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.
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.

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

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:

- 75% states
- 25 states
- 29 states
- 42 states

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.

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