**2020 Promoting Prevention through Early Care and Education (ECE) GEAR Group**

***Resources and References Document***

*DRAFT 4/2020*

**About NACDD GEAR Groups**

GEAR Groups, each with up to 12 states, explore their topic through case presentations, short didactic presentations, and active discussions throughout four 90-minute video conferences. A facilitator and subject matter expert guide each discussion to explore opportunities for improvement through partnerships, promising interventions or policies, data, and evaluation.

**About the Prevention through Early Care and Education GEAR Group:**

This GEAR Group explored how to advance strategies for healthy food, physical activity, and social emotional wellbeing in early care and education settings. Discussion focused on evidence based and promising practices for urban and rural settings. Case presentations touched on collaboration between state and local partners on food service guidelines, voluntary recognition programs for ECEs, parent/community engagement, 5-2-1 Almost None, Quality Improvement Rating Systems and other strategies. Meetings were held on the following days and times.

* Tuesday – Mar 10, 2020 – 3:00pm – 4:30pm EST
* Tuesday – Mar 17, 2020 – 3:00pm – 4:30pm EST
* Tuesday – Mar 24, 2020 – 3:00pm – 4:30pm EST
* Tuesday – Mar 31, 2020 – 3:00pm – 4:30pm EST

**Participating states**

* Colorado
* Florida
* Hawaii
* Indiana
* Louisiana
* Maine
* Ohio
* Tennessee

**Resources and References**

Participants shared the following resources and ideas during the four-week GEAR Group process in March 2020. These linked articles or resources do not necessarily represent the official views of these individuals, participants’ respective organizations, or NACDD.

**General Resources**

* **CDC Division of Nutrition, Physical Activity and Obesity’s page on Early Care and Education Settings**: <https://www.cdc.gov/obesity/strategies/childcareece.html>
  + CDC’s Spectrum of Opportunities Framework: <https://d3knp61p33sjvn.cloudfront.net/2018/06/Spectrum_w.suboptions.pdf>
  + CDC’s Quick Start Action Guide 2.0: State Obesity Prevention Efforts Targeting The Early Care and Education Setting: <https://d3knp61p33sjvn.cloudfront.net/2018/06/quickstartactionguide_v5_508.pdf>
  + DNPAO Stories from the Field: <https://www.cdc.gov/obesity/strategies/childcareece.html>
* **BUILD Initiative**: <https://www.buildinitiative.org/> - a collaborative of early childhood professionals to build and sustain comprehensive child development systems. 8 BUILD state partners Illinois, Michigan, Minnesota, Ohio, Oregon, South Carolina, Texas, and Washington and the District of Columbia. Additional Build Initiative Resources:
  + QRIS Tools and Resources: <https://www.buildinitiative.org/QRIS30ToolsandResources>
  + Early Childhood Systems Working Group (BUILD is a member): <https://www.buildinitiative.org/Our-Work/Early-Childhood-Systems-Working-Group>
  + Quality Compendium: <https://qualitycompendium.org/> including Top Trends: <https://qualitycompendium.org/top-ten>
* **Nemours, Healthy Kids, Healthy Future:** <https://healthykidshealthyfuture.org/>
  + Obesity Prevention Strategies in ECE: <https://healthykidshealthyfuture.org/state-local-leaders/supporting-your-cause/>
  + Healthy Kids, Healthy Future Collaboratives: <https://healthykidshealthyfuture.org/about-ecelc/>
* **Childcare Aware of America**: <https://www.childcareaware.org>
* **Child Trends, Early Care and Education**: <https://www.childtrends.org/research-topic/early-childhood>
* Early Childhood Data Collaborative: <https://www.childtrends.org/research-topic/ECDC>
* **The National Academies of Sciences, Engineering, and Medicine**
* Early Childhood Obesity Prevention Policies: <https://www.nap.edu/catalog/13124/early-childhood-obesity-prevention-policies>
* Transforming Early Childcare and Education: Highlights from Two Reports, 1) Transforming the Workforce for Children Birth through Age 8: A Unifying Foundation & 2) Transforming the Financing of Early Care and Education: <https://sites.nationalacademies.org/cs/groups/dbassesite/documents/webpage/dbasse_186654.pdf> (from lens of potential public/private partners, financial support, etc. in building ECE quality)
* **Coordinated Approach to Child Health (CATCH) Early Childhood**: <https://www.catch.org/>
* **Go NAPSACC**: <https://gonapsacc.org/>
* **Caring for Our Children:** National best practice standards based on evidence, expertise, and experience, for today's early care and education settings: <https://nrckids.org/CFOC>
* **HealthyPeople 2020, Early Childhood Development and Education:** <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/early-childhood-0>
* **National Center Early Childhood Health and Wellness (Head Start)**: <https://eclkc.ohs.acf.hhs.gov/about-us/article/national-center-early-childhood-health-wellness-ncechw>
* **National Association for the Education of Young Children (NAEYC)**: <https://www.naeyc.org> including Young Children, a peer-reviewed journal, <https://www.naeyc.org/resources/pubs/yc>
* **National Database of Childcare Licensing Regulations**: <https://childcareta.acf.hhs.gov/licensing> (to view by state, e.g., QRIS, etc.)
* **Zero to Three**: <https://www.zerotothree.org/> and Early Childhood Systems resources: <https://www.zerotothree.org/policy-and-advocacy/early-childhood-systems>

**Evidence Based Practice Resources**

* Nemours, Nurture Healthy Eaters: <https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/>
* Action for Healthy Kids, Create Healthy Learners Toolkit: <https://www.actionforhealthykids.org/nutrition-toolkit/> (school focused, but content could be applicable to early childhood)
* USDA, Team Nutrition Materials: <https://pueblo.gpo.gov/TN/TNPubs.php> search “Child Care” as an audience for resources (e.g., Nibbles for Health: Nutrition Newsletters for Parents of Young Children)
* Go NAPSACC healthy eating and physical activity online tools: <https://gonapsacc.org/> including evidence, <https://gonapsacc.org/the-evidence>
* Indiana [Powerful Practices](https://www.doe.in.gov/earlylearning): <https://www.doe.in.gov/earlylearning>
* Colorado Healthier Meals Initiative: <https://www.colorado.gov/pacific/cdphe/colorados-healthier-meals-initiative> and Culture of Wellness in Preschools: <http://cowpprogram.com/> (includes a selfassessment: <http://cowpprogram.com/wp-content/uploads/2019/09/COWP-PSE-Best-Practices.pdf>)
* OLE! Texas: <https://www.dshs.texas.gov/Obesity/OLE/>

**Health Equity Approaches**

* Early Childhood Health Equity Landscape: <https://www.childtrends.org/project/early-childhood-health-equity-landscape-learning-from-existing-and-emerging-initiatives>
* Boston Basics: <https://boston.thebasics.org/en/about/> and TalkReadPlay: <http://www.talkreadplay.org/>
* National Institute of Science, Engineering, and Medicine’s *Healthy and Vibrant Kids*, Chapter 9, Achieving Health Equity with Early Care and Education Providers: <https://www.nap.edu/read/25466/chapter/9#517> and Chapter 7: Promoting Health Equity through Early Care and Education: <https://www.ncbi.nlm.nih.gov/books/NBK551492/>
* The Community Guide, Center-Based Early Care and Education: <https://www.thecommunityguide.org/findings/promoting-health-equity-through-education-programs-and-policies-center-based-early-childhood>
* The Build Initiative – 10 things We Know about Young Children and Health Equity: <https://www.buildinitiative.org/Portals/0/Uploads/Documents/Young_Child_Health_Equity.pdf>

**Recognition Programs and Overarching Statewide Initiatives**

* + Nemours report on ECE Recognition Programs: <https://healthykidshealthyfuture.org/state-local-leaders/state-recognition-programs/>
* Louisiana Well Spot Designation, Childcare Center Recognition: <http://wellaheadla.com/Programs/Early-Childhood-Health> Benchmarks serve as a guide for childcare centers in implementing healthy changes.
* Ohio Healthy Programs (OHP): <https://occrra.org/ohp/> is a credential program that focus on healthy eating and physical activities.
  + - <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/early-childhood-obesity-prevention-program/Ohio-Healthy-Programs>

Florida ECE Hero’s recognition for ECEs: <http://fleceaward.org/>

Part of Healthiest Weight Florida: <http://www.healthiestweightflorida.com/>

Tennessee [Gold Sneaker Program](file:///Users/amandakm/Desktop/Amanda%20GEAR%20Group/Gold%20Sneaker%20Program): <https://www.tn.gov/health/goldsneaker.html>

* + - Tennessee Department of Human Services Child Care Rules and Regulations-Minimum requirements <https://www.tn.gov/humanservices/for-families/child-care-services/child-care-rules-and-regulations.html>

Certified Healthy Oklahoma ECE Program: <https://certifiedhealthyok.com/early-childhood-program/>

Delaware’s Lieutenant Governor’s Challenge that has mother and child health as a key area: <https://ltgovernorschallenge.org/>

* New York State Obesity Prevention Center for Excellence/New York State Creating Healthy Schools and Communities (collective impact approach): <https://nyopce.com/>
  + State Partners: <https://nyopce.com/resources/organizations/> (see list of “obesity prevention” partner organizations for ideas that could apply to your state)
  + Reframing the Obesity Conversation: <https://20y3xo2zbcupwq29f3j9zp91-wpengine.netdna-ssl.com/wp-content/uploads/2018/04/Reframing-Obesity_r2.pdf>
* Vermont 3-4-50: Prevent Chronic Disease Initiative: <https://www.healthvermont.gov/3-4-50>, including messaging and partner examples and levels of commitment: <https://www.healthvermont.gov/3-4-50/3-4-50-partners>
* Iowa and South Dakota:[Healthiest State Initiative](Healthiest%20State%20Initiative): Funded by Wellmark.

**Evaluation Strategies / Resources**

# Preventing Chronic Disease, *Multisector Approach to Improve Healthy Eating and Physical Activity Policies and Practices in Early Care and Education Programs:* The National Early Care and Education Learning Collaboratives Project, 2013–2017: <https://www.cdc.gov/pcd/issues/2019/18_0582.htm?s_cid=pcd16e94_x#evaluationmethods>

* Evaluation of a multi-year policy-focused intervention to increase physical activity and related behaviors in lower-resourced early care and education settings: *Active Early* 2.0: <https://www.ncbi.nlm.nih.gov/pubmed/28936391>

# Process Evaluation of an Early Care and Education Intervention: The California Childhood Obesity Research Demonstration Study (CA-CORD):

<https://www.ncbi.nlm.nih.gov/pubmed/30051727>

* + Rutgers Graduate School of Education, National Institute for Early Education Research: <http://nieer.org/>

**Quality Ratings and Improvement Systems**

* Validation of the Quality Ratings Used in Quality Rating and Improvement Systems (QRIS): A Synthesis of State Studies: <https://www.acf.hhs.gov/sites/default/files/opre/cceepra_qris_validation_report_b508.pdf>
* Louisiana CLASS by Teach Dome. Bringing ECE Quality to Scale in LA, Success Story: <http://info.teachstone.com/blog/improving-teaching-quality-at-scale>
* Indiana Paths to QUALITY through Family and Social Services Administration (FSSA) for statewide ratings for ECE settings: <http://brighterfuturesindiana.org/paths-to-quality-indiana-child-care/?gclid=EAIaIQobChMItKnyx4OV6AIVSsDICh2PJghPEAAYASAAEgLeRfD_BwE> It is voluntary but does encompass wellness topics.
* Colorado Shines - Includes wellness topics: <https://www.coloradoshines.com/>
* Ohio SUTQ ([Step Up to Quality](http://education.ohio.gov/Topics/Early-Learning/Step-Up-To-Quality-SUTQ)): <http://education.ohio.gov/Topics/Early-Learning/Step-Up-To-Quality-SUTQ> Centers required to have hours of training and we use education that meets these requirements to give centers hours needed.
* QRIS-related information by state:
  + The Quality Compendium (through the Build Initiative) shows QRIS by state: <https://qualitycompendium.org/view-state-profiles>
  + National Database of Childcare Licensing Regulations: <https://childcareta.acf.hhs.gov/licensing> (to view by state, e.g., QRIS, etc.)
  + State Quality Rating and Improvement Systems: Strategies to Support Physical Activity and Nutrition in Early Care and Education Settings: <https://healthyeatingresearch.org/research/state-quality-rating-and-improvement-systems-strategies-to-support-healthy-eating-and-physical-activity-practices-in-early-care-and-education-settings/> (2016 report by Nemours)

**Funding**

* The [Child Care and Development Block Grant](https://www.ffyf.org/issues/ccdbg/): <https://www.ffyf.org/issues/ccdbg/>
* Nemours Healthy Kids and Healthy Futures funds state GO NAPSAC and TA support: <https://healthykidshealthyfuture.org/>
* Hawaii: The Bennett Foundation has a focus on ECE and wellness: <https://thebennettfoundation.org/program/farmtoece/>
  + Connect to health systems, particularly the “Community benefit” offices within children’s hospitals in your state, to explore areas for partnership, funding/resources, etc.

**Key State and Regional Partners**

* View example ECE Membership Organizations for possible application to your state, etc.: <https://www.cdacouncil.org/resources/find-ece-organizations>
* Colorado:
  + Healthy Childcare Colorado – Pilot breastfeeding project
  + The Office of Early Childhood – Department of Human Services
  + Colorado chapter of the American Association of Public Health Nutritionists (ASPHN), also has web resources: <https://asphn.org/>
  + Early care and education coalitions. In Colorado, these are regional Early Childhood Councils.
* Louisiana:
  + LA Department of Education oversees PreK, Head start, childcare resource and referral agency.
* Indiana: Child Care Association in the state
* Look to state specific professional associations, such as NAEYC (National Association for the Education of Young Children) affiliates, and the state head start association or collaboration office.
  + Examples in HI: <https://hawaiikeiki.org/>, <https://eclkc.ohs.acf.hhs.gov/programs/hawaii-head-start-collaboration-office>
  + Examples in FL: <https://www.faccm.org/about-faccm/>, <https://familychildcare.org/>

**Farm to ECE**

* “Indiana Grown” for schools, include Powerful Practices, as well as a list of producers: <https://www.ingrown4schools.com/>
* Louisiana developed partnership with extension agencies: <https://www.lsuagcenter.com/topics/food_health/farm%20to%20school/about%20farm%20to%20school> LSU extension consultants providing community gardens and childcare center gardens in the play area and encouraging students to do taste testing and planning.
* In Colorado, gardening is part of the quality rating system and programs can earn points for having a garden in their center.
* The National Farm to School Network: <http://www.farmtoschool.org/> Contact: Lacy Stephens, NFSN Senior Program Manager, Farm to ECE, 816-914-0597, [lacy@farmtoschool.org](mailto:lacy@farmtoschool.org)
  + Early Care and Education: <http://www.farmtoschool.org/our-work/early-care-and-education>
  + A Roadmap for Farm to Early Care and Education: A Guide to Understanding Farm to School Opportunities in Early Care and Education Settings: <http://www.farmtoschool.org/Resources/Roadmap_FarmtoECE.pdf>

**Child and Adult Care Food Program (CACFP)**

* Childcare Aware of America: <https://www.childcareaware.org>
  + State by State Resources on CACFP in ECE settings: <https://www.childcareaware.org/resources/map/>
  + Benefits of GIS Maps: <https://www.childcareaware.org/benefits-of-gis-maps/>
  + GIS Map through Childcare Aware America to get more centers in CACFP.

<https://www.childcareaware.org/our-issues/research/mappingthegap/> (Supporting NACDD Geographic Information Systems (GIS) Capacity Building Project (e.g., training, etc.) may also help inform: <https://www.chronicdisease.org/general/custom.asp?page=GIS>

* USDA, Team Nutrition, Child Care Organization: <https://www.fns.usda.gov/tn/child-care-organization> and CACFP Training Tools: <https://www.fns.usda.gov/tn/training-tools-cacfp>
* Food Resource and Action Center (FARC): <https://frac.org/programs/child-adult-care-food-program>
* Institute of Child Nutrition: <https://theicn.org/>
  + CACFP Education and Training Resources for CACFP Professionals - CACFP Meal Pattern Resources and Online Courses: <https://theicn.org/cacfp>
  + Competencies, Knowledge and Skills for Child Care Providers in CACFP Operations: <https://theicn.org/icn-resources-a-z/competencies-knowledge-and-skills-for-child-care-providers-in-cacfp-operations/>
* National CACFP Sponsor Association: <https://www.cacfp.org/>
* Maine CACFP Website: <https://www.maine.gov/doe/schools/nutrition/programs/cacfplanding>
* Supporting Early Care and Education & CACFP Partnerships presentation by National CACFP Sponsor Association at the 2019 Child Nutrition Conference also gives additional state (Alabama, Indiana, and Virginia) examples: <https://www.cacfp.org/files/7215/5533/7770/Fetterman_Chong_-_Supporting_Early_Care_and_Education___CACFP_Partnerships.pdf>

**Training for ECE Providers**

* Colorado - CO TRAIN
  + <https://healthychildcareco.org/training/early-childhood-education-trainings/>
  + <https://www.train.org/colorado/home>
* Ohio Healthy Programs: <https://occrra.org/ohp/> available on Ohio Train

(You must create an account to take the course).

* + <https://www.train.org/odh/welcome> - The course name is Ohio Healthy Programs Session 1: Healthy Habits Online Modules, Parts 1-4. Sessions 2 and 3 are in person, however, these are in the process of transitioning to online. There are several other courses that offered free to ECE professionals. They all start with Early Childhood Health and can be searched as such.
  + <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Early-Childhood-Health-Program/Early-Childhood-Health-Program> - This link will take you to the info about the ECE assessment tool and direct you to Ohio Train for the short instructional webinar. This assessment will be required for the programs applying for or currently designated OHP, but also open to the public to jump start their journey and hopefully join OHP.
* CATCH learning modules for early childhood ages 3-5 years old: <https://www.catch.org/bundles/23517> (some modules have a fee)
* SNAP Ed: <https://snaped.fns.usda.gov/training/online-training>
* To promote training:
  + Take advantage of existing distribution lists such as, Ohio Electronic Bulletin Board: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Early-Childhood-Health-Program/Early-Childhood-Health-Program>
  + Use Social Media, annual NAEYC and head start conferences, newsletters, and member distribution lists.
  + Develop website that houses all of your training materials. Example: <https://extension.unh.edu/programs/nutrition-and-wellness-early-childhood>

**Family Engagement**

* Build Family Engagement Toolkit: <https://www.buildinitiative.org/FamilyEngagementToolkit>
* American Academy of Pediatrics (AAP) Parenting Website, which includes designated areas for baby, toddler, and preschool on topics of nutrition, fitness, etc.: <https://www.healthychildren.org/English/Pages/default.aspx>
* Maine: <https://www.sesamestreet.org/toolkits/healthyhabits>
* Review/adapt resources designed for parents/families from the K-12 school environment for ECE providers to promote to families. Examples:
  + CDC, Parents for Healthy Schools: <https://www.cdc.gov/healthyschools/parentsforhealthyschools/p4hs.htm>
  + Action for Healthy Kids, Parents for Healthy Kids: <https://www.actionforhealthykids.org/parents-for-healthy-kids/> including Healthy Eating Toolkit for Parents: <https://www.actionforhealthykids.org/nutrition-toolkit/>
* Address challenges directly – see Healthy Kids, Healthy Future Technical Assistance Manual for Common Challenges and How to Avoid Them for strategies that can be used in an ECE setting and at home: <https://d3knp61p33sjvn.cloudfront.net/2018/09/HKHF_TA_Manual_Final.pdf>

**ECE Wellness Policies**

* Maine offers policy templates that align with Let’s Go and GO NAPSACC.
* Indiana has a master list of resources that align with recommended policies.
* Foster development of model wellness policy and guidelines that build in the development of the whole child. Resources in the K-12 space may assist in this area, such as CDC Healthy Schools, Local School Wellness Policy: <https://www.cdc.gov/healthyschools/npao/wellness.htm>
* Work towards developing coordinated data systems. See Child Trends, Early Childhood Data Collaborative: <https://www.childtrends.org/research-topic/ECDC>
* Example: Wellness policy promotion efforts in Georgia: <https://decal.ga.gov/Wellness/HealthyInitiatives.aspx>, <https://decal.ga.gov/documents/attachments/WellnessPolicy_Centers.pdf>, and <https://www.healthypeople.gov/2020/law-and-health-policy/bright-spot/wellness-policies-in-early-childhood-education-centers-growing-fit-in-georgia>
* Review/adapt resources in the K-12 school space regarding Local School Wellness Policy promotion, see CDC Healthy Schools: <https://www.cdc.gov/healthyschools/npao/wellness.htm>; Alliance for a Healthier Generation: <https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy>; USDA: <https://www.fns.usda.gov/tn/local-school-wellness-policy>; and WellSAT: 3.0 (Wellness School Assessment Tool: <http://www.wellsat.org/>
* NACDD published a story about Nevada’s school wellness policy process that may spur ideas that can be applied to the ECE setting: <https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/School_Health/Nevada_Case_study_2015_-_Pub.pdf>

**Promoting Physical Activity in ECEs**

* Colorado: I am Learning I am Moving framework as part of SNAP Ed: <https://snapedtoolkit.org/interventions/programs/i-am-moving-i-am-learning-imil/>
* Lessons for the ECE context from School Health Physical Activity Efforts
  + NACDD, Achieving Impact State Successes in Improving School Nutrition, Physical Education, Physical Activity, and the Management of Chronic Health Conditions in Schools: <https://cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/NACDD_SuccessStories_FINAL.pdf>
  + Comprehensive School Physical Activity Programs / CDC Healthy Schools: <https://www.cdc.gov/healthyschools/physicalactivity/index.htm> and SHAPE America: <https://www.shapeamerica.org/cspap/?hkey=67bc4e83-cfe4-46f6-8efa-1ab023a27e27>

LiiNK project that is implemented in many Texas communities: <https://liinkproject.tcu.edu/> (also has a character education [social and emotional learning] component)

**State Policy Resources (From Presenter Liz Ruth, NACDD)**

## **General ECE Resources**

[Early Care & Education 2018 State Legislative Action Report](https://www.ncsl.org/research/human-services/2018-enacted-legislation-on-early-care-and-education.aspx#/) – National Conference of State Legislatures

[Policy Statement to Support the Alignment of Health and Early Learning Systems](https://www2.ed.gov/about/inits/ed/earlylearning/files/health-early-learning-statement.pdf) – U.S. Department of Health and Human Services

[State Obesity Prevention Efforts Targeting the Early Care and Education Setting](https://www.cdc.gov/obesity/strategies/early-care-education/pdf/ECE_2018_QuickStartActionGuide_April2018_508.pdf) – CDC

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## **Tax Credits**

[State Tax Credits](http://www.taxcreditsforworkersandfamilies.org/state-tax-credits/#1468434105770-44f9c6c5-52e0) – Tax Credits for Workers and Families

## **State Licensing Laws and QRIS Requirements**

[Healthy Eating, Active Play, Screen Time Best Practices (map)](https://www.publichealthlawcenter.org/heal/ChildCareMaps.html) – Public Health Law Center

[Technical Assistance Memo Summary of Obesity Prevention Standards in State Quality Rating and Improvement Systems (QRIS) and Licensing Regulations](https://d3knp61p33sjvn.cloudfront.net/2019/04/TAmemo-Obesity-Prevention-Standards-in-Licensing-and-QRIS.pdf) – Health Kids Healthy Future

## **General State Policies**

[Model Child Care Licensing Statute for Obesity Prevention](https://www.changelabsolutions.org/product/model-child-care-licensing-statute-obesity-prevention) – ChangeLab Solutions

[State Policies to Prevent Obesity](https://stateofchildhoodobesity.org/state-policy/) – Robert Wood Johnson Foundation

[State-Specific Resources and Licensing Laws](https://www.publichealthlawcenter.org/resources/healthy-child-care) – Public Health Law Center

[Wellness Policies in Early Childhood Education Centers: Growing Fit in Georgia](https://www.healthypeople.gov/2020/law-and-health-policy/bright-spot/wellness-policies-in-early-childhood-education-centers-growing-fit-in-georgia) – Healthy People 2020

## **Increasing Access to Drinking Water**

[Increasing Access to Drinking Water and Other Healthier Beverages in Early Care and Education Settings](https://www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf) – CDC

## **Farm to Early Care and Education and Head Start**

[2018 National Farm to Early Care and Education Survey](http://www.farmtoschool.org/Resources/ECESurvey18-FactSheet.pdf) – National Farm to School Network

[A Roadmap for Farm to Early Care and Education](http://www.farmtoschool.org/Resources/Roadmap_FarmtoECE.pdf) – National Farm to School Network

[Growing Head Start Success with Farm to Early Care and Education](http://www.farmtoschool.org/Resources/Growing%20Head%20Start%20Success.pdf) – National Farm to School Network

## **Breastfeeding**

[Policies that Support Breastfeeding in Child Care Facilities](https://www.changelabsolutions.org/sites/default/files/Table_ECE-and-Breastfeeding-Policies_FINAL_06232017.pdf) – ChangeLab Solutions

## **Physical Activity**

[States Lack Physical Activity Policies in Child Care That Are Consistent with National Recommendations](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4267122/) – Childhood Obesity

**Additional ECE-related Resources (From Presenter Dr. Sarah Daily, Child Trends)**

[A Framework for Choosing State-Level Early Childhood Governance System](https://www.buildinitiative.org/Portals/0/Uploads/Documents/Early%20Childhood%20Governance%20for%20Web.pdf) – BUILD Initiative

[Learning Policy Institute](https://learningpolicyinstitute.org/product/understanding-californias-early-care-education-system-report) (California Example)

[The National Collaborative for Infants and Toddlers](http://www.thencit.org/) – powered by the Build Initiative

[Summary of Obesity Prevention Standards in State Quality Rating and Improvement Systems (QRIS) and Licensing Regulations](https://qrisnetwork.org/sites/default/files/resources/2016-04-11%2012%3A26/ObesityPreventionQRISLicensing.pdf) – QRIS National Learning Network