MCAH Child Care Health Project, Children’s Council of San Francisco, and San Francisco Head Start are sponsoring the Healthy Apple Award Program to provide technical assistance and support for *Let’s Move! Childcare* in San Francisco. For more information, please visit: <https://sites.google.com/site/childcarewellnesscollaborative/>

The San Francisco Department of Public Health regularly monitors health-related data to assess the health of women, infants, children and families to help guide program planning and policy development. Using data that are regularly available and represent entire populations allows the measurement of changes associated with program and policy interventions.

Data source: The Child Care Health Project provided BMI screening to 902 children in 36 child care centers that are eligible for Title 5 or Preschool For All funding. Each child’s height and weight were measured by the same Health Worker in Fall 2011 and Spring 2012. Excess weight gain was defined as a 10+ percentile point increase in BMI percentile for age and sex, using the CDC 2000 Growth Reference curves available in Epiinfo 7 software³. For children ages 2 to 4 years, an increase in BMI percentile is a red flag that predicts adult obesity and signals need for preventive action⁴.

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References

1 <http://www.healthykidshealthyfuture.org/welcome.html>
 2 <http://www.healthykidshealthyfuture.org/startearly.html>
 3 Whitaker RC, Pepe MS, Wright, JA, Seidel KD, Dietz W. Early adiposity rebound and the risk of adult obesity. *Pediatrics* 1998;101(3):E5. <http://pediatrics.aappublications.org/cgi/reprint/101/3/e5>. Accessed 12/23/10.
 4 <http://www.cdc.gov/epiinfo/7/index.htm>