

# The Spectrum of Opportunities Framework for State-Level Obesity Prevention Efforts Targeting the Early Care and Education Setting



## NOTES:

1. Both standards and support for ECE providers to achieve them can be embedded into a state's ECE system.
2. The focus is on system-level changes, as these have the greatest potential for statewide impact.
3. The many interrelationships among opportunities at the state-level should be mapped to inform decisions.
4. Each opportunity includes multiple sub-options, which are briefly described on the back.
5. Engaging families is an important aspect of rolling out any changes made to a state's ECE system.

# The Spectrum of Opportunities Sub-options in Brief (See the Quick Start Action Guide for full descriptions)

## Licensing & Administrative Regulations

- 1) Improve licensing standards for obesity prevention
- 2) Include obesity prevention content in licensing approved trainings
- 3) Provide incentives for providers to exceeding licensing standards
- 4) Enhance content in licensing commentary/support materials
- 5) Use licensing monitors as a technical assistant touch-point
- 6) Collect and use data from licensing monitors
- 7) Support enhanced local standards (if not pre-empted by the state)

## Child Care Food Program (CACFP)

- 1) Increase CACFP participation and retention rates
- 2) Promote enhanced standards within CACFP
- 3) Support a specific obesity prevention facility-level intervention
- 4) Include full obesity prevention content in CACFP trainings
- 5) Build technical assistance competencies for obesity prevention
- 6) Partner with Sponsoring Organizations to incorporate obesity prevention into their work
- 7) Address barriers to full utilization of federal CACFP funds

## Quality Rating & Improvement System (QRIS)

- 1) Include obesity prevention standards
- 2) Require/support assessments of policies and practices
- 3) Require/support action planning
- 4) Strengthen expertise of QRIS coaches/TA providers
- 5) Offer incentives to support implementing obesity prevention strategies
- 6) Update training and education requirements

## ECE Funding Streams (Subsidy, Pre-K, Head Start)

- 1) Require obesity prevention standards (Subsidy)
- 2) Require preservice training on obesity prevention (Subsidy)
- 3) Require annual clock-hour training on obesity prevention (Subsidy)
- 4) Require parent education and engagement on obesity prevention topics (Subsidy)
- 5) Promote enhanced standards within state funded programs (Pre-K and Head Start)

## Pre-service & Professional Development Systems

- 1) Ensure availability of on-demand trainings for CEUs
- 2) Require core content in ECE certification/degree programs
- 3) Ensure optional training in ECE certification/degree programs
- 4) Ensure that state-approved trainers are qualified to train on current obesity prevention standards and best practices for achieving them

## Statewide Technical Assistance Networks

- 1) Standardize expertise among existing TA network providers
- 2) Assess and address the need for additional TA providers in the state

## Statewide Recognition and Intervention Programs

- 1) Maintain an ongoing, statewide recognition program
- 2) Promote a specific obesity prevention intervention statewide
- 3) Make intervention participation incentives available statewide

## Statewide Access Initiatives (Farm2ECE)

- 1) Organize stakeholders statewide to develop access initiatives
- 2) Launch or strengthen statewide Farm to ECE initiative
- 3) Develop guidance, tools, and incentives for central kitchens
- 4) Strengthen fresh food procurement and distribution chains

## Early Learning Standards

- 1) Include standards for obesity prevention content areas
- 2) Create guidance materials for meeting ELS using obesity prevention strategies