



Child Care at a Glance

About this strategy

In Minnesota a majority of young children spend at least part of their day in care outside of their homes. Child care settings provide an ideal environment to promote and support the development of healthy eating and physical activity habits. Through training, coaching and modeling their own healthy habits, child care providers can learn and model best practices to improve the eating and activity environments for the children in their care as well as influence families to continue these practices at home.

Recruiting and training child care providers to increase their knowledge of best practices, provide coaching and resources to support the implementation of these practices in their programs and assist providers in embedding these new practices into program policies uses the Policy, Systems and Environmental (PSE) approach.

Grantees may work with any licensed or license-exempt group setting where young children age 6 weeks through pre-school are cared for. This includes child care centers, Head Start Programs, school-based programs, part-time pre-schools, family child care homes, Family Friend and Neighbor (FFN) care and Early Childhood Family Education (ECFE) programs.

What does the evidence say?

In Minnesota, the percent of children who are overweight or obese is on the rise as well as in the nation. According to the Centers for Disease Control and Prevention (CDC), childhood obesity is associated with various health-related consequences. Obese children may experience immediate health consequences and may be at risk for weight-related health problems in adulthood. Healthy eating and physical activity habits develop at a young age and tend to carry over into adulthood, contributing to healthier adult lives. Influencing early care may directly affect what children consume and how active they are, as well as help them develop a foundation of healthy habits for life.

Activities

- Healthy eating
- Supporting breastfeeding
- Physical activity/active play

Priority populations

Child care settings who serve:

- Children from low-income households and/or communities
- Children with special needs
- Children who are members of minority cultural groups

Requirements

- Implement healthy eating/physical activity/breastfeeding support
- Provide training to child care providers
 - healthy eating
 - support for breastfeeding
 - physical activity.
- Trainers and curriculum must be approved by the Minnesota Center for Professional Development.

Important events

Look for upcoming events and webinars in the Making it Better log and on Basecamp.

Resources

See the full Child Care Implementation Guide.

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