


Resource	Source	Description / Website	Training/cost	Age group
Obesity Prevention in Child Care Resources				
Let's Move! Let's Move! Childcare	The White House Task Force on Childhood Obesity	Initiative: <i>Let's Move!</i> is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, <i>Let's Move!</i> is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping kids become more physically active. Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. http://www.letsmove.gov/ Tools and resources: Let's Move Child Care for childcare homes and centers. www.HealthyKidsHealthyFuture.org	Online resources Free	Birth to 5
Choose My Plate 	The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture	Resources: <i>Balancing Calories</i> Enjoy your food, but eat less. Avoid oversized portions. Resource: The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture. http://www.choosemyplate.gov/ <i>Foods to Increase</i> Make half your plate fruits and vegetables. Make at least half your grains whole grains. Switch to fat-free or low-fat (1%) milk. <i>Foods to Reduce</i> Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers. Drink water instead of sugary drinks.	Online resources Free	All
Head Start Body Start	Office of Head Start in collaboration with National Center for Physical Development and Outdoor Play	Resource: At Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS), we are dedicated to promoting physical activity, outdoor play and healthy lifestyles for young children and their families. Our website is full of resources and ideas to help you bring active play and meaningful movement to your Head Start or early childhood program. Parents will also find activities and tools to inspire creative, movement-based play and healthy food choices at home. http://www.aahperd.org/headstartbodystart/	Online resource Free	Birth to 5
I Am Moving, I Am Learning (IMIL)	Office of Head Start	Program approach: I Am Moving, I Am Learning (IMIL) is a proactive approach for addressing childhood obesity in Head Start children. IMIL seeks to increase daily moderate to vigorous physical activity (MVPA), improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day. http://eclkc.ohs.acf.hhs.gov/hslc/tta-	Federally funded, free to Head Start, Early Head Start and child care partners	Birth to 5

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Little Voices for Healthy Choices	Office of Head Start	system/health/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/IamMovingIam.htm Resources , videos and real program examples of strategies: sleep, nutrition, and keeping a steady beat. http://www.ehsnrc.org/Activities/littlevoices.htm http://www.aahperd.org/headstartbodystart/activityresources/little-voices-for-healthy-choices.cfm	Online, free	Birth – three years
Loving Your Family, Feeding Their Future	USDA, Food and Nutrition Service	Loving Your Family Feeding Their Future is an initiative of the USDA, Food and Nutrition Service (FNS). This project provides educational and promotional materials and techniques to help nutrition educators in their work with SNAP participants. The client materials are specifically targeted and designed for English and Spanish speaking women with children ages 2 through 18. They are written in simple, easy to read language appropriate for a fifth grade level reader. Other nutrition assistance programs could use these materials with similar audiences. Mothers are the primary target audience because of their key roles in choosing and purchasing food for their households. They also serve as role models for their children’s eating habits and lifestyles. http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=261&topic_id=1941&level3_id=6322&level4_id=0	Materials communicate messages in the <i>2005 Dietary Guidelines for Americans (DGA)</i> and <i>MyPyramid</i> in a user-friendly, easy-to-read format.	2 – 18 years
FitWIC	USDA, Food and Nutrition Service	The purpose of this project was to find ways in which the FNS administered program, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), could respond to this epidemic. FNS recognized that WIC has widespread access to young children from low-income families, a population at great risk for obesity, and that reaching very young children is critical to preventing the problem before it begins. In NYS, the DOH Bureau of Supplemental Food Programs implemented FitWIC in all 101 WIC agencies in the state by June 2007. http://www.health.ny.gov/prevention/nutrition/wic/healthy_lifestyles/fit.htm	Training provided by NYS DOH, Division of Nutrition Staff at no cost to WIC agencies	Infants and young children
Eat Well Play Hard in Child Care Settings	NYS Child and Adult Care Food Program (CACFP)	Training: Ten-module training curriculum. Those without a nutrition background are encouraged to carefully review the references and work closely with a local nutrition professional in implementing the curriculum. And in addition to the ten lesson plans and related activities, the curriculum includes handouts, references, additional resources, and a handout disc. http://www.health.state.ny.us/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm	This ten-module curriculum is intended for use by individuals with a background in nutrition education, preferably Registered Dietitians. Free for CACFP Participants.	3 and 4 year olds and their parents.
Eat Well Play Hard in Day Care Homes	NYS CACFP	The goal of EWPH-DCH is to improve the health and nutrition of children in group and family day care homes through a 12-month childhood obesity prevention project. 24 Family Child Care homes a year. A 12-week intensive DCH provider training period will include five group workshops; five lessons in the day care	Group and on-site FCC training. Grant funded for 24 FCC	Toddlers and preschoolers in family


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		home; and one optional family event with providers, children and the children’s families. Bi-monthly Lesson Extenders and an on-line community will promote communication with providers for 9 months beyond the initial 12-week intensive training period.	homes per year.	child care homes.
Growing Healthy Children in Child Care Settings Eat Well Play Hard Curriculum	Created by NYC DOHMH Adapted, with permission, from the Eat Well Play Hard Curriculum developed by the New York State Department of Health’s Child and Adult Care Food Program.	Growing Healthy Children in Child Care Settings , a nutrition education curriculum, was developed by NYC’s Health Department for use by teachers of three and four year olds in group child care settings. It is adapted, with permission, from the Eat Well Play Hard Curriculum developed by the New York State Department of Health’s Child and Adult Care Food Program. The curriculum can be downloaded here: http://www.nyc.gov/html/doh/downloads/pdf/cdp/growing-healthy-children.pdf	Workshops were being held in this fiscal year, but funding going forward is pending. Centers were able to participate free of charge.	For use by teachers of three and four year olds in group child care settings.
Growing Healthy Children Policy Guide	Created by NYC DOHMH	The Growing Healthy Children Policy Guide walks child care center staff through the existing NYC regulations (including Health Code, NYC Food Standards, CACFP and Head Start), helps them establish their own policies, and discusses strategies for communicating those policies to their parents and staff. The policy guide was mailed to all group child care centers in NYC and will be posted on the DOHMH website (not yet online).	Centers received the policy guides free in the mail.	Early Childhood
Move to Improve	Created by NYC Department of Health and Mental Hygiene	The Move-to-Improve Early Childhood Program is designed to help child care centers and preschools reach the NYC Health Code mandated 30 minutes of structured physical activity per day. For child care and pre-kindergarten staff, NYC DOHMH offers a one-day workshop that demonstrates developmentally appropriate activities that staff can use in small spaces to get children moving. Workshop participants receive: <ul style="list-style-type: none"> • Free early childhood classroom equipment kit • Music CDs • An instructional manual: Early Childhood lessons, 1st half (PDF) & Early Childhood Lessons, 2nd half (PDF) • Visual aid cards (PDF) http://www.nyc.gov/html/doh/html/cdp/cdp_pan-physical.shtml 	All workshops are free for participants, as are equipment kits, manuals and CDs. All materials can be downloaded for free on the website.	Early Childhood (particularly centers with 3-5 year olds)
Eat Smart NY	Office of Temporary and Disability Assistance and	Training: Eat Smart New York (ESNY) Nutrition Education is FREE to all Food Stamp participants and those eligible to receive Food Stamps. ESNY is an exciting program where nutrition educators will meet with you either individually or in a group in your home or community setting, to help you learn about: nutrition, meal planning, healthy food shopping on a budget, cooking and food safety, weight control and physical activity, and much more.	Nutrition education is free and the only cost to you is your time. Classes are held at area	

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	Cornell Cooperative Extension	http://otda.ny.gov/programs/nutrition/	cooperative extensions, individual homes, and at agencies like food pantries, senior centers or head start locations.	
Whoa! Slow! Go!	Nemours Center for Children’s Health Media (KidsHealth)	Teacher’s Guide: The kit is a great resource that helps you incorporate healthy physical activity and nutrition habits into your everyday routines. This 100-page guide - available in both English and Spanish - has three sections: Get Moving, Food & Drink to Grow On, and Every Day Is a Healthy Day. Each section contains group poems and songs, posters, activities and reproducibles, and family newsletters. The familiar Sesame Street characters will help you achieve your goals by keeping your students' interest and attention as they learn! http://classroom.kidshealth.org/index.jsp?Grade=cc&Section=hhf	Free online, print, and video media about a wide range of health and family issues.	Preschool – 12 th Grade
Sports Play and Active Recreation for Kids – Early Childhood (SPARK-EC)	School Specialty, Inc. www.schoolspecialty.com	On-site teacher training: SPARK is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment http://www.sparkpe.org/early-childhood/	Apply for grant funds http://www.sparkpe.org/grants/grantfunding-resources/	Training programs for teachers and recreation leaders serving Pre-K through 12th grade students.

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Program Self-Assessment and Staff Training Examples				
Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) Baby NAP	UNC-Chapel Hill Center for Health Promotion and Disease Prevention	<p>The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is an intervention in child care centers aimed at improving nutrition and physical activity environment, policies and practices through self-assessment and targeted technical assistance. Goals of the program are to improve nutritional quality of food served, amount and quality of physical activity, staff-child interactions, and center nutrition and physical activity policy. The main steps of the intervention include:</p> <ol style="list-style-type: none"> Self-Assessment: The child care facility director, together with key center staff completes the NAP SACC self-assessment tool. This tool assesses the center on 15 key areas in nutrition and physical activity with response options ranging from minimal to best practice. Action Planning: Based on self-assessment answers, facilities chose 3 to 4 areas for improvement and map out an action plan for making these improvements with guidance and support from the NAP SACC Consultant Workshop Delivery: The NAP SACC Consultant delivers 4 ready-use-workshops to the facility. These workshops include: 1) Childhood Overweight, 2) Nutrition for Children, 3) Physical Activity for Children, and 4) Personal Health and Wellness for Staff Targeted technical assistance: NAP SACC Consultants maintain regular contact with the facility to provide support and guidance in making their improvements. Evaluate, Revise, and Repeat: The NAP SACC self-assessment instrument is completed a second time to see where improvement have or haven't been made. At this time Action Plans are revised to include new goals and objectives and technical assistance continues. http://www.napsacc.org/ 	Coming soon	Providers, parents, health care providers, policy makers
Let's Move! Child Care	A modified version of NAP SACC	<p>Let's Move! Child Care Goals: 1. Physical Activity 2. Screen Time 3. Food 4. Beverages 5. Infant Feeding</p> <p>http://www.healthykidshealthyfuture.org/welcome.html</p>	Free online	Birth – 5

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Breastfeeding Friendly Child Care Center and Home Resources

NYS Breastfeeding Friendly Center	 NYS CACFP	How to earn the CACFP Breastfeeding Friendly Designation: The New York State Department of Health's Obesity Prevention Program encourages new mothers to breastfeed their infants. CACFP encourages child care centers to support breast feeding families. Child care providers can play an important role by supporting breastfeeding continuation when mothers return to work or school. NYSDOH CACFP has developed standards for centers to follow that will assist them in providing this support to moms. Centers that meet these standards will be designated by CACFP as Breastfeeding Friendly Child Care Centers. http://www.health.state.ny.us/prevention/nutrition/cacfp/breastfeedingspon.htm	For all CACFP participating centers in NYS.	Information for providers
Ten Steps for Breastfeeding-Friendly Child Care	Carolina Global Breastfeeding Institute (University of North Carolina - Chapel Hill, School of Public Health)	Self-assessment, training, parent and provider materials and consultation from child care health consultants. http://cgbi.sph.unc.edu/child-care	The materials for this intervention are available on CD and cost around \$20.	Information for providers.
La Leche League International	La Leche League International	The Mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. http://www.llli.org/	Free resources, free access to local peer support groups. Optional membership fee. Local NYS conference every fall.	Nursing or pregnant women and their families, anyone interested in learning more about breastfeeding
Let's Move! Child Care Infant Feeding	The White House Task Force on Childhood Obesity	Checklist: focused on breastfeeding support including introduction of complementary foods. http://www.healthykidshealthyfuture.org/nutrition/infantfeeding.html	Free	Providers
Breastfeeding Guide to Online Resources	Early Head Start National Resource Center	Online resource guide: on each page of this Guide, there is content for families and staff, and links to on-line materials with more information. http://www.ehsnrc.org/Publications/Breastfeeding.html	Free	Providers Parents