

# HEALTHY KIDS, HEALTHY FUTURE

Promising Practices & Policies for  
Health Promotion & Obesity Prevention in Early Child Care & Education

Washington, DC

September 23-24, 2009

## PROGRAM SUMMARY

(Limit One Page)

<b>STATE:TX</b>		
<b>PROGRAM NAME:</b> TMC - Teaching and Mentoring Communities Migrant Seasonal Head Start Program		
<b>CONTACT INFORMATION 1:</b>		
▪ Name: Nestor Atkinson	Credentials: BBA, MEd	Title: MSHS Director
▪ Address: 5215 McPherson		
▪ City: Laredo	State :TX	Zip Code :78044 -
▪ Phone: (956)722 - 5174		
▪ Email: nestor.atkinson@mail.tmccentral		Website: tmccentral.org
<b>CONTACT INFORMATION 2:</b>		
▪ Name: Sonia Cotto-Moreno	Credentials: BS, RD	Title: CCFP Director
▪ Address: 5215 McPherson		
▪ City: Laredo	State: TX	Zip Code: 78044-
▪ Phone: (956 )722 - 5174		
▪ Email: sonia.cotto@mail.tmccentral.or		Website: tmccentral.org
<b>Funding Source:</b> DHHS	<b>Number of Staff:</b> 1500	<b>Number Served/Year:</b> 7975

- **Overview:** Migrant Seasonal Head Start (MSHS) programs serve low income children from farm worker families with limited resources. The mobile lifestyles of farmworkers challenges their ability to develop the networks referenced in social ecological frameworks. In recent years HS school readiness initiatives have conflicted with behavioral and social emotional learning theories for young children; which appeared to promote more sedentary activities. The IMIL physical activity resource was shared with all National Head Start (HS) program. This resource demonstrates how early childhood educators can effectively integrate physical activity in all the learning domains while promoting school readiness with the intention of slowing down the rates of childhood obesity.
- **Program origin:** I am Moving, I am Learning (IMIL) was developed by Dr. Carson from The University of Virginia for preschool age children.
- **Mission/Vision/Goals:**
- **IMIL Goal #1 – Incorporate IMIL strategies into TMC MSHS plans and management systems to achieve program-level changes.**
- **IMIL Goal #2 – Increase the quantity of time spent in moderate to vigorous activity (MVPA) during the daily routine of infants, toddlers and preschool children to meet national guidelines for physical activity.**
- **IMIL Goal #3 – Improve the quality of structured movement experiences intentionally facilitated by teachers and adults in MSHS centers.**
- **IMIL Goal #4 – Increase adherence to Sweet Foods Policy during celebrations.**
- **IMIL Goal #5 – Improve the family style meal s**
- **Population served/targeted:**
- **Key components/sectors:**
  - Enhance teachers ability to integrate physical activity into child outcomes
  - Incorporate IMIL into daily Routines/Planning
  - Increase MVPA (moderate to vigorous physical activity)
  - Enhance Indoor/Outdoor Play

- **Child wellness and obesity prevention components:**
- Decrease the number of overweight children;
- Decrease the number of overweight or obese staff;
- Increase the weekly amount of physical activity by families ;
- Increase the weekly amount of physical activity by staff ;
- **Links to programs and tools \*:**  
**\*Note:** If URL is not available, please provide an electronic version of the resource which will be included to the *Meeting Compendium CD*
- Attachments (please list)
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.