Eat Well Play Hard with Day Care Homes

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Goals

Overarching Goal: Enable day care home providers to permanently change their child care environments by providing technical assistance, mentoring, and social support.

Specifically,

- Providers will improve nutrition and physical activity practices in their day care homes.
- Communicate positive messages about healthy eating and being physically active to children and families.
EWPHDCH Project Design

- 12-month Intervention Cycle
- 5 Group workshops
- 5 In-home lessons
- Lesson extenders after intensive training

Each Unit
Group Workshop
+ In-the-Home Lessons

- Handouts
- Tool Kit
- Parent Newsletter
- Resource Materials
- Family Event
- Lesson Extenders
RD recruits day care home providers

• Pre-assessment visit

5 Group Workshops every other week

• RD builds rapport with providers, providers network with each other
• Format: direct instruction, group discussions, visual demonstrations
• Active participation in nutrition and physical activities
• Tool kit items
5 In-home lessons

- RD mentors and coaches each provider
- RD models how to lead a nutrition and a movement activity with children in care
- To build provider confidence/skills to independently lead activities, serve as a role model and source of advice, set and achieve goals
- “Home Page” newsletters

Lesson Extenders

- Months 3-12 to promote continued positive change
- Provider newsletter with activities, and parent “Home Pages”
Outcomes Assessment

Purpose: To examine the extent to which providers

- Increased the number and variety of fruits and vegetables offered
- Improved mealtime practices
- Increased overall physical activity
- Increased opportunities for adult-led structured play
- Decreased screen time
- Provided nutrition education to children and parents
Methods

Collected data before, during, and one year after program participation

• Provider self-assessment surveys
• Onsite meal and physical activity observation checklists
• Provider menus
Provider Self-Assessment Surveys

Providers rated themselves on how often they:

- Served healthy foods
- Ate meals family style
- Provided active play opportunities
- Limited screen time
- Taught children and parents about nutrition
Observation Checklists

During home visits, RDs rated:

• Meal environment
• Play environment
• Presence of televisions and computers
Provider menus

RDs collected provider menu data related to:

• Number and variety of fruits and vegetables
• Low- or non-fat milk and cheese
• Whole grains versus sweet grains
Data Analysis

Descriptive statistics and trend analysis to assess change in:

• Number and variety of healthy foods served
• Amount of time devoted to physical activity
• Amount of screen time
• Amount of child and parent nutrition education.
Results: Participant Characteristics

• 135 providers completed intensive phase
• 125 providers completed entire program
• 81% low-income
• 54% some college or Associate’s degree
• 30% African American
• 25% Hispanic
• Average of 12 children in care
Results: Family Style Service

How Often Providers Served Meals Family Style Before, During, and After EWP HDCH Pilot Participation

1=rarely or never, 2=some of the time, 3=most of the time, 4=all of the time

\[ F(1.7, 184.26) = 20.71, \; p < .0001 \]
## Results: Fruits and Vegetables

<table>
<thead>
<tr>
<th>Program Participation Timepoint</th>
<th>Average # of times/week vegetables appear on lunch or supper menu</th>
<th>Average # of times/week fruits appear on menu</th>
<th>Average # of different vegetables that appear on menu</th>
<th>Average # of different fruits that appear on menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before</td>
<td>8.5</td>
<td>13.8</td>
<td>7.0</td>
<td>8.1</td>
</tr>
<tr>
<td>During</td>
<td>8.8</td>
<td>13.4</td>
<td>7.2</td>
<td>8.4</td>
</tr>
<tr>
<td>After</td>
<td>8.3</td>
<td>13.3</td>
<td>6.8</td>
<td>8.3</td>
</tr>
</tbody>
</table>
Results: Active Play Opportunities

How Often Children Received at Least 15 Minutes of Active Play Per Hour While in Care

<table>
<thead>
<tr>
<th></th>
<th>Before (n=115)</th>
<th>During (n=115)</th>
<th>After (n=115)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>3.47</td>
<td>3.61</td>
<td>3.72</td>
</tr>
</tbody>
</table>

1= rarely or never, 2= some of the time, 3=most of the time, 4=all of the time

F(1.84, 202.4)=4.59, p<.0003
Results: Adult-Led Active Play

Frequency of Adult-Led Active Play

Before (n=111)  
Frequency: 3.14

During (n=111)  
Frequency: 3.39

After (n=111)  
Frequency: 3.49

1 = 1 time/week, 2 = 2-4 times/week, 3 = 1 time/day, 4 = 2 times/day

F(1.86, 197.16) = 7.54, p < .0009
Results: Screen Time

How Often Children Were Allowed to Watch Television, Videos, or DVDs

1=1 time/week or never, 2=2-4 times/week, 3=1 time/day, 4=> 1 time/day

F(1.62, 165.2)=4.99, p<.02
Results: Nutrition Education, Children

How Often Providers Taught Children about Eating Healthy Foods

- Before (n=113): 3.22
- During (n=113): 3.78
- After (n=113): 3.73

1=rarely/never, 2=1 time/month, 3=2-3 times/month, 4=at least 1 time/week

F(2, 220)=23.73, p<.001
Results: Nutrition Education, Parents

Frequency Providers Distributed Information on Healthy Eating to Parents

Before (n=110) | During (n=110) | After (n=110)
---|---|---
2.43 | 3.65 | 3.51

1=rarely/never, 2= 1 time/year, 3= 2-3 times/year, 4 = at least 4 times/year

F(1.7, 182.3)=68.58, p<.0001
Conclusions

Eat Well Play Hard with Day Care Homes improved nutrition and physical activity environments:

• Improved healthy mealtime practices
• Increased amount of physical activity opportunities and adult-led structured play
• Increased amount of nutrition education
• Decreased screen time
Future Directions

• Currently operating phase II through USDA Team Nutrition grant

• Measuring the effectiveness of less expensive implementation models

• Providing increased assistance related to improving provider menus and foods served
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http://www.health.ny.gov/prevention/nutrition/cacfp/ewphdch.htm