



**Department  
of Health**



# **Eat Well Play Hard with Day Care Homes**

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# Goals

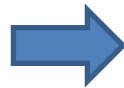
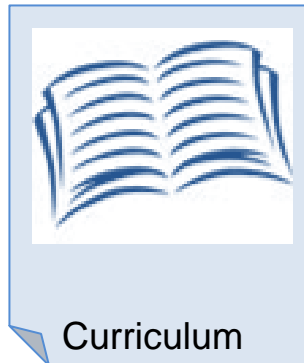
Overarching Goal: Enable day care home providers to permanently change their child care environments by providing technical assistance, mentoring, and social support.

Specifically,

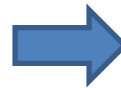
- Providers will improve nutrition and physical activity practices in their day care homes.
- Communicate positive messages about healthy eating and being physically active to children and families.

# 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

# Intensive Training

12 weeks

**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



# Intensive Training

## 12 weeks

## 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.



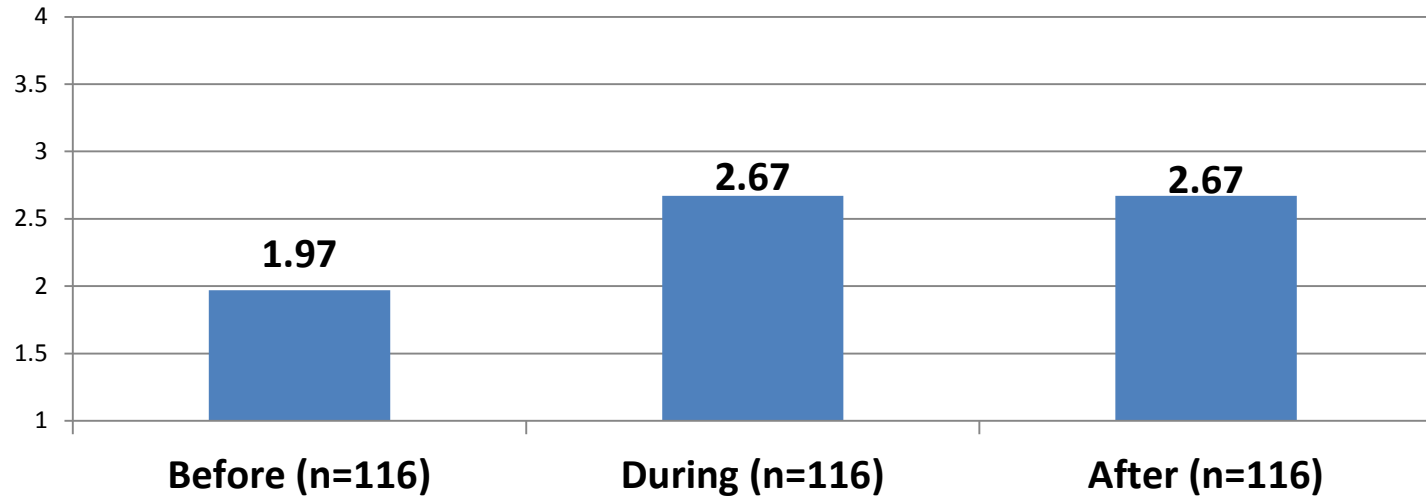
# Results: Participant Characteristics

- 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 EWPHDCH 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

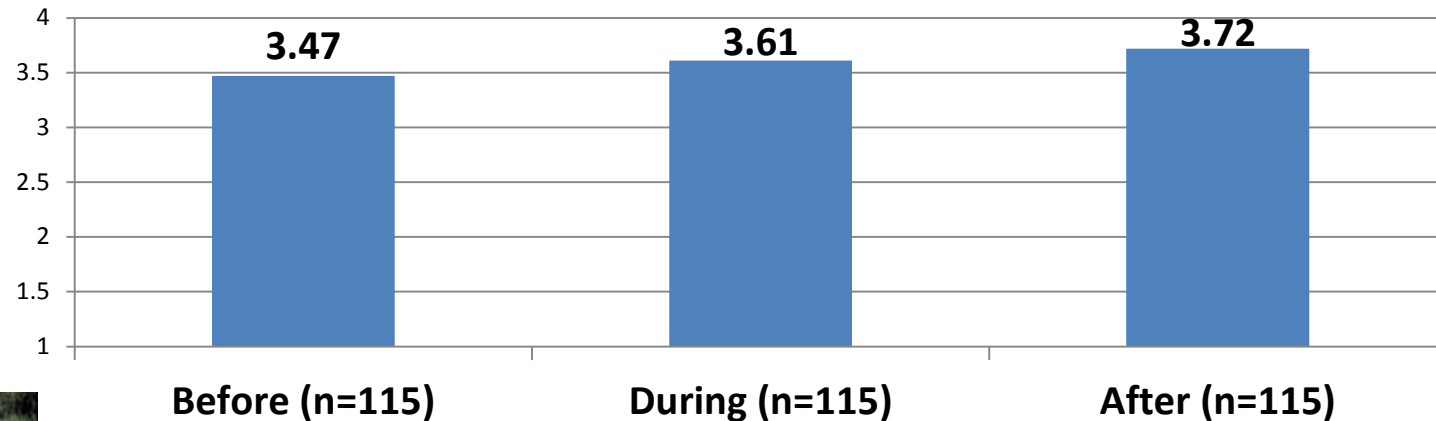


## Fruits and Vegetables Offered at Day Care Homes

Program Participation Timepoint	Average # of times/week vegetables appear on lunch or supper menu	Average # of times/week fruits appear on menu	Average # of different vegetables that appear on menu	Average # of different fruits that appear on menu
<b>Before</b>	<b>8.5</b>	<b>13.8</b>	<b>7.0</b>	<b>8.1</b>
<b>During</b>	<b>8.8</b>	<b>13.4</b>	<b>7.2</b>	<b>8.4</b>
<b>After</b>	<b>8.3</b>	<b>13.3</b>	<b>6.8</b>	<b>8.3</b>

# Results: Active Play Opportunities

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



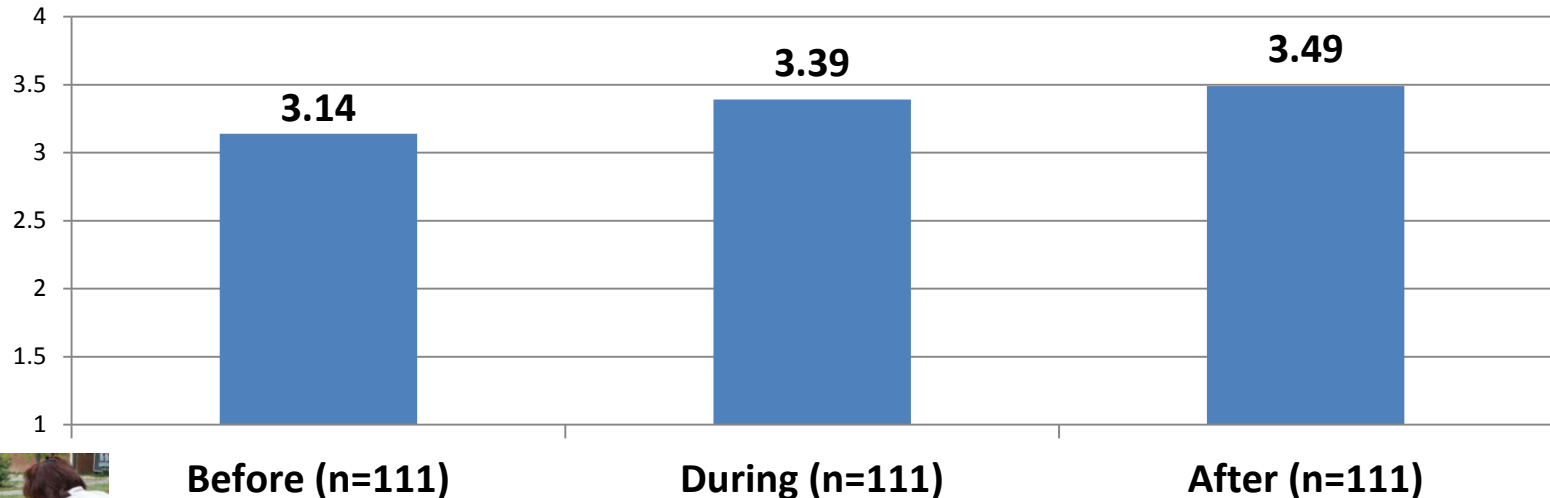
1= rarely or never, 2= some of the time, 3=most of the time, 4=all of the time

$F(1.84, 202.4)=4.59, p<.0003$



# Results: Adult-Led Active Play

## Frequency of Adult-Led Active Play



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

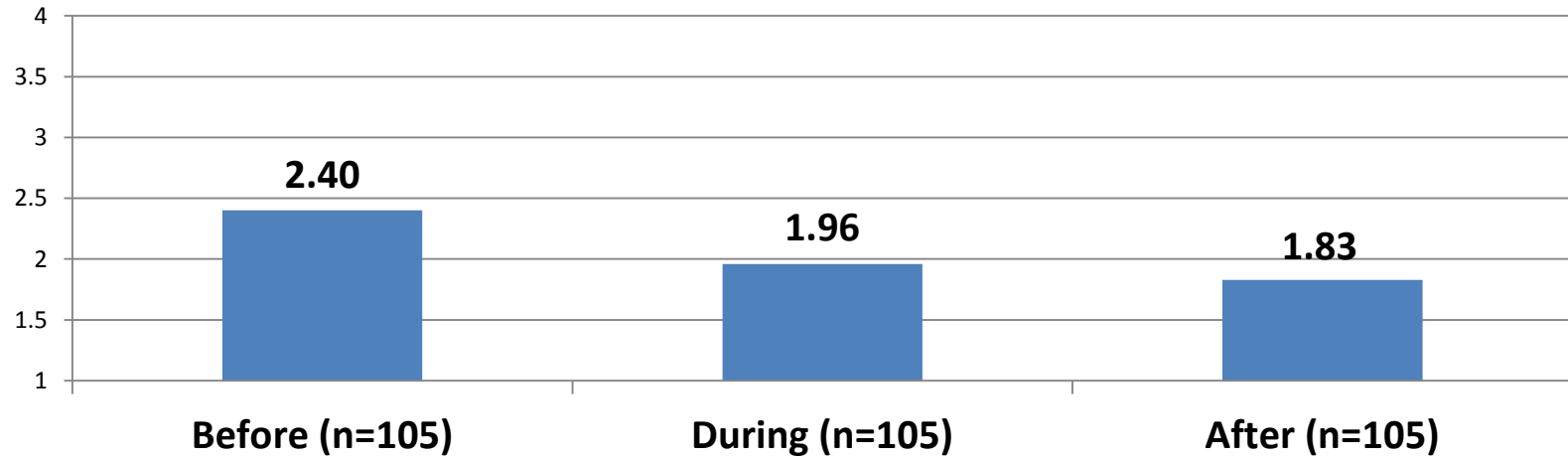
$F(1.86, 197.16)=7.54, p<.0009$





# Results: Screen Time

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



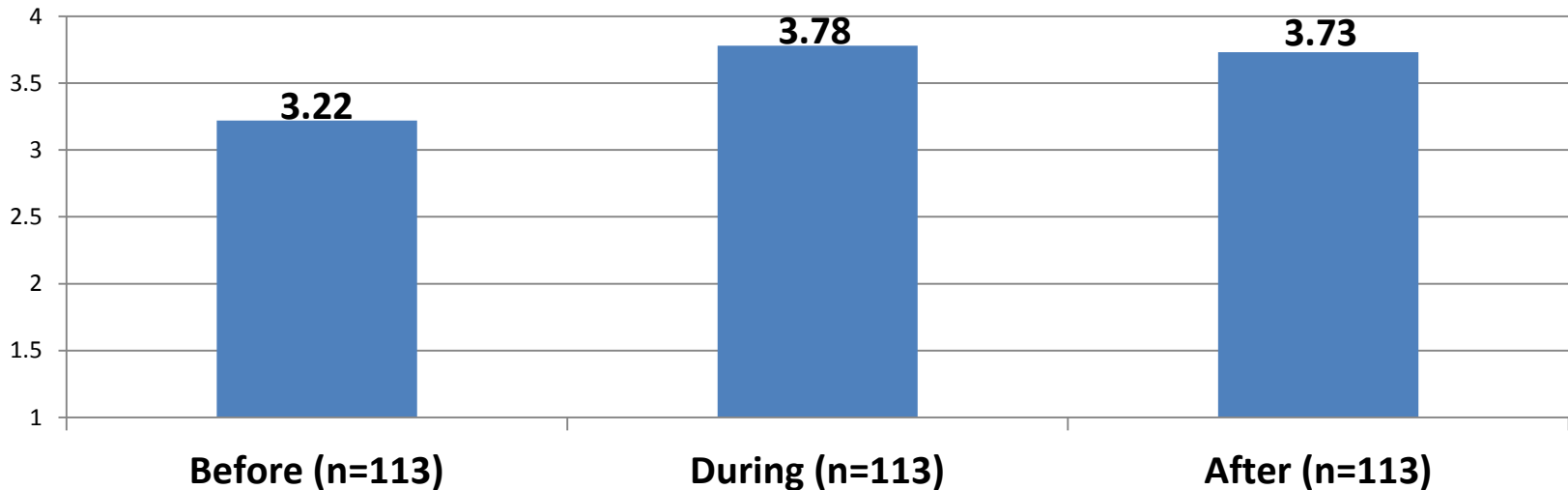
1=1 time/week or never, 2=2-4 times/week, 3=1 time/day, 4=> 1 time/day

$F(1.62, 165.2)=4.99, p<.02$



# Results: Nutrition Education, Children

## How Often Providers Taught Children about Eating Healthy Foods



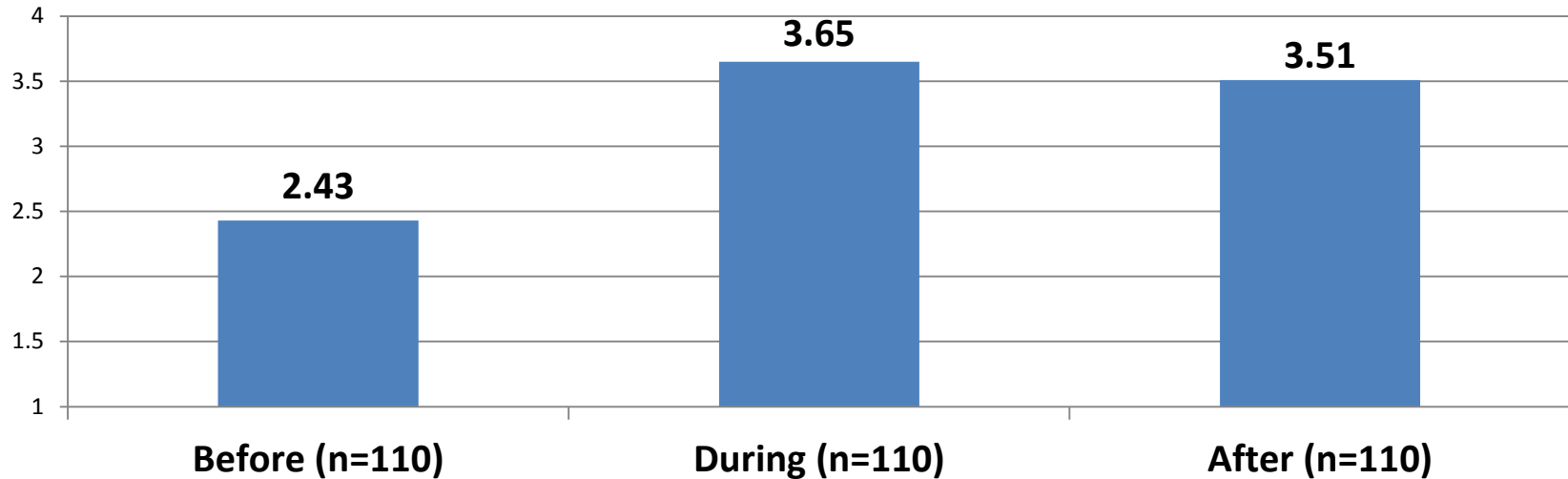
1=rarely/never, 2=1 time/month, 3=2-3 times/month, 4=at least 1 time/week

$F(2, 220)=23.73, p<.001$



# Results: Nutrition Education, Parents

## Frequency Providers Distributed Information on Healthy Eating to Parents



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

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



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# Conclusions

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

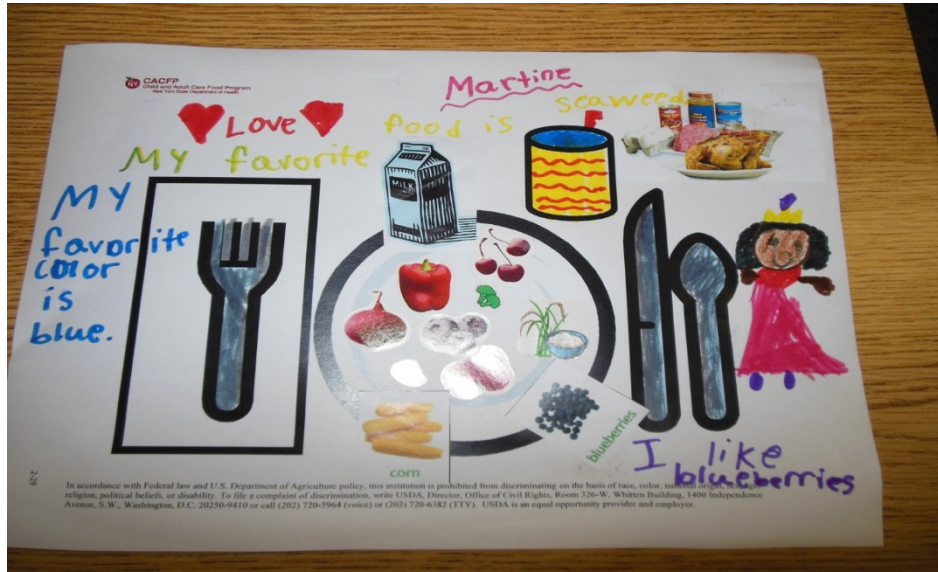
- Improved healthy mealtime practices
- Increased amount of physical activity opportunities and adult-led structured play
- Increased amount of nutrition education
- Decreased screen time



# 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>