

Division of Nutrition, Physical Activity and Obesity's Implementation Guidance and Resources For Cooperative Agreement DP-13-1305

This document contains guidance to help implement CDC-recommended strategies for the *State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health FOA* (CDC-FRA-DP13-1305). For each sub-strategy there are definitions, background information, and some implementation guidance.

Additionally, health equity resources are provided at the end of the document. The information provided is not intended to be comprehensive. The general information provided is to facilitate understanding of the Domain 2 strategies and sub-strategies, and provide guidance on how to implement initiatives under each sub-strategy.

Links to non-federal government organizations found in this document are provided solely as a service to the reader. These links do not constitute an endorsement of these organizations or their programs by CDC or the Federal Government, and none should be inferred. CDC is not responsible for the content of the individual organization sites listed in this document.

Domain II

1. Increase access to healthy foods and beverages:

- **Provide access to healthier food retail**

Definition: Healthier food retail initiatives increase the access to stores and the number and types of stores that sell healthier foods and beverages in underserved areas; either by improving existing or introducing a new food retail store that sells

Sub-Strategies

1. Increase access to healthy foods and beverages
 - Provide access to healthier food retail
 - Provide access to farmers markets
2. Implement nutrition standards where foods and beverages are available.
 - Implement nutrition standards/food service guidelines in priority settings (ECE, WORK, COMM)
3. Increase physical activity access and outreach
 - Create or enhance access to places for physical activity with focus on walking combined with informational outreach
 - Design street and communities for physical activity
4. Implement physical activity in early care and education (ECE)
 - Implement ECE standards for physical activity
5. Increase access to breastfeeding friendly environments
 - Practices supportive of breastfeeding in birthing facilities
 - Provide access to professional and peer support for breastfeeding
 - Ensure workplace compliance with federal lactation accommodation law

healthier foods and beverages into an area that does not have one, or by improving the quality, variety, or amount of healthier foods and beverages at existing stores.

Background Information

Initiatives to increase access to healthier foods in retail venues can improve existing stores, placement of new stores, and transportation access to healthier food retail and/or implement comprehensive in-store promotions. Stores should strive to stock a variety of high quality and affordable healthier foods and beverages, including those recommended by the Dietary Guidelines for Americans, 2010. Healthier foods include fruits, vegetables, whole grains, fat-free and low-fat dairy products, and foods with less sodium (salt), saturated fats, trans fats, cholesterol, and added sugars. Healthier beverages include fat-free or low-fat milk and milk products, fortified low-fat soy beverages and other low-fat lactose-free products, 100% juice, and water. Stores can include supermarkets, grocery stores, convenience stores, corner stores, and specialty food stores (e.g., fruit and vegetable markets).

It is important to focus some efforts in priority underserved areas. For example, specific neighborhoods or census tracts may be identified. It may be useful to use one of the three data sources/definitions of underserved: CDC State Indicator Report (<http://www.cdc.gov/obesity/resources/reports.html>), Policy Map (<http://www.policymap.com/>), or USDA (<http://www.ers.usda.gov/data-products/food-desert-locator.aspx>).

Suggested activities:

- Upgrading the facilities at existing stores to enable them to carry healthier foods and beverages (e.g. increasing refrigeration).
- Increasing the supply chain for and shelf space dedicated to healthier foods and beverages (at existing stores)
- Working with stores and partners to increase the number of stores that follow guidance for the national minimum stocking requirements of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).
- Improving public transportation or other viable modes of transport to stores carrying healthier foods and beverages.
- Promoting the establishment of new food stores to underserved areas.
- Implement practice-based in-store promotions such as shelf labels, rating systems, healthy check-out aisles, or social marketing campaigns to encourage consumers to purchase healthier foods and beverages.

Grocery Store Attraction Strategies: A Resource Guide for Community Activists and Local Governments
<http://www.policylink.org/site/apps/nlnet/content2.aspx?c=lkIXLbMNJrE&b=5136581&ct=6994695>

The guide outlines potential solutions for addressing interrelated challenges to encourage retailers to open new grocery stores in underserved areas.

The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables

<http://www.cdc.gov/obesity/resources/recommendations.html>

Strategy 2, Improve access to retail stores that sell high-quality fruits and vegetables or increase the availability of high-quality fruits and vegetables at retail stores in underserved communities provides an overview of evidence, key considerations, action steps, and program examples.

Implementation Guidance

Healthier Food Retail: Beginning the Assessment Process in Your State or Community

<http://www.cdc.gov/obesity/stateprograms/resources.html>

This document provides public health practitioners with an overview of how to develop an assessment of their state's or community's food retail environment.

Healthy Corner Stores Network (HCSN) – Tools Web Page

<http://healthycornerstores.org>

<http://www.healthycornerstores.org/category/resources/tools>

These tools provide information on how to start, implement, and evaluate corner stores initiatives, including toolkits, manuals, and tip sheets.

Changes in the WIC Food Packages: Partnering with Neighborhood Stores

<http://changelabsolutions.org/publications/WIC-toolkit>

This toolkit provides tools and strategies for identifying and working with prospective WIC vendors, and helping retailers offer foods that comply with the new, healthier WIC food packages.

Design for Health: Food Access

<http://designforhealth.net/general-health-issues/food-access/>

This link provides tools and examples of addressing food access within the built environment. Includes the *Planning Information Sheet: Promoting Food Access with Comprehensive Planning and Ordinances*, which provides excerpts from various city sustainability plans that attempt to address food access issues using multiple methods, including improved transportation resources and access.

Pennsylvania Fresh Food Financing Initiative (FFFI) <http://centertrt.org/?p=intervention&id=1097>

Describes strategies to address an environmental change intervention designed to increase access to affordable, quality healthful foods in underserved areas of the state.

- **Provide access to farmers markets (or other produce markets)**

Definition: A farmers market is a recurring gathering of farmers selling their food products directly to consumers. Other produce markets may include wholesalers and retailers, rather than just farmers. These markets can be:

- held on public or private land, in temporary or permanent structures, or may even be mobile
- set up in community locations, health clinics, places of worship, schools, hospitals, and workplaces, and
- include locally or regionally grown items and farm fresh produce.

Background Information

Suggested activities:

Farmers' market initiatives should address health equity issues, which may include one of the following components:

- Support the development of new farmers markets in or near underserved areas through technical assistance, partnerships, financial assistance, and other means. Grantees can use one of the three definitions for underserved: CDC State Indicator Report (<http://www.cdc.gov/obesity/resources/reports.html>), Policy Map (<http://www.policymap.com/>), or USDA (<http://www.ers.usda.gov/data-products/food-desert-locator.aspx>)
- Support the acceptance and use of nutrition assistance program benefits at farmers markets (i.e., Supplemental Nutrition Assistance Program (SNAP) benefits, Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Farmers Market Nutrition Program (FMNP) coupons, or Senior FMNP coupons). This includes getting electronic Benefits Transfer (EBT) equipment or wireless technology at farmers markets to accept SNAP benefits, or implementing programs that give customers using nutrition assistance benefits a financial incentive towards the purchase of fruits and vegetables (e.g. Double Value Coupons).

Farmers market initiatives may also include assistance to existing farmers markets on comprehensive promotions and other nutrition/food related topics. These could include:

- Marketing programs intended to draw customers to the market or use nutrition assistance program benefits.

- Cooking demonstrations to help consumers prepare foods.
- Nutrition education to help consumers choose healthier options while at the market.
- Collaboration with market managers on maximizing the number of healthier items sold at markets.
- Training or education on food safety topics (nutrition education that is not part of a comprehensive farmers market initiative is not preferred).
- Increase access by addressing transportation and/or location issues

Farmers Market Coalition

<http://farmersmarketcoalition.org/resources/resource-library>

This Web page has a database of resources for multiple audiences including public health practitioners. Topics include Food Safety and Handling, Funding and Grants, Insurance, Liability, Licensing, Market Start-up and Development, State Association Development, Surveys, Evaluation, and Research

The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables

<http://www.cdc.gov/obesity/resources/recommendations.html>

Strategy 4, start or expand farmers' markets in all settings. This resource provides an overview of evidence, key considerations, action steps, and program examples.

United States Department of Agriculture - Farmers Markets Web site

<http://www.ams.usda.gov/AMsv1.0/FARMERSMARKETS>

This USDA's Agricultural Marketing Service's (AMS) Web page includes information about AMS programs, services, and grant funding on farmers markets. The page also maintains a national directory of farmers markets and provides resources on topics such as nutrition education, market research, farmers' market development, and food hubs. You can also find links to the federal food and nutrition programs related to farmers' markets.

Establishing Land Use Protections for Farmers' Market

<http://changelabsolutions.org/childhood-obesity/farmers-markets>

This document from ChangeLab Solutions includes model land use policies for supporting and protecting farmers' markets, and provides model general plan and zoning language to encourage these uses.

Implementation Guidance

University of North Carolina Chapel Hill Center for Training and Translation provides strategies and interventions <http://www.centertrt.org/?p=intervention&id=1109>

2. Implement nutrition standards where foods and beverages are available. Standards should address sodium.

- **Implement nutrition standards/food service guidelines in priority settings (Early Care and Education (ECE), Worksite, Community)**

Definition: Increase the use of food service guidelines by state and local governments, businesses, non-governmental organizations, park and recreation food services (cafeterias, vending, and snack bars) in their worksites. Food service guidelines include nutrition standards to create healthy eating and drinking environments at cafeterias, vending machines, and snack bars. Additionally, guidelines may also promote healthy dietary choices by using pricing incentives, food placement architecture, or menu labeling, or be used to improve the sustainable practices of food service operations.

Ensure that facilities in ECE jurisdiction serving 0 – 5 year olds, including preschools, child care centers, day care homes (also known as family child care), and Head Start and pre-kindergarten programs, meet national nutrition standards.

Background Information

Suggested activities:

- Use food service guidelines in all food related contracts for cafeterias, snack bars, and vending.
- Use the DNPAO recommended HHS/GSA *Health and Sustainability Guidelines for Federal Concessions and Vending Operations* to align worksite food environments with the *Dietary Guidelines for Americans, 2010*, increasing the availability of healthier choices in cafeterias, vending, and snack bars. Other guidelines may be considered. However, development of new nutritional guidelines is strongly discouraged.

- Use existing guidelines to create park and recreation food environments aligned with the Dietary Guidelines for Americans, increasing the availability of healthier choices in cafeterias, vending, and snack bars. DNPAO recommends the HHS/GSA *Health and Sustainability Guidelines for Federal Concessions and Vending Operations*.
- Support state and local government facilities, businesses, and non-governmental organizations in efforts to comprehensively implement food service guidelines, including: seasonal fresh fruits and vegetables, whole grain options, including pasta; vegetarian entrees; lean meat entrees; low-fat milk, yogurt and other low-fat dairy; high fiber, low sugar whole-grain cereals; 100% fruit juice; free and available drinking water; foods with less sodium; foods free of synthetic sources of trans fats.
- When food service guidelines are implemented, strategies should specifically address nutrition standards for cafeterias, snack bars, and vending, but may also include:
 - o Nutrition standards for meetings and conferences
 - o Pricing incentives to decrease the cost of healthier offerings.
 - o Placement techniques to increase the accessibility and visibility of healthy items

Comprehensive nutrition standards for ECE include several components: Provide nourishing and attractive food for children according to a written plan developed by a qualified nutritionist/registered dietitian, assessment and planning of nutrition for individual children, feeding plans and dietary modifications, use of nutritionist/registered dietitian, nutrition learning experiences for children and food and nutrition service policies and plans.

- When possible, efforts targeting ECE should encompass obesity prevention standards comprehensively, rather than solely focus on nutrition standards. Suggested activities to support obesity prevention standards in the ECE setting include:
 - o Educate providers and administrators about the potential health benefits of aligning licensing regulations, Quality Rating Improvement Systems, and early learning standards with the national obesity prevention standards to improve nutrition, increase physical activity, support breastfeeding, and limit screen time in child care settings.
 - o Encourage ECE providers to conduct self-assessments of their centers or homes to identify and create an action plan for making improvements to bring themselves into alignment with the standards related to healthier foods and beverages, physical activity, and breastfeeding support.
 - o Integrate standards and best practices into provider pre-service training, certification, and professional development education opportunities.
 - o Increase access to healthier foods by implementing initiatives such as central kitchens, farm to preschool programs, and food purchasing cooperatives.

Dietary Guidelines

The *Dietary Guidelines for Americans* are jointly issued and updated every 5 years by the [Department of Agriculture \(USDA\)](#) and the [Department of Health and Human Services \(HHS\)](#). <http://www.cnpp.usda.gov/dietaryguidelines.htm>

Health and Sustainability Guidelines for Federal Concessions and Vending Operations

<http://www.cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm>

The document provides guidance in increasing healthy food and beverage choices and sustainable practices at federal worksites. State and local governments, businesses, and non-governmental organizations can use the Guidelines to make cafeteria menus and other food services healthier and more sustainable.

Healthy Food in the Federal Workplace <http://www.gsa.gov/portal/content/104429>

These guidelines represent the best practices in nutrition science for improving health and reducing impact to the environment in all worksites.

Kaiser Permanente. http://www.kpihp.org/kpihp/CMS/Files/InFocus_SustainableFood_v8-WEB.pdf

PHLP's Understanding Healthy Procurement: Using Government's Purchasing Power to Increase Access to Healthy Food

www.phlpnet.org/sites/phlpnet.org/files/Understanding_Healthy_Procurement_2011.pdf

Center for Science in the Public Interest's (CSPI's) Food Standards Links www.cspinet.org/nutritionpolicy/foodstandards.html

Ecology Action Center. Local Food Procurement Policies: A Literature Review

<http://www.organiccentre.ca/Docs/LocalFoodProcurementPolicies.pdf>

Parks and Health Guide: This web resource describes nutrition and physical activity initiatives in park settings.

<http://parkshealthguide.org/>

The website for the National Association of State Park Directors includes several presentations and reports detailing healthy food initiatives in national and state parks. <http://www.naspd1.org>

National Recreation and Park Association Health and Livability Page

<http://www.nrpa.org/Grants-and-Partners/Health-and-Livability/>

This page contains information, resources, and links to health-related NRPA activities.

National Obesity Prevention standards are contained in Selected Standards from Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 3rd ed.

<http://www.nrckids.org/SPINOFF/PCO/PreventingChildhoodObesity2nd.pdf>

Implementation Guidance

Improving the Food Environment through Nutrition standards: A Guide for Government Procurement

<http://www.cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm>

The guide provides practical guidance to states and localities for use when developing, adopting, implementing, and evaluating changes in food procurement.

Improving the Food Environment through Nutrition Standards: A Guide for Government Procurement. A toolkit for developing, adopting, implementing, and evaluating food procurement changes to include healthy foods and beverages.

http://www.cdc.gov/salt/pdfs/DHDSP_Procurement_Guide.pdf

Healthier Vending Machine Initiatives in State Facilities <http://www.cdc.gov/obesity/stateprograms/resources.html>

This CDC vending toolkit describes actions taken, key considerations and lessons learned by state health departments already implementing healthy vending machine initiatives in buildings owned or operated by the state. In addition, it provides examples and links to resources, tools and guidance related to healthy vending machine initiatives.

Food for the Parks: A Roadmap to Success Toolkit

<http://www.concessions.nps.gov/docs/concessioner%20tools/FoodforParksRoadmapReport.pdf>

This National Park Service document describes how to develop and implement healthy and sustainable food concessions in park settings.

Obesity Prevention in ECE Quick Start Action Guide <http://www.cdc.gov/obesity/childhood/solutions.html>

Successful ECE efforts require strong partnerships with diverse stakeholders and careful consideration of multiple factors that determine the viability of any opportunity at a given point in time (i.e. political will, ECE provider needs, timing, and resource availability).

Spectrum of Opportunities for Obesity Prevention in ECE

There is a common ‘Spectrum of Opportunities’ by which most states can support the adoption of obesity prevention standards within the ECE setting. http://www.cdc.gov/obesity/downloads/Spectrum-of-Opportunities-for-Obesity-Prevention-in-Early-Care-and-Education-Setting_TABriefing.pdf

Nutrition and Physical Activity Self-Assessment for Child-Care (NAP SACC)

NAP SACC program is a research-tested intervention designed to enhance policies, practices, and environments in child care. <http://www.centertrt.org/?p=intervention&id=1091>

Breastfeeding and Early Care and Education: Increasing Support for breastfeeding families

http://www.cdc.gov/obesity/downloads/BF_and_ECE_FINAL.pdf

3. Increase physical activity access and outreach

- **Create or enhance access to places for physical activity with focus on walking combined with informational outreach**

Definition: Increase access to places or enhanced opportunities for people to be physically active. Some implementation examples include: promoting existing walking trails, establishing joint use agreements with school or community facilities, establishing and maintaining bike sharing programs and building or enhancing trails/sidewalks.

Background Information

US Department of Health and Human Services Physical Activity Guidelines for Americans <http://www.health.gov/paguidelines/>

The National Physical Activity Plan; Public Health Section <http://www.physicalactivityplan.org/pubhealth.php>

CDC Vital Signs Walk to be Physically Active: <http://www.cdc.gov/VitalSigns/Walking/index.html>

The CDC Guide to Strategies to Increase Physical Activity in the Community, Strategy 6 provides an overview of evidence, key considerations, action steps, and program examples.

http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

Designing and Building Healthy Places; CDC resources to address multiple issues around healthy places.

<http://www.cdc.gov/healthyplaces/default.htm>

Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community. Atlanta: U.S. Department of Health and Human Services; 2011. pp. 25-27

http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

Implementation Guidance

Places for Physical Activity. Facilitating Development of a Community Trail and Promoting Its Use to Increase Physical Activity Among Youth and Adults: An Action Guide. <http://www.prevent.org/data/files/initiatives/communitytrail.pdf>

Bike Sharing in the United States: State of the Practice and Guide to Implementation.

<http://www.bicyclinginfo.org/promote/bikeshareintheus.pdf>

Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults

<http://www.prevent.org/Topics.aspx?eaID=5&topicID=45>

Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace

This tool kit includes ideas and suggestions on how employers can create a wellness culture in the workplace by introducing physical activity programs. <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/pa-toolkit.htm#>

- **Design streets and communities for physical activity**

Definition: Designing streets and communities that allow for safe, pleasant physical activity which is purposeful; active transportation or destination oriented is important.

Complete Streets Definition: A Complete Street is one that is designed and operated to safely accommodate all users, including: motorists, pedestrians, bicyclists, transit users, and people of all ages and abilities. A Complete Street is comprised of many different elements; these elements may include, but are not limited to: sidewalks, bike lanes, crosswalks, curb-cuts, wide shoulders, medians, bus pullouts, audible pedestrian signals, sidewalk bulb-outs, and more. The elements that are used can vary from project to project, but the end result is still to achieve a connected network that is safe and effective for all modes of travel.

Background Information

Suggested activities:

- Improving street lighting and landscaping, increasing traffic and neighborhood safety
- Increasing safety of pedestrian street crossing
- Designing streets and communities for physical activity (Complete Streets)

Community Guide: Environmental and Policy Approaches to Increase Physical Activity: Street-Scale Urban Design Land Use Policies <http://www.thecommunityguide.org/pa/environmental-policy/streetscale.html>

Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community. Atlanta: U.S. Department of Health and Human Services; 2011. pp. 29-31 <http://stacks.cdc.gov/view/cdc/11994/>

Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community. Atlanta: U.S. Department of Health and Human Services; 2011. pp. 33-35 <http://stacks.cdc.gov/view/cdc/11994/>

Community Guide; Environmental and Policy Approaches to Increase Physical Activity: Community-Scale Urban Design Land Use Policies <http://www.thecommunityguide.org/pa/environmental-policy/communitypolicies.html>

Implementation Guidance

The Smart Growth Implementation Toolkit <http://www.smartgrowthamerica.org/leadership-institute/implementation-tools>
A set of practical tools that provide communities a step-by-step guide for how to examine the policies, codes, zoning regulations and development requirements that can impact how a their community grows. The Toolkit is designed to help local leaders achieve smarter growth and sustainable development.

Complete Streets: Policy Basics: <http://www.smartgrowthamerica.org/complete-streets/changing-policy>

Rural Areas and Small Towns: <http://www.completestreets.org/complete-streets-fundamentals/factsheets/rural-areas-and-small-towns/>

Rural Active Living Assessment Tools – RWJF <http://www.activelivingresearch.org/node/11947>

Putting Smart Growth to Work in Rural Communities

http://icma.org/en/icma/knowledge_network/documents/kn/Document/301483/Putting_Smart_Growth_to_Work_in_Rural_Communities

Healthy Community Design Toolkit. General Plans Updates. Healthy Community Design Collaborative 2012.

<http://www.azplanning.org/2012/HealthyCommunityDesignToolkit090112.pdf>

University of North Carolina Chapel Hill Center for Training and Translation provides strategies and interventions,

http://centertrt.org/?p=find_strategies

Resources to develop Complete Streets and Health Impact Assessment components to support healthy communities.

<http://www.ipa.udel.edu/healthydetoolkit/completestreets/index.html>

4. Implement physical activity in early care and education

- **Implement ECE standards for physical activity**

Definition: Ensure that ECE facilities and/or ECE jurisdictions serving 0 – 5 year olds, including preschools, child care centers, day care homes (also known as family child care), and Head Start and pre-kindergarten programs, meet national standards for obesity prevention that encompass physical activity, as well as screen time, nutrition, and breastfeeding support.

Background Information

ECE providers have significant opportunities to establish healthy activity habits among children during a developmental phase that is especially important for such habit formation, as habits acquired early can track into adulthood. Providers also have numerous opportunities to influence parents to adopt healthier practices at home. Despite significant variation across states in how the ECE system is organized and operated, there is a common ‘Spectrum of Opportunities’ by which most states can support the adoption of physical activity standards within the ECE setting as part of a comprehensive obesity prevention approach.

Comprehensive physical activity standards for ECE include several components: age-appropriate minimal time or number of occasions for physical activity; outdoor activity; ECE provider-led activity; and policies and practices concerning the promotion of and removal of barriers to physical activity participation (e.g. weather and clothing considerations, incorporation of physical activity into curriculum).

When possible, efforts targeting ECE should encompass obesity prevention standards comprehensively, rather than solely focus on physical activity. Suggested activities to support obesity prevention standards in the ECE setting include:

- Educate providers and administrators about the potential health benefits of aligning licensing regulations, Quality Rating Improvement Systems, and early learning standards with the national obesity prevention standards to improve nutrition, increase physical activity, support breastfeeding, and limit screen time in child care settings.

- Encourage ECE providers to conduct self-assessments of their centers or homes to identify and create an action plan for making improvements to bring themselves into alignment with the standards related to healthier foods and beverages, physical activity, and breastfeeding support.
- Integrate standards and best practices into provider pre-service training, certification, and professional development education opportunities.
- Increase access to healthier foods and physical activity opportunities by implementing initiatives such as central kitchens, farm to preschool programs, food purchasing cooperatives, and joint use agreements.

National Obesity Prevention standards are contained in Selected Standards from Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 3rd ed.

<http://www.nrckids.org/SPINOFF/PCO/PreventingChildhoodObesity2nd.pdf>

Spectrum of Opportunities http://www.cdc.gov/obesity/downloads/Spectrum-of-Opportunities-for-Obesity-Prevention-in-Early-Care-and-Education-Setting_TAbriefing.pdf

CDC's Weight of the Nation™ Early Care and Education Policy Review: Obesity Prevention in Early Care & Education

http://www.cdc.gov/obesity/downloads/Early-Care-and-Education-Policy-Review-FINAL_web508.pdf

Implementation Guidance

Not all opportunities need be pursued in a given ECE facility or jurisdiction to achieve impact; however, it is likely that multiple opportunities pursued as a coordinated approach will be most effective. Successful ECE efforts require strong partnerships with diverse stakeholders and careful consideration of multiple factors that determine the viability of any opportunity at a given point in time (i.e. ECE provider needs, and resource availability). <http://www.cdc.gov/obesity/childhood/solutions.html>

National guidelines for obesity prevention standards in ECE:

<http://www.nrckids.org/SPINOFF/PCO/PreventingChildhoodObesity2nd.pdf>

State Efforts to Address Obesity Prevention in Child Care Quality Rating and Improvement Systems

http://www.altarum.org/files/pub_resources/QRIS-Report-22Feb12-FIN.pdf

Several Intervention Strategies for Obesity Prevention Targeting the ECE setting are posted on the Center-TRT website:

http://centertrt.org/?p=interventions_strategies_overview

Child and Adult Care Food Program Wellness Toolkit

<http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/>

Breastfeeding and Early Care and Education: Increasing Support for breastfeeding families

http://www.cdc.gov/obesity/downloads/BF_and_ECE_FINAL.pdf

5. Increase access to breastfeeding friendly environments

- **Practices supportive of breastfeeding in birthing facilities**

Definition:

Evidence-based maternity care practices that support breastfeeding include the Ten Steps to Successful Breastfeeding, the basis of the Baby-Friendly Hospital Initiative.

Background Information

Suggested Activities:

- Educate and engage key hospital decision makers
- Establish recognition programs that recognize hospitals achieving some or all of the Ten Steps
- Report publicly quality measures to drive improvement
- Create learning collaborative for quality improvement
- Provide technical assistance to hospitals

Surgeon General Breastfeeding Call to Action <http://www.surgeongeneral.gov/library/calls/breastfeeding/index.html>

The CDC mPINC survey biennially assesses hospital maternity care. CDC's website includes state-level data on overall quality scores and individual practices as well as copies of the questionnaire.

<http://www.cdc.gov/breastfeeding/data/mpinc/index.htm>

Implementation Guidance

Baby-Friendly USA is the U.S. organization in charge of assessing and designating hospitals as Baby-Friendly. Their Guidelines and Evaluation Criteria describe the standards of maternity care that hospitals should be achieving.

<http://www.babyfriendlyusa.org/get-started/the-guidelines-evaluation-criteria>

The CDC Guide to Breastfeeding Interventions chapter on maternity care practices provides descriptions and examples of different ways to improve maternity care practices. http://www.cdc.gov/breastfeeding/pdf/BF_guide_1.pdf

- **Provide access to professional and peer support for breastfeeding**

Definition:

Create or strengthen sustainable infrastructure or network of peer and professional support. Activities might include: Statewide referral and resources system; increasing the number of professionals providing skilled lactation support; increasing mother to mother support opportunities, including breastfeeding support groups, warm lines and individual support.

Background Information

The Surgeon General's Call to Action to Support Breastfeeding Appendix 1 (pg. 72 and 73) outlines steps that state and local government can take to increase mother to mother and professional support

<http://www.surgeongeneral.gov/library/calls/breastfeeding/calltoactiontosupportbreastfeeding.pdf>

Implementation Guidance

The *CDC Guide to Breastfeeding Interventions* includes ideas and examples of how to support breastfeeding women through peer and professional support.

Peer Support: http://www.cdc.gov/breastfeeding/pdf/BF_guide_3.pdf

Professional Support: http://www.cdc.gov/breastfeeding/pdf/BF_guide_5.pdf

[Loving Support© Through Peer Counseling: A Journey Together](http://www.nal.usda.gov/wicworks/Learning_Center/support_peer.html) has newly updated training materials for WIC managers and WIC breastfeeding peer counselors to be able to provide WIC mothers with breastfeeding support and information.

http://www.nal.usda.gov/wicworks/Learning_Center/support_peer.html

- **Ensure workplace compliance with federal lactation accommodation law**

Definition:

In 2010, the affordable care act amended [section 7 of the Fair Labor Standards Act](#) (“FLSA”). To require employers to provide time and a non-bathroom space to a female employees to express breast milk for her nursing child for one year after the child’s birth.

Background Information

Dept. of Labor Website: <http://www.dol.gov/whd/nursingmothers/#.UKVTrGl24wA>

The United State Breastfeeding Committee website is a clearinghouse for general information about the law as well as examples of specific recourse and ideas on implementing lactation support in the workplace.

<http://www.usbreastfeeding.org/Employment/WorkplaceSupport/tabid/105/Default.aspx>

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Implementation Guidance

Office of Women’s Health Website: <http://womenshealth.gov/breastfeeding/index.html>

Baby-Friendly USA Guidelines and Evaluation Criteria

<http://www.babyfriendlyusa.org/get-started/the-guidelines-evaluation-criteria>

The Business Case for Breastfeeding is a comprehensive program designed to educate employers about the value of supporting breastfeeding employees in the workplace and provides a number of tools and resources to implementing lactation support program.

<http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/index.cfm>

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Health Equity Resources

CDC Health Equity Resource Toolkit for State Practitioners Addressing Obesity Disparities Toolkit

Toolkit to increase the capacity of state health departments and their partners to work with and through communities to implement effective responses to obesity in populations that are facing health disparities. The Toolkit's primary focus is on how to create systems and environmental changes that will reduce obesity disparities and achieve health equity.

<http://www.cdc.gov/obesity/stateprograms/resources.html> & http://www.centertrt.org/?p=equity_toolkit

The Grocery Gap: Who Has Access to Healthy Food and Why It Matters

The Food Trust and PolicyLink comprehensive review of studies of healthy food access and its impacts -- 132 studies conducted in the United States in the past 20 years. <http://www.thefoodtrust.org/php/programs/grocerygap.php>

Changes in the WIC Food Packages Toolkit

Federal rules for WIC vendors changed recently for the first time in 35 years. WIC vendors are now required to stock healthy foods, which "has the potential to transform the retail food landscape in low-income communities." The toolkit, produced in 2009 by Planning for Healthy Places and the California WIC Association in partnership with The California Endowment, "provides a range of tools and strategies for advocates to identify and work with prospective WIC vendors, and to help these retailers upgrade their offerings in accordance with the new, healthier WIC food packages." <http://www.phlpnet.org/healthy-planning/products/changes-wic-food-packages-toolkit-partnering-neighborhood-stores>

Food and Nutrition Assistance Programs

Populations that have previously lacked access to fresh produce may need education on how to use and store these items. Food and nutrition assistance programs such as SNAP, WIC, and the WIC Senior Farmers' Market Nutrition Program (SFMNP) can offer nutrition education programs to meet this need.

United States Department of Agriculture - SNAP Benefits at Farmers Markets

<http://www.fns.usda.gov/snap/ebt/fm.htm>

The USDA's Food and Nutrition Service provides information on how to accept SNAP Benefits at Farmers Markets and how to get EBT equipment, and a resource center.