



## Learning Session 1: Why Should We Change?



Early Childhood Health Promotion  
and Obesity Prevention


National Early Care and Education  
Learning Collaboratives (ECELC)  
Project

Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004102-01) to support states/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

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2



## What is Wellness?

- Conscious, self-directed and evolving process
- Multi-dimensional and holistic
- Positive and affirming
- Requires awareness and directed, thoughtful attention



## Benefits of Staff Wellness Efforts

- Helps identify opportunities to improve their health
- Enhances productivity
- Reduces absences, idleness and health care costs
- Shifts focus from treatment to prevention
- Increases loyalty & retention
- Creates role models for children and one another



5

## Staff Wellness Focus Areas

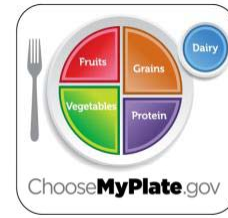
- Healthy Eating
- Physical Activity
- Screen Time
- Healthy Weight
- Stress Reduction



6

# Healthy Eating

- **Dietary Guidelines for Americans, 2010**
  - Enjoy your foods, but eat less
  - Avoid oversized portions
  - Make half your plate fruits and vegetables
  - Make at least half your grains whole grains
  - Compare sodium in foods like soup, bread and frozen meals and choose the foods with lower numbers
  - Switch to fat-free or 1% milk
  - Drink water instead of sugary drinks



7

# Eating Out

## Difficult to eat healthy & maintain healthy weight

- High calorie foods
- Very large portions (3-4x normal)
- Large glasses and plates
- Free refills
- Limited nutrition information at many restaurants




## Strategies:

- Use menu labels
- Ask for half portions
- Share with a friend
- Ask for dressing on the side
- Order grilled/baked instead of fried
- Avoid buffets
- Ask for a doggy bag


8

### The secret to serving size is in your hand.




**A fist or cupped hand = 1 cup**

1 cup = 1½-2 servings of fruit juice  
1 oz. of cold cereal  
2 oz. of cooked cereal, rice or pasta  
8 oz. of milk or yogurt




**Palm = 3 oz. of meat**

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.




**A thumb = 1 oz. of cheese**

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group. 1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.




**Thumb tip = 1 teaspoon**

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



**Handful = 1-2 oz. of snack food**

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.


























**1 tennis ball = ½ cup of fruit and vegetables**

Healthy diets include a variety of colorful fruits and vegetables every day.

## SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

 steak	=	 iPod Classic	 cheese	=	 matchbox	 pancake	=	 DVD
 pasta	=	 ice cream scoop	 potato	=	 mouse	 fish	=	 checkbook
 butter	=	 postage stamp	 salad dressing	=	 1-oz shot glass	 brown rice	=	 baseball
 peanut butter	=	 golf ball	 beans	=	 lightbulb	 dark chocolate	=	 dental floss

## Physical Activity



- **Doesn't have to be hard, stressful or boring!**
- **Recommendations for adults:**
  - 2 hours + 30 (150 minutes) a week of moderate-intensity
  - 1 hour + 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity
  - Muscle strengthening exercises at least 2x/week
- **Episodes should last at least 10 minutes**

11

## Physical Activity Break



12

## Ways to Reduce Screen Time

- Keep track of screen time using a log – set goals to cut down!
- Take the TV out of the bedroom
- Turn off the TV during mealtimes
- Focus on other activities
- Discover different ways to unwind (e.g., listening to music)
- Take up a new, active hobby
- Plan screen-free activities with family and/or friends



13

## Healthy Weight

- Healthy weight means you are not overweight or obese
- Weight is a concern because of health, not appearance
- Healthy weight  $\neq$  health
- Small changes can make you feel great!
- Remember, weight should not be discussed with children



14

## Healthy Weight

- **To maintain weight, energy in = energy out**
- **Energy (calories) in**
  - Find your calorie goal
  - Increase *awareness*!
  - Increase fruits and veggies
  - Reduce portion sizes
  - Eat a nutrient dense breakfast
- **Energy (calories) out**
  - Increase physical activity
  - Limit inactivity (screen time, sitting, etc.)
- **Track your fitness and nutrition with the USDA SuperTracker**



[www.supertracker.usda.gov](http://www.supertracker.usda.gov)

15

## Discussion:

**What other activities can you do to improve your own health?**

16



## Stress Reduction



- **What is job stress?**

- Harmful physical and emotional responses
- Short-term and long-term
  - Short term: headaches, sleep problems, upset stomach, short temper, job dissatisfaction, low morale, etc.
  - Long-term: cardiovascular disease, musculoskeletal disorders, mental health problems (depression & burnout), workplace injury, etc.
- Not the same as being challenged

17

## Role Modeling

*“The most important role models in people's lives, it seems, aren't superstars or household names. They're 'everyday' people who quietly set examples for you--coaches, teachers, parents. People about whom you say to yourself, perhaps not even consciously, 'I want to be like that.' “*

*- Tim Foley*



18

# You are a Role Model!

- Children learn through interactions
- Young children want to do what you do
- Working with families gives you a unique opportunity




# Role Modeling Handout

**10 tips**  
Nutrition  
Education Series

be a healthy  
role model for children

**10 tips for setting good examples**



ChooseMyPlate.gov

**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtimes a family time.

- 1 show by example**  
Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.
- 2 go food shopping together**  
Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.
- 3 get creative in the kitchen**  
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Have "Jason's Salad" or "Zachary's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own hot sauce from dry whole-grain, low-sugar cereal and dried fruit "sprigs".
- 4 offer the same foods for everyone**  
"Stop being a 'fork-over-cook'" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.
- 5 reward with attention, not food**  
Show your love with hugs and kisses. Celebrate with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals aren't full of sweets, both do not need "rewards"—such as candy or cookies—as entertainment foods.
- 6 focus on each other at the table**  
Talk about fun and happy things at mealtimes. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.
- 7 listen to your child**  
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"
- 8 limit screen time**  
Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.
- 9 encourage physical activity**  
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using active gear, like bike helmets.
- 10 be a good food role model**  
Try new foods yourself. Describe its taste, its uses, and smell. Offer one new food at a time. Invite something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

USDA  
United States  
Department of Agriculture  
Food and Nutrition Assistance

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

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# Wrap Up & Questions

*“The part can never be well unless the whole is well.” - Plato*



21



LS1  
Feedback  
Forms

22