

# Healthy eating and physical activity practices in childcare pave the way for healthy weight

October, 2014 – Addressing obesity can start in the home but also requires the support of communities. We have been helping childcare providers to give that community support.



Above, Joan, Bloomington Public Health nutritionist, conducts training for childcare providers.

## Community efforts to reduce childhood obesity matter

We expect tackling childhood obesity in our communities will be an important step toward reducing diseases like type 2 diabetes that can result in the future.

Collective data for children in Bloomington, Edina and Richfield show the problem of overweight/obesity in our communities is comparable to that of Minnesota.

- Among children between 2 and 5 years of age who are on the Women, Infants and Children program in our three cities, 29 percent are overweight or at risk of overweight.
- According to the 2013 Minnesota Student Survey, 20% of 9<sup>th</sup> graders in

Bloomington, Edina and Richfield are overweight or obese.

## Training teaches childcare providers best practices for children's health

We are using a program called Twist and Sprout to help childcare providers instill healthy eating and activity habits in children they care for right from the start. Childcare providers learn to do the following:

- Support breastfeeding as the best first food
- Plan menus with more vegetables, using easy-to-prepare, chef-designed recipes
- Encourage picky children to try and enjoy a variety of vegetables

Working together, parents, childcare providers, communities and schools can help make healthier food, beverages, and physical activity the easy choice for children and adolescents to help prevent childhood obesity.

### Contact for more information

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