

Utah

The Long and Winding Road to Improving Health and Environment in our Early Care and Education Rules



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UTAH'S PUBLIC HEALTH
DEPARTMENTS

2 Year Overview - Background



The AHA has a broad list of policies we work on to accomplish our goal of improving health and saving lives. ECE Licensing Rules were added to our internal policies in the summer of 2015.



Dec 2015 - Colleague from our National Center saw that Utah was revising their ECE rules, brought this to my attention



Jan 2016 – Submitted letter to the Licensing Committee with our proposed changes; asked to come and talk more about them



Spent the next year and a half learning about the process (Advisory vs Licensing Committees), sharing information and building trust with staff and committee members; recruiting committee member champions

2 Year Overview - Process



Consistently attended Committee Meetings - made public comment, came to the defense of the Department when needed



Worked with Committee Pediatrician to make presentations and disperse information (screen time, physical activity, nutrition).



Reached out to licensed owners who attended meetings; tried to work through obstacles and be seen as someone trying to help



Finally approved by the Licensing Committee in August of 2017



Rules went into place on January 1, 2018

Rules Changes for Utah Home and Center- based Licensees

Nutrition

- Foods that are served shall meet the nutritional requirements of the USDA Child and Adult Care Food Program (CACFP) whether or not the provider participates in the CACFP;

Physical Activity

- Daily activities shall include outdoor play as weather and air quality allow.
- Physical development activities shall include light, moderate, and vigorous physical activity for a daily total of at least 15 minutes for every 2 hours children spend in the program.
- To stimulate their healthy development, the provider shall ensure that infants receive daily interactions with adults; including on — the — ground interaction and closely supervised time spent in the prone position for infants less than 6 months of age.

Screen Time

- Except for occasional special events, children's screen time on media such as television, cell phones, tablets, and computers shall:
 - not be allowed for children 0 to 17 months old;
 - be limited for children 18 months to 4 years old to 1 hour per day, or 5 hours per week with a maximum screen time of 2 hours per activity; and
 - be part of a media plan that addresses the needs of children 5 to 12 years old.

Protection and Maintenance



While these rules are in effect, some ECE owners and directors remain upset with them and have tried to get them repealed.



I have continued to attend meetings to ensure successful implementation and answer questions and concerns



Underscores the importance of having a coalition help you before, during, and after.





Goals of TOP Star Child Care Facility

Improve your child's health by:

- Providing healthy food
- Increasing physical activity
- Supporting breastfeeding



Spectrum of Opportunities

- **Licensing and Administrative Regulations**
- Quality Rating and Improvement Systems (QRIS)
- Pre-service and Professional Development Systems
- Statewide Technical Assistance (TA) Networks
- Statewide Recognition & Facility-Level Intervention Programs



Why become endorsed?

Provider Benefits

- Improved quality of care
- Increased skill sets
- Continuing Ed/CCQS Points
- Model health habits
- Improve self-confidence & job satisfaction
- Grow your business

Child Benefits

- Reduce obesity
- Improve nutritional status
- Improve social interaction with other children during active playtime

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Help children develop healthy lifestyle habits!



Be TOP Star endorsed on Nutrition & Physical Activity!



Receive continuing education credit!



Support breastfeeding!



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