BEVERAGES IN CHILD CARE BEFORE AND AFTER A STATEWIDE LAW: ARE WE ‘THERE’ YET?

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Learning Objectives

1. Describe the impact of state legislation (AB 2084) on beverage offerings in California licensed child care facilities.

2. Describe how serving water at the table in child care impacts young children’s intake of milk and foods at lunch.
Healthy Beverages in Childcare Law (AB 2084)

<table>
<thead>
<tr>
<th>Milk</th>
<th>Juice</th>
<th>Water</th>
<th>Sugary Drinks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Only 1% or non-fat (2 yrs +)</td>
<td>≤1svg/day</td>
<td>Available at all times</td>
<td>None!</td>
</tr>
</tbody>
</table>
Statewide Surveys: 2008 & 2012

State licensed childcare databases

> 10,000 Centers
> 42,000 Daycare homes

Random sample selected
~1400

Surveys administered
~400
Assessed Policy Impact

1. Changes in beverages from 2008 to 2012?

2. Providers awareness & compliance with law?

3. Barriers and facilitators to healthy beverages?
Water Access Improves

Easily available for self serve

Water provided with meals and snacks

- 2008
  - 69% for self serve
  - 77%* for water provided

- 2012
  - 47%* for water provided

*P<0.05

Notes:
- 2008 vs 2012: Significant improvement for water access.
- * denotes statistical significance.
Milk Type Improves

21.9%  8.6%*  1.6%

Whole  Non-fat  Flavored

2008  2012

*P<0.05
Improvement in Other Beverages

- Juice More than Once/day:
  - 2008: 27%
  - 2012: 20%*
  - P<0.05

- Any Sugar-Sweetened Drink:
  - 2008: 7.6%
  - 2012: 6.9%
California Healthy Beverages Law
Knowledge of Law

23%

60%

Compliance
Few Barriers to Serving More Water

• Government rule
• Children will eat less
• Not available at some locations
• Not reimbursed by CACFP
• Cost
Impact of Water at the Table

Follow-Up Study
Methods

- Quasi-experimental study
- Three control child care centers from the Healthy Beverages in Child Care intervention study (next speaker)
- Water provided on the table with meals in small plastic pitchers with cups for children to self-serve
- Lunch observations and food and beverage waste measurements before and after a 3-week period of water provision with meals and snacks
No differences in food or milk intake

<table>
<thead>
<tr>
<th>Intake Per Child- Mean (SD)</th>
<th>No Water</th>
<th>Water</th>
<th>Difference</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food (kcal)</td>
<td>157.1 (36.1)</td>
<td>187.0 (45.3)</td>
<td>+29.9</td>
<td>0.24</td>
</tr>
<tr>
<td>Milk (kcal)</td>
<td>42.4 (14.2)</td>
<td>34.6 (8.5)</td>
<td>-7.9</td>
<td>0.27</td>
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<tr>
<td>Total (kcal)</td>
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<td>221.6 (47.5)</td>
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But also no difference in water intake

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<td>Water (ounces)</td>
<td>0.31 (0.50)</td>
<td>1.19 (0.90)</td>
<td>0.88</td>
<td>0.06</td>
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Policy Recommendations from Research

- Advocacy for policy in other states & federal CACFP revisions
- Beverage policy in all childcare guidance
- Beverage policy in mandated provider training
Research to Policy in Childcare: Summary

2008
Study of nutrition environment in childcare

2010
Healthy Beverages in Childcare Law

2012
Study of impact of Beverage Law

2013
Foundations for Healthy Nutrition in Childcare Law

(Sources: Ritchie et al, J Acad Nutr Diet, 2015 and Prev Chron Dis, 2015)
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- Center for Weight & Health
THANKS A BUNCH!

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