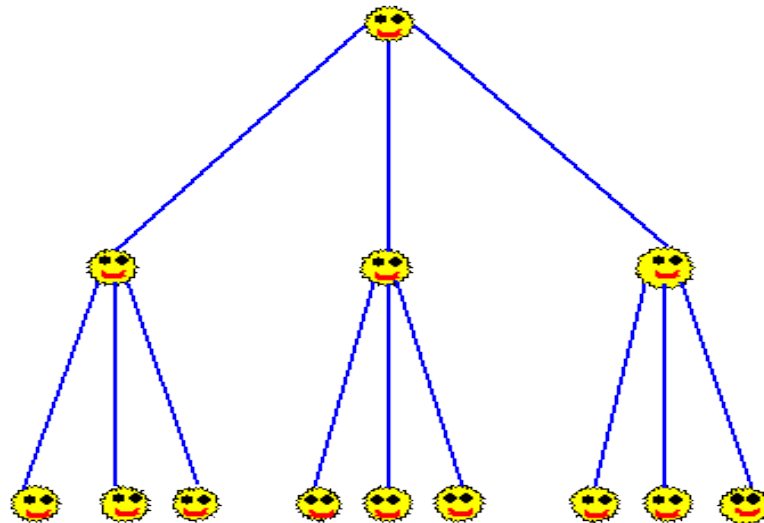


PASS IT FORWARD PROJECT: IMPLEMENTING TRANSFORMATIVE AND SUSTAINABLE NUTRITION EDUCATION FOR CHILDHOOD OBESITY PREVENTION

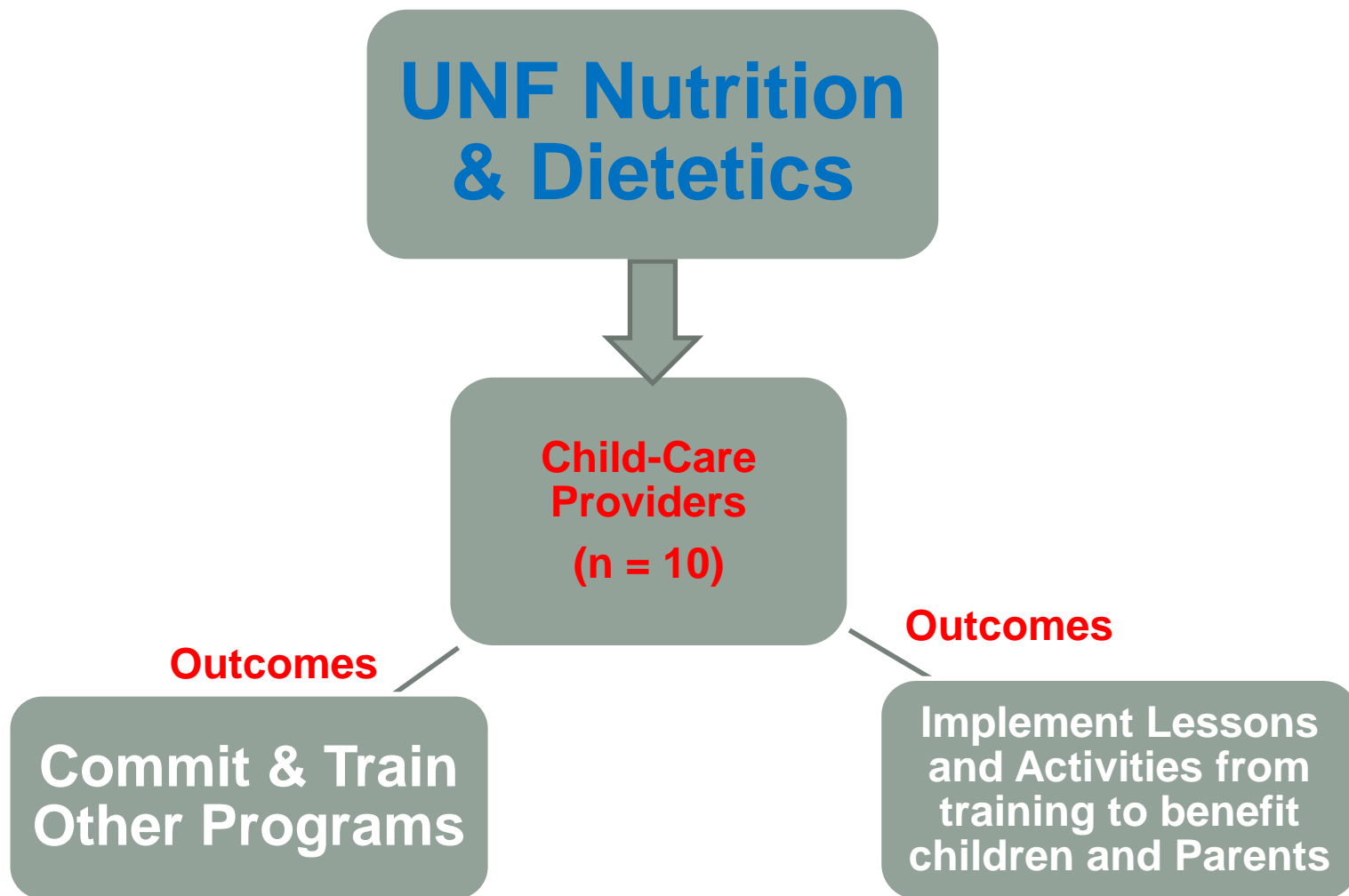
Principal Investigator: Claudia Sealey-Potts, PhD, RD



Overall Goals of the Project

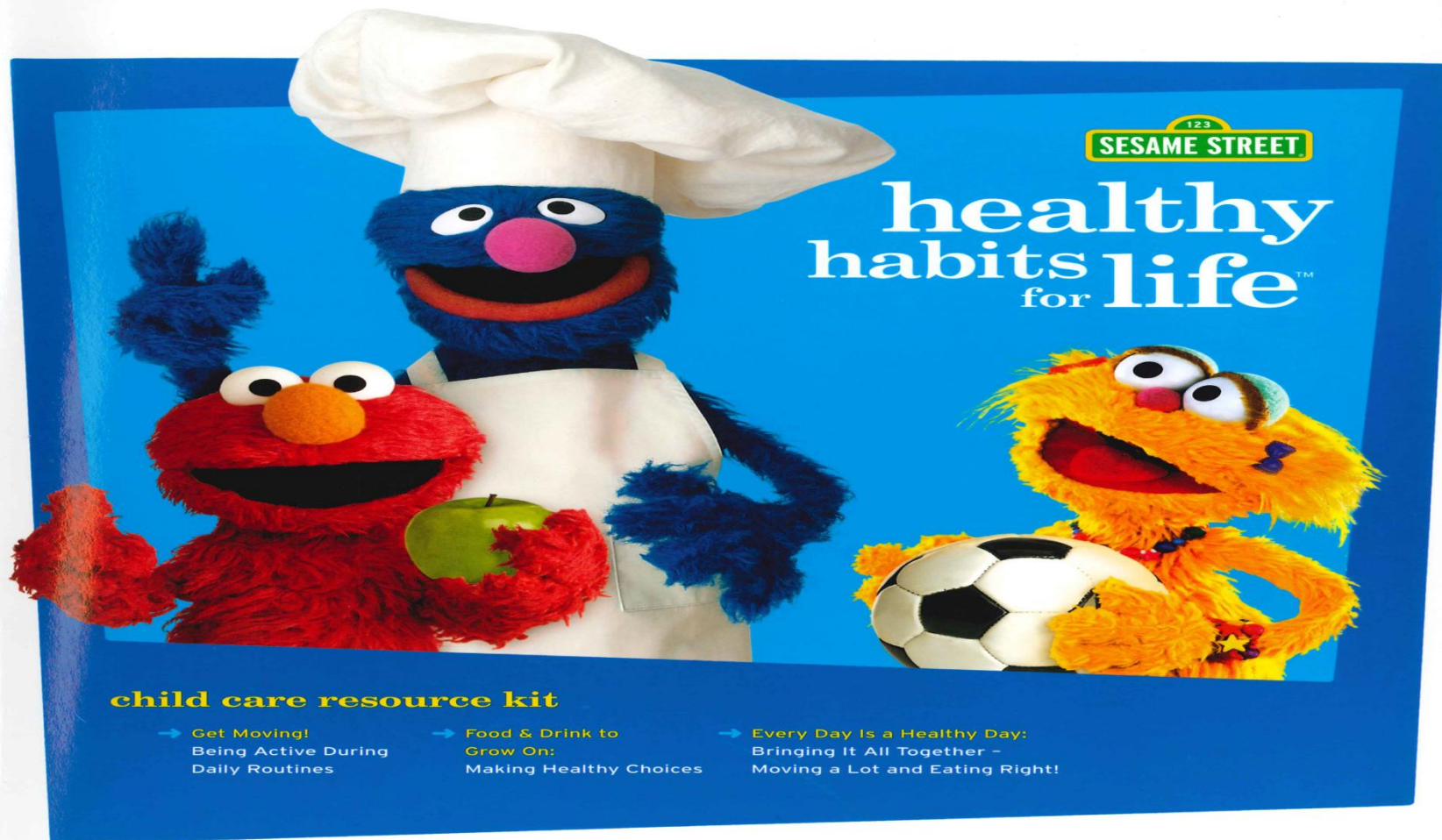
- The initiative aims to:
- increase childcare providers' knowledge and implementation of healthy nutrition and physical activity practices in children;
- increase parental engagement in childcare; and
- increase child-providers' confidence in becoming a change agent

Model for Pass it Forward- Train the Trainer's Program



Project's Agenda

- Train providers using a simple format
 - Nemours' *Healthy Habits for Life Resource Kit*
- Equip Providers with tools
 - *Teach Sometimes/Anytime Game*
 - *Nemours Childcare Wellness Policy Workbook*
- Empower Providers to “*Be the Change Agent*”



The image features three Sesame Street characters against a blue background. On the left is Elmo, a red Muppet, holding a green apple. In the center is Cookie Monster, a blue Muppet wearing a white chef's hat and apron. On the right is Abby Cadabby, a yellow Muppet holding a soccer ball. The text 'SESAME STREET' is in a green box at the top right, followed by 'healthy habits for life™' in white. Below the characters, the text 'child care resource kit' is in yellow, followed by three bullet points with arrows pointing to the right.

SESAME STREET

healthy habits for life™

child care resource kit

- **Get Moving!**
Being Active During Daily Routines
- **Food & Drink to Grow On:**
Making Healthy Choices
- **Every Day Is a Healthy Day:**
Bringing It All Together – Moving a Lot and Eating Right!

Produced in partnership with

Nemours. Health & Prevention Services

and

KidsHealth
KidsHealth.org

What's in it for the Child Care Program?

- Free Healthy habits for Life Materials
- 2 hours of in-service training (certificate)
- Family/Parental Engagement
- Promotes a literacy-rich environment
- Child Preparation for healthy living

Project Outcomes & Training Objectives

- Training Objectives:
 - Providers will explore and recall the materials in the *Healthy Habits for Life Child Care Resource Kit*.
 - Providers will demonstrate or explain how to implement a HHL activity.
- Outcome:
 - Providers will implement weekly activities incorporating the *Healthy Habits for Life Child Care Resource Kit*.

Project Outcomes & Training Objectives

- Training Objectives:
 - Providers will identify opportunities to promote healthy eating and physical activity in the child care setting
 - Providers will develop a written wellness policy using “*Nemours Child Care Policy Workbook*”
- Outcome:
 - Providers will communicate key health messages to encourage healthy eating and physical activity with children, parents and other staff.

Framework/ QA Training Guide -Sample

Outcome Objective	Content	Exercise	Feedback
<p>1a. Providers will explore and recall the materials in the Healthy Habits for Life Child Care Resource Kit.</p> <p>1b. Providers will demonstrate or explain a HHL activity</p>	<ol style="list-style-type: none"> 1. "View": review the resource kit and its key health messages. 2. "Do": demonstrate an activity with the group. 	<ol style="list-style-type: none"> 1. Break into 3 groups, assigning each group a chapter to demonstrate. 2. Each group selects an activity from their chapter to model with the other participants 	<ol style="list-style-type: none"> 1. Trainer will observe and walk around room and give feedback to providers 2. Demonstrations of how to implement the activity-presented to larger group

Collaborator: Nemours: Live 5-2-1-Almost None everyday:

- **Five** or more fruits and vegetables
- **Two** hours or less of screen time
- **One** hour of physical activity
- **Almost none** of items such as soft drinks, sports drinks, and fruit drinks that are not 100% fruit juice



How will the children benefit?

- **Children will:** develop healthy eating and physical activity habits to lower their risk of becoming overweight or obese.

Desired outcome for the child

- Create a healthier environment for children
 - Nutrition
 - Physical Activity
 - Applicable Learning Activities
 - Wellness policies

Project Evaluation Strategies

- Pre-post surveys on training effectiveness, including changes in knowledge, intentions, stage of change, self-efficacy and parental involvement
- Pre and 2-month follow-up implementation of handbook, nutrition practices; measured by self-report, policy review and observational assessment
- Post surveys also include program satisfaction, perceived barriers and follow up strategies

Special Thanks -Partners/Supporters

- Jim Sylvester (Nemours, Jacksonville)
- Marina Kaplan (Nemours Delaware)
- Lenora Gregory (Nemours Bright Futures)
- Lloyd Werk & Kelly Rogers (Nemours Orlando)
- Healthy Jacksonville/Obesity Coalition
- Community Supporters



