

Early Childhood Obesity Prevention: A Call to Action

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Background

In Colorado, 26% of children ages 2-14 are either obese or overweight

Health

- Birth-5 years of age is a critical time predictor for subsequent healthy weight status
- 18.4% of 4-year-old US children are obese

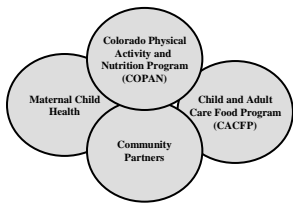
Environment

- Over 80% of children under age 5 spend some time in non-parental care

Currently, coordination of existing obesity prevention efforts throughout Colorado are lacking. Therefore, data must be collected from various settings and sources to provide a comprehensive picture of Colorado's movement toward achieving healthier weight among young children. There is recognized need for a coordinated, systematic approach to addressing childhood obesity.

Methods

In an effort to maximize impact and coordinate efforts, the Colorado Department of Public Health and Environment (CDPHE) convened a collaborative group to address the issue of early childhood obesity in Colorado.



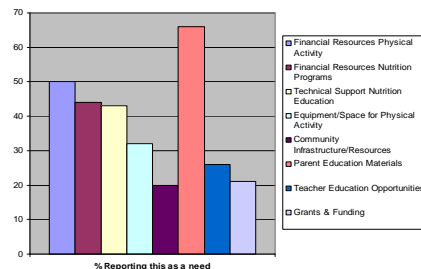
This group sought inputs to determine the most appropriate direction for programming and intervention through the exploration of existing efforts in Colorado, as well as available evidence supporting best practices.

Inputs

Child Care Provider Environmental Scan¹

Conducted 84 non-randomized interviews of child care providers from a variety of settings to identify existing early childhood obesity prevention programs, explore barriers to additional prevention efforts, and recommend next steps for prevention efforts.

Resources Providers Need for Obesity Prevention



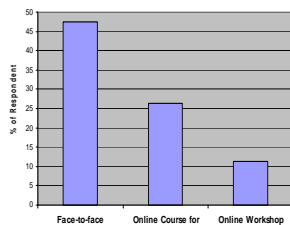
Selected Recommendations:

- Support and build upon existing activities by -
 - Increasing participation in CACFP
 - Provide a forum for providers to share other promising prevention programs
 - Assist providers in evaluation of existing prevention efforts

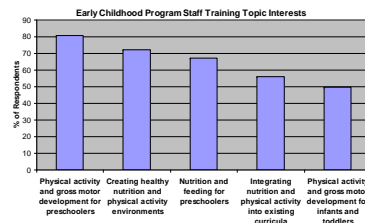
Staff Perceptions of Nutrition and Physical Activity Environments in Early Childhood Programs²

155 surveys & 25 interviews with teachers, directors, and family child care home providers, investigating attitudes, perceptions, and preferences regarding the early childhood nutrition and physical activity environment, rating system, and training.

Early Childhood Program Staff Training Type Preference



Early Childhood Program Staff Training Topic Interests



Selected Recommendations:

- Engage early childhood program staff in developing a nutrition and physical activity rating system and training opportunities
- Explore parent perceptions toward nutrition and physical activity rating

Medical Provider Scan³

COPAN conducted a literature review on health care provider interventions for early childhood obesity. This review investigated health care provider response to childhood overweight, evidence-based data on best practices for health care providers, and barriers to intervention.

Selected Recommendations:

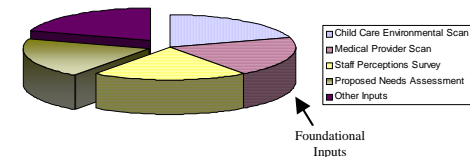
- Increase the use & education of BMI and BMI charts by providers
- Statewide assessment of provider interventions for obesity
- Intervention programs in communities

Discussion

Important Common Key Elements from Selected Inputs:

- Training and awareness opportunities
- Parent engagement and involvement
- Resources and barriers

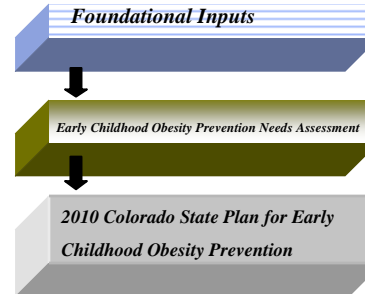
Informational & Research (Foundational) Inputs Provide the Overarching Guidance



Data and recommendations from these inputs provide a foundation for further investigation. The Proposed Needs Assessment (see below), and Other Inputs (parent focus groups, prenatal and adolescent data, etc) will provide a more complete picture of obesity prevention efforts in Colorado.

Conclusions and Next Steps

CDPHE is funding a collaborative effort to further assess early childhood obesity efforts in Colorado, identify gaps, and develop a statewide plan for early childhood obesity prevention.



- Early Childhood Environmental Scan
- Child Care Staff Perceptions Survey
- Medical Provider Scan

- Literature review: Best and promising practices
- Integrate: Obesity protective factors, prenatal through age two
- Add: Foundational inputs information
- Analyze: Make recommendations for coordinated efforts

- Prioritize recommendations that emerge from the needs assessment
- Ensure coordinated efforts to address early childhood obesity statewide

Formative Studies were conducted by the following:
 1. Cindy Gallone-Dorner, PhD, RD, Jeanine Padilla & Associates, Pamela Wolfe, M.S., Metropolitan State College, 2009
 2. Joy Markson, MS, Candidate, and Laura Bellows, PhD, MPH, RD, Department of Food Science and Human Nutrition, Colorado State University, 2009
 3. Kathryn Bird, M.O., M.S., 2007, Colorado Physical Activity and Nutrition Program, 2007
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