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Child Care Health Program Nutrition Screening Results

2015-2016

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Child Care Health Program
Nutrition Screening Results

Child Care Health Program

Nurse Manager

5 Public Health Nurses

2 Health Workers

Program Coordinator

Epidemiologist

Health Equity Intern

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Are children maintaining a healthy weight?

Child BMI Screening

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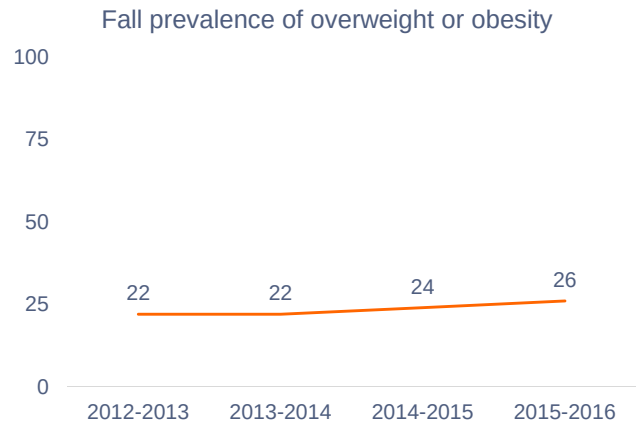

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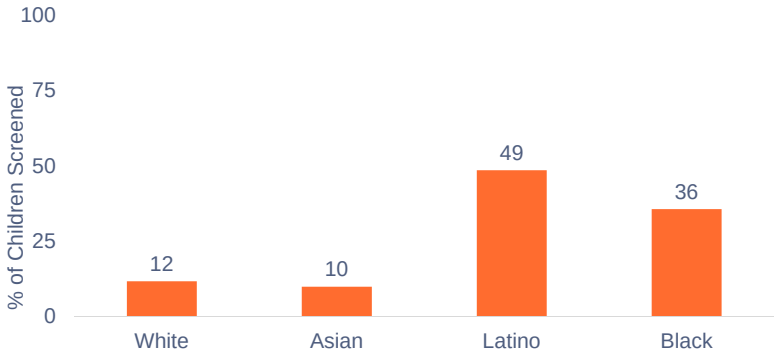
Latino and Black children were over 2 times more likely to be overweight or obese at enrollment

Fall 2015 prevalence of overweight or obesity by race-ethnicity



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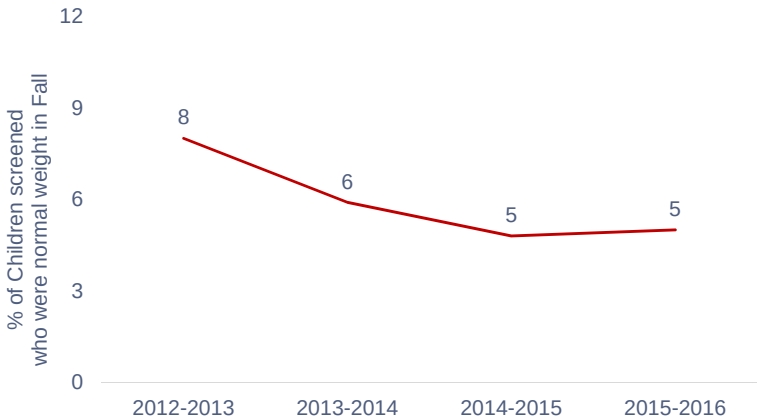
Incident overweight or obesity
between Fall 2015 and Spring 2016



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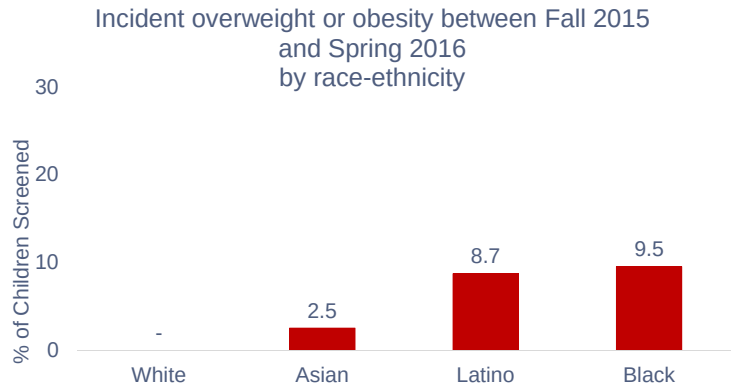
Latino and Black children were over 3 times more likely to become overweight or obese during the year



*Includes children ages 3 and 4 who were screened in both Fall 2015 and Spring 2016. Excludes children in half-day centers

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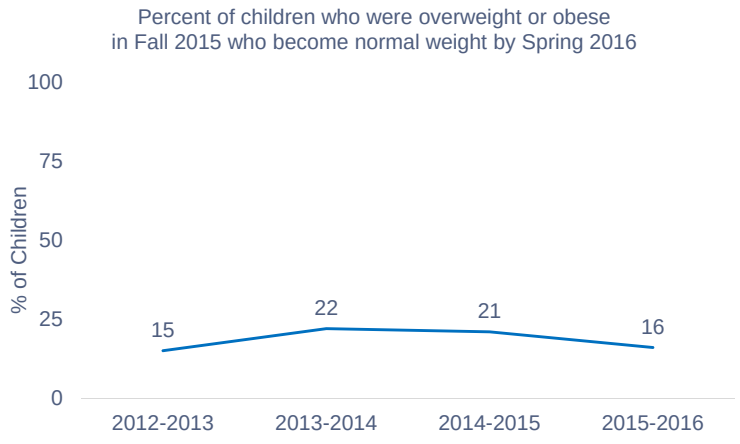

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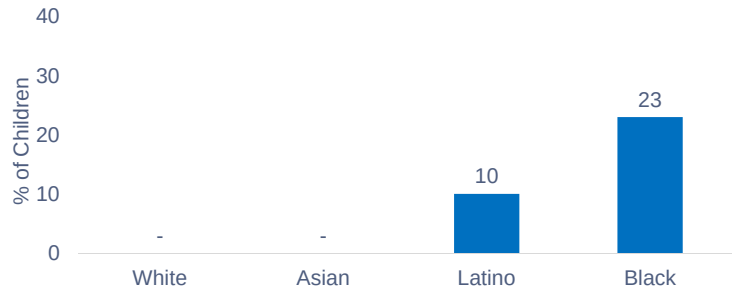
Latino children who were overweight in Fall were significantly less likely to normalize their weight

Percent of children who were overweight in Fall 2015
who became normal weight by Spring 2016, by race-ethnicity



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Excludes children in half-day centers

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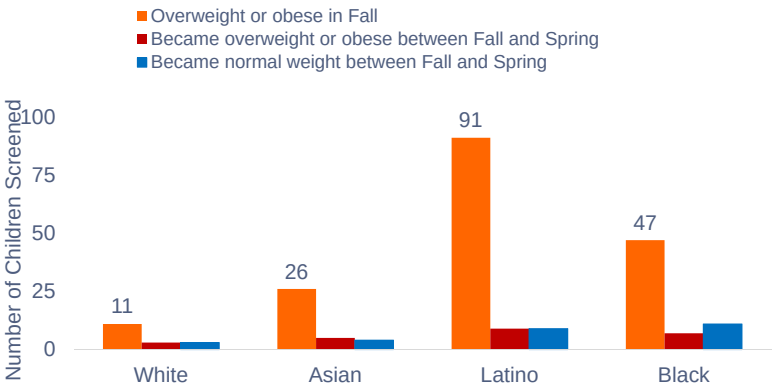
Changes over the course of the year don't make much of a dent in the prevalence



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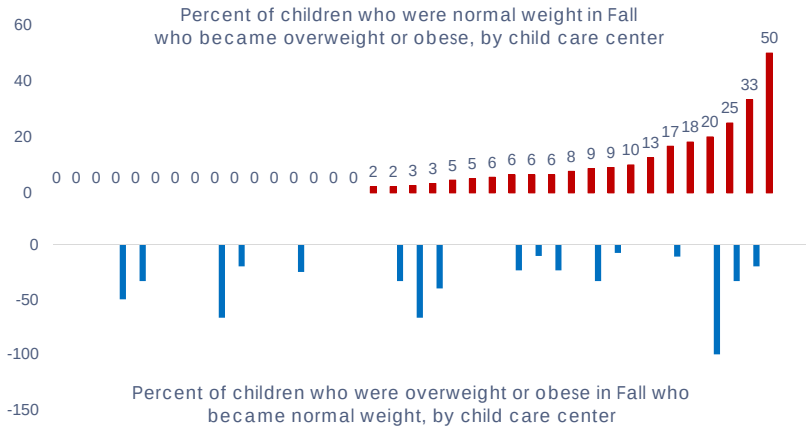
At some child care centers, ZERO children become overweight, and some children normalize weight



Why do child care centers differ?

Child Care Center Environment Screening

Site characteristic	NO incidence, YES normalized	NO incidence, NO normalized	YES incidence, YES normalized	YES incidence, NO normalized
	(5 centers)	(9 centers)	(12 centers)	(9 centers)
Visible water pitcher in classroom	40%	78%	42%	78%
Center serves water at lunch daily	60%	**89%**	42%	56%
Bathroom is not easily accessible	**0**	**0**	8%	22%
Staff are happy with the source of water	60%	89%	58%	67%
The source of water is a water fountain	60%	33%	50%	56%
Center has beverage policy	20%	**67%**	25%	56%
Center has a 'No outside food' policy	60%	**67%**	33%	67%
Center has a 'No junk food' policy	40%	**67%**	33%	56%
Center served vegetables at the PM snack on the date of screening	20%	**56%**	25%	33%
Center served a sweet for the PM snack on the date of screening	**0**	**0**	0	22%
Center uses a professional food vendor	**100%**	67%	92%	56%
Center has CACFP funding	60%	**100%**	83%	67%

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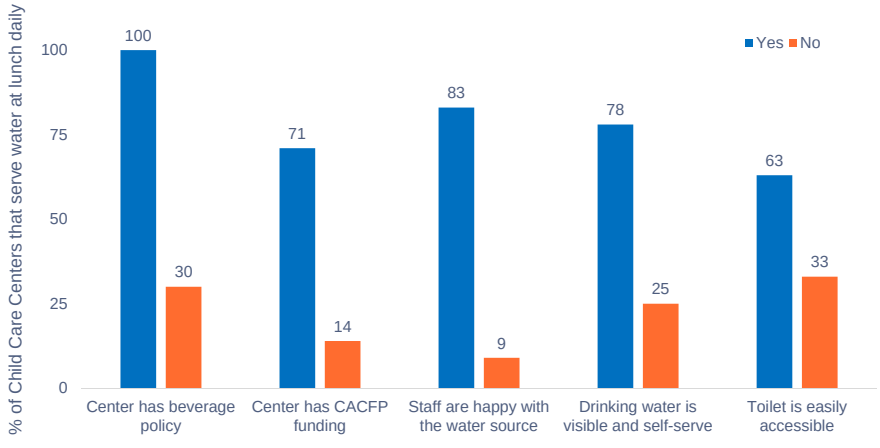
Serving water at lunch is related to child care center policy, funding, staff attitudes/expectations, and building infrastructure



Site characteristic	NO incidence, YES normalized	NO incidence, NO normalized	YES incidence, YES normalized	YES incidence, NO normalized
	(5 centers)	(9 centers)	(12 centers)	(9 centers)
Staff actively join play	**80%**	**78%**	42%	44%
Center policy is for staff to engage active play	20%	56%	17%	44%
Staff asked for PA policy template	40%	11%	8%	33%
Center is using PA curricula	20%	22%	17%	22%
Staff asked for information about PA curricula	40%	22%	58%	33%
Physical activity is offered 90+min/d	40%	67%	50%	44%
Center offers dance, Zumba, soccer, or yoga class for children	**60%**	11%	33%	44%
Center goes to neighborhood park	**80%**	33%	42%	44%
Weekly trip to the park	**40%**	11%	17%	22%
Center never has enough staff for park outings	**0**	11%	17%	11%
Staff asked for PA resources for parents	**60%**	11%	25%	0
All 3 index best practices	**20%**	11%	0	0
Center has Healthy Apple Silver Award	0	11%	0	0

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In 2015, only 6% of children screened were exposed to *all 3* index practices

93% of children exposed to all 3 index practices were in centers where ZERO children became overweight or obese & overweight children became normal weight

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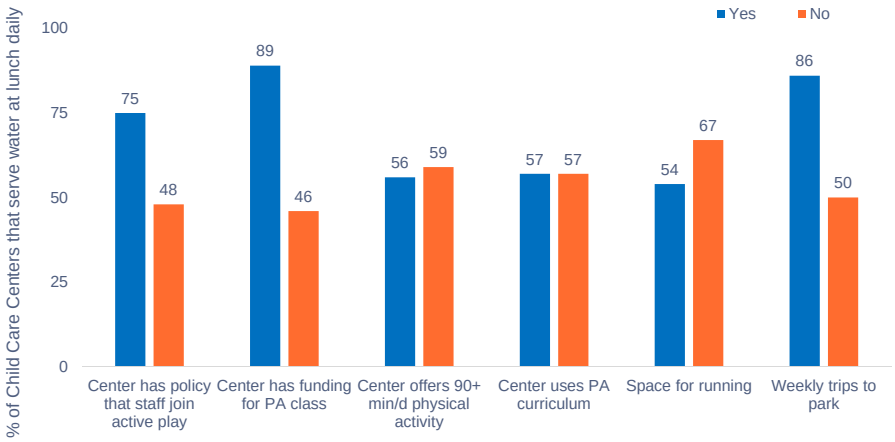
Staff joining active play is related to child care center policy, funding, staff, and weekly use of neighborhood parks, but not onsite space for running, time dedicated to PA, or PA curriculum



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Why does 90+ min/d PA and PA curriculum not appear associated with benefit?

No variation? Ineffective curriculum?

- 51% of child care centers provide 90+ min/d activity
- 20% of child care centers use a PA curriculum
- 46% of child care centers use neighborhood parks

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Physical activity resources in child care centers visited by the SFDPH CCHP, 2015-2016 (cont'd)

	Fall 2015	Spring 2016
	% of Centers	% of Centers
Use of Citywide resources for physical activity		
Visits to San Francisco sites in the past 6 months		
Beach	0	0
Chrissy Field	0	0
Candlestick Point	0	3%
Golden Gate Park	3%	0
Heron's Head	0	0
Land's End	0	0
McLaren Park	0	0
Neighborhood Park	43%	50%
Presidio	0	0
Stow Lake	3%	0
Twin Peaks	0	0
Frequency of using MUNI for fieldtrips		
Weekly	0	0
Monthly	14%	7%
2-4 times/year*	22%	27%
Rarely	8%	25%
Never	46%	34%

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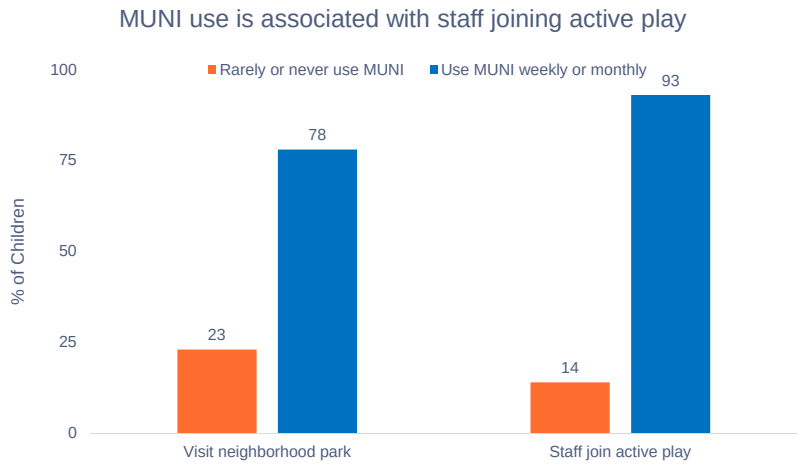

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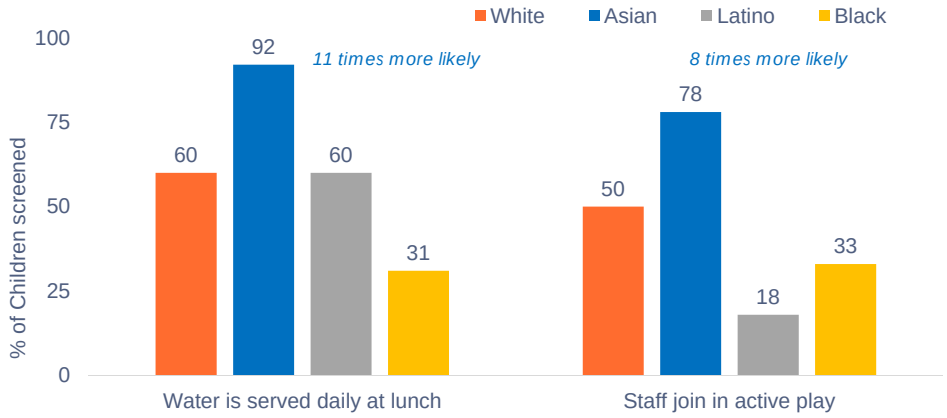
Asian children are 11 times more likely to have child care center staff serve them water daily at lunch and 8 times more likely to have staff join them in active play than other children



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Caregivers for Asian children #1 idea:

Increase physical activity

(Applies to 53% of Asian children)

Caregivers for Latino children #1 idea:

Talk to the parents about eating habits

(Applies to 69% of Latino children)

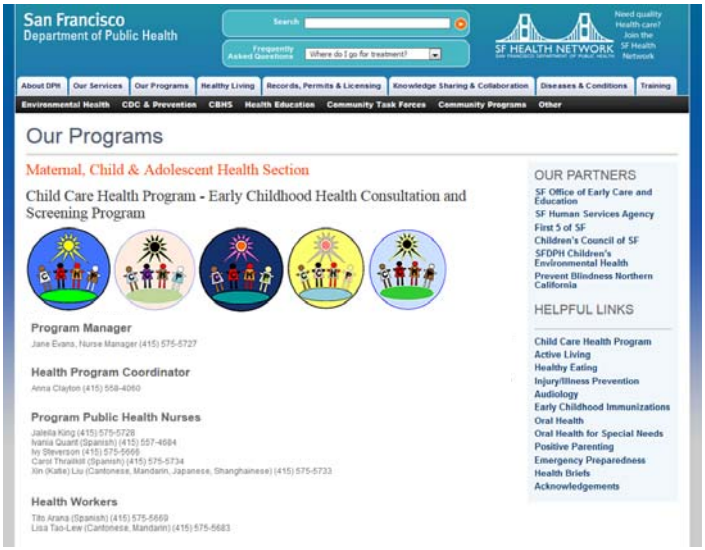
Caregivers for White children #1 idea:

Increase physical activity

(Applies to 45% of White children)

Caregivers for Black children #1 idea:

Talk to them about eating habits

(Applies to 66% of Black children)

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