

HELPING YOUNG CHILDREN THRIVE

HEALTHY PRACTICES

IN THE EARLY CARE AND EDUCATION (ECE) SETTING



CHILDHOOD OBESITY IS A MAJOR THREAT TO THE UNITED STATES

1 IN **4**

Nearly **1 in 4** children (aged 2 to 5) are overweight or have obesity.

Obesity puts children at risk for **Type 2 diabetes, asthma, anxiety and depression, and low self-esteem.**



Obesity costs the US health care system **\$147 billion** a year.

WE MUST ACT EARLY

It's easier to influence children's food and physical activity choices when they are young, before habits are formed.



Establishing healthy habits for physical activity in early childhood **influences activity levels** as children grow.



Both a healthy diet and physical activity are **positively associated** with some **measures of cognitive development.**



Young children who are overweight in kindergarten are **4 times more likely** to have obesity by 8th grade than those not overweight.

ECE FACILITIES ARE IDEAL PLACES TO ENCOURAGE GOOD NUTRITION AND PHYSICAL ACTIVITY

60%

OF 3-TO 5-YEAR-OLDS

are cared for in an ECE facility at least once a week.*



The ECE setting can **directly influence what children eat and drink and how active they are**, and build a foundation for healthy habits.

* These facilities include childcare centers, family care homes, Head Start programs, preschool, and pre-kindergarten programs.

CDC IS HELPING OUR NATION'S CHILDREN GROW UP HEALTHY AND STRONG



We monitor progress made in the ECE setting to **improve children's nutrition and physical activity.**



We invest in training and learning networks in **10 states** where child care providers and state leaders use and share the latest **prevention science and best practices.**



We develop tools and resources that guide national, state, and local partners on ways to **improve obesity prevention** in the ECE setting.



We fund and **support states and communities to help child care providers adopt obesity prevention practices** in ECE settings.

TOGETHER WE ARE MAKING A DIFFERENCE!



Obesity declined among **children aged 2 to 5 years, from 13.9% in 2003-2004 to 9.4% in 2013-2014.**



From 2011 to 2016, **over 22,000 ECE providers** nationwide pledged to adopt obesity prevention practices in childcare centers.

States are strengthening their ECE standards and helping providers meet those standards:



Of the states with quality rating improvement systems for their ECE setting, about **75%** included obesity prevention standards.



From 2011 to 2014, **25 states** improved obesity standards in their state licensing requirements.



29 states encouraged enhanced nutrition standards in their state CACFP (food reimbursement) program.



42 states have had online, on-demand training for professional development of ECE providers.

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Centers for Disease Control and Prevention

FOR MORE INFORMATION PLEASE VISIT:
Division of Nutrition, Physical Activity, and Obesity
www.cdc.gov/obesity/strategies/childcareece.html