

Healthy Kids Healthy Future Physical Activity Learning Session (PALS) Project



Nemours. Children's Health System

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AGENDA



PALS Project Overview



PALS Training Package



Role and Expectations



Next Steps

The Basics...



5 years

Cooperative Agreement
August 2018 - July 2023
(6 NU38OT000304-01-02)



\$2.5m

Awarded for Year 1
August 1, 2018 - July 31,
2019



3

'Projects'

- 1) ECE Organizations
- 2) National Program
- 3) T/TA for Physical Activity



1

Target Population:
Statewide ECE
Organizations



10

Technical Assistance and
Partnership Support
(TAPS) States



What are we trying to do?

Implement and integrate nutrition, physical activity, breastfeeding, and screentime standards into **statewide** ECE systems



Improve ECE facility level policies, practices, and environments related to nutrition, breastfeeding support, physical activity and screen time



Implement best practices related to nutrition, physical activity, breastfeeding support and screentime



Improve state capacity to train and provide support on physical activity in ECE settings



What is PALS?

PALS is an 'out-of-the-box' training package designed for Training and Technical Assistance staff to use with Early Care and Education providers.

The PALS training combines content learning with facility-level self-assessments, policy development opportunities, resources and materials, aimed at supporting practice change in ECE programs leading to healthier, more active children.



PALS Project Goals

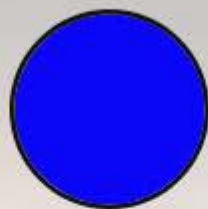
- Implement best practices for physical activity into program practices and policies
- Increase access to daily physical activity in indoor and outdoor settings
- Empower early care and education (ECE) providers in action planning, quality improvement and ongoing assessment
- Engage families as partners in supporting children's optimal development and acquisition of healthy habits

PALS PROCESS



Develop an Action Plan

Identify opportunities in your state to improve obesity prevention practices around physical activity



Engage Stakeholders

Inform and communicate PALS goals and messaging to health and early childhood state organizations



Partner with T/TA Staff

Identify staff who provide direct support to ECE providers to implement the PALS training



Train ECE Providers

Utilize the PALS training to increase provider knowledge around physical activity best practices in ECE settings



Provide Follow-up TA

Provide on-going support to ECE providers to implement practice and policy changes around physical activity



Integrate into State Systems

Add the PALS training into state systems to create lasting, sustainable changes

What we did

- Partnered with the Center for Disease Control and Prevention (CDC), Infant and Toddler and Physical Activity Subject Matter Experts for PALS training and content development
- Launched individual state partner meetings to identify opportunities to integrate PA best practices into state-level systems
- Provided a comprehensive training for state Training and Technical Assistance (T/TA) staff on PA best practices and the PALS training package
- Provided states with the PALS training materials

Year 1 PALS Locations



**Michigan Department of Health and Human Services,
Physical Activity and Nutrition Unit**



**South Carolina Department of Health and Environmental
Control, Division of Diabetes and Heart Disease Management**



**Iowa Department of Public Health, Bureau of Nutrition and
Physical Activity**

PALS Evaluation



Identify common goals
for physical activity
action plan



Identify topics related
to physical activity
which Trainers need
support



Identify topics related to
physical activity which
ECE providers need the
most support

Pre and Post Survey for Trainers who participate in PALS

Year 1 Results

1

- Trained over 75 state health and early childhood T/TA staff on the best practices for physical activity and the PALS training

2

- Provided states with an evidence-based training for ECE providers on best practices for physical activity for states to integrate into their professional development systems

3

- Informed and communicated the PALS project and messaging to health and early childhood state organizations

4

- Provided ongoing support and technical assistance to state T/TA networks on physical activity best practices

PALS Training Package Overview



Why is the PALS Training Powerful

Brings together a
community of Learners



Provides access to high
quality resources for
quality improvement



Creates a network of
shared ideas and
support



Supports long-term
sustainability by engaging ECE
providers as partners in support
of children's health development
and well-being



Content Development Team



Dr. Diane Craft

**Preschool Physical
Activity Consultant**



**Katherine Falen,
MEd**

**Infant and Toddler
Consultant**



What is in the PALS Training Package?



PALS Presentation

PowerPoint presentation with speaker notes



Facilitator Guide

Training instructions including handouts and resources



USB Drive

Electronic copy of training materials



Resource Kit

Materials to support the PALS training

PALS Training Components



PALS Resource Kit



- Used for activities in PALS training
- Available for purchase through Kaplan
- Includes resource books, activity cards and materials



Nemours/CDC Role

Conduct PALS project launch meeting and Train the Trainer



Provide PALS Training Package with resources and materials



Provide On-going Technical Assistance



State Partner's Role



Coordinate and participate in project launch meeting and Train the Trainer



Recruit Training and Technical Assistance Staff



Participate in an evaluation survey and develop a state Action Plan



Year 2 PALS Project Goals

- Expand to five additional states
- Include PALS Training materials on Healthy Kids Healthy Future website
- Integrate PALS training into state ECE systems





PALS is an out-of-the-box training for early care and education providers on physical activity best practices.



ABOUT PALS >

PALS RESOURCES

LEARN MORE ABOUT PHYSICAL ACTIVITY

Welcome to the Healthy Kids Healthy Future Physical Activity Learning Session (PALS)

PALS is an out-of-the-box training package for early care and education (ECE) and health training and technical assistance (T/TA) staff on the best practices for physical activity.

PALS trains and coaches state early care and education (ECE) and health training and technical assistance (T/TA) staff working directly with ECE providers (Head Start, Early Head Start, Child Care Centers, family child care, prekindergarten). The goal is to increase their knowledge of best practices for physical activity in children.

LEARN MORE ABOUT PALS:

[PALS 1-Pager](#)

PALS Infographic *(coming soon)*

PALS TIMELINE

Initial Project Launch

Meeting

Initial meeting with ECE partners to provide a PALS Overview and identify T/TA staff to attend PALS training.



Four to Six Weeks



Train the Trainer Session

In-person training with T/TA staff on the PALS training package

Evaluation

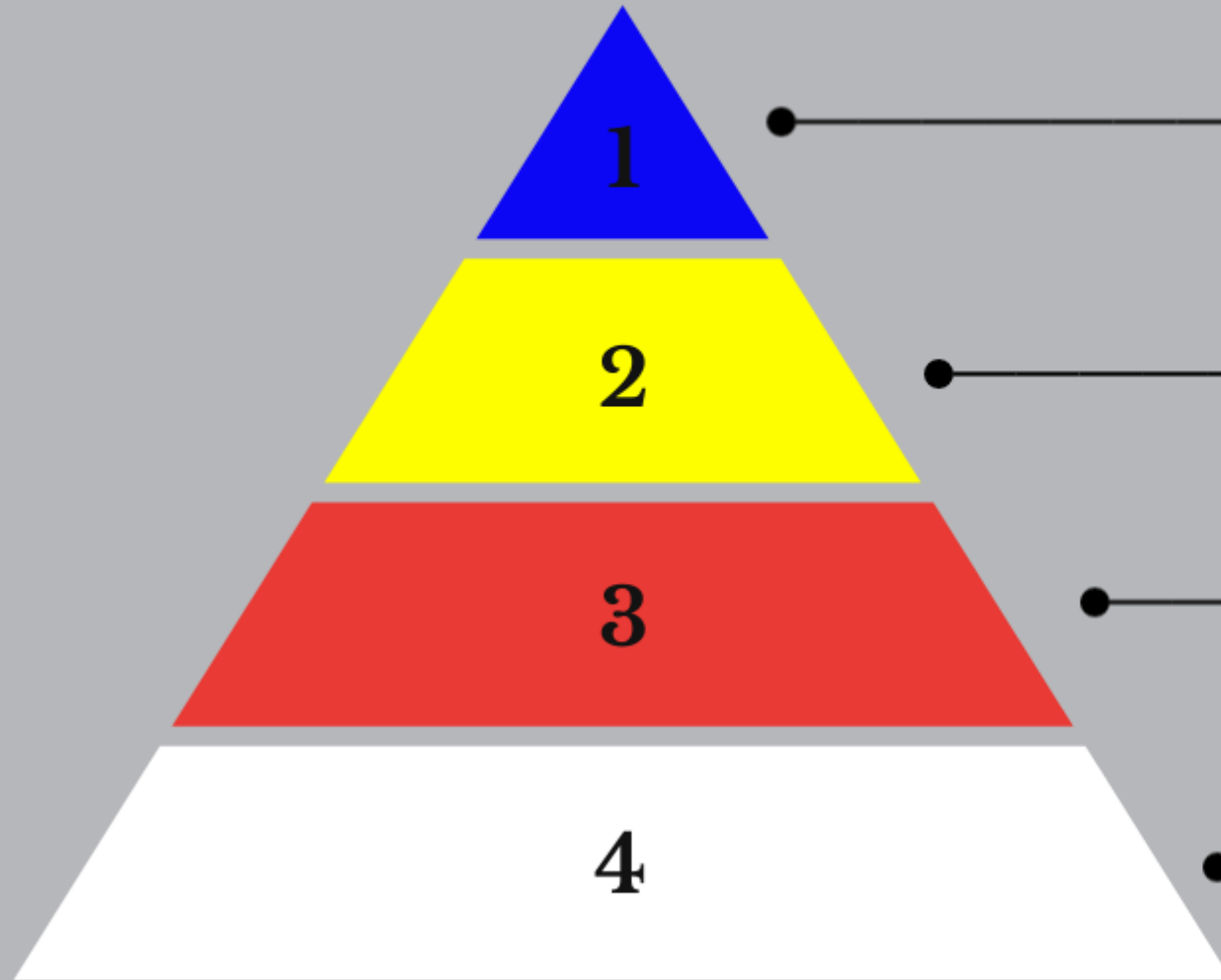
State partners and T/TA staff will complete a post-survey to identify areas of PALS integration and support.



Four to six months



Next Steps



PALS Introductory Webinar

Nemours/CDC will review the PALS project, activities, roles and responsibilities

PALS State Calls

Nemours/ CDC will conduct individual state calls to discuss project implementation

Partner Meeting

Nemours/CDC will work with the state agency to schedule a meeting to introduce the PALS project to stakeholders

Train the Trainer Session

Nemours/CDC will conduct a PALS training for T/TA staff

Questions?



PALS Project Team

Brianna Holmes, MA

Senior State Systems Specialist

Brianna.holmes@nemours.org



Rebekah Duchette, RN, BSN

Senior State Systems Specialist

Rebekah.Duchette@nemours.org



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THANK YOU