



EARLY CHILDHOOD DOMAIN

ABOUT THE EARLY CHILDHOOD DOMAIN

Early care and education providers play an important role in obesity prevention by establishing and implementing policies and programs that foster healthy food and physical activity environments for children ages 0-5 and their families. Early childhood domain stakeholders include preschool and childcare administrators, teachers, staff members, parents, students, and nutrition and healthcare providers.

ABOUT THE COI EARLY CHILDHOOD WORKGROUP

The COI Early Childhood Workgroup is comprised of agencies, organizations, and individuals who work with the early childhood domain and support healthy eating and active living for children ages 0-5. Partners participating in the COI Early Childhood Workgroup conduct the following activities to support the stated strategies:

- Provide a monthly forum for the early childhood community to network, share resources, coordinate activities, and partner with others.
- Develop and provide resources, support, training, and technical assistance to early childhood educators and care providers.
- Identify and share best practice policy language for childcare.
- Advocate for and promote healthy policies and environments in childcare settings.
- Support projects and strategies in other domains and COI workgroups related to healthy eating and active living for children ages 0-5.

Early Childhood Workgroup meetings are held every fourth Tuesday of the month from 10:00 - 11:30 a.m. in the YMCA Childcare Resource Service building 4th floor conference room, located at 3333 Camino Del Rio South, San Diego, CA 92108.

Visit the San Diego County Childhood Obesity Initiative [Calendar](#) for a complete schedule of upcoming meetings.

DOMAIN CHAMPIONS

Kim McDougal, YMCA Childcare Resource Service
Kristine Smith, Neighborhood House Association

DOMAIN STRATEGIES

The following is a partial list of strategies that early care and education providers can implement to prevent childhood obesity. A complete list of strategies can be located in the [Call to Action: Childhood Obesity Action Plan](#).

- Adopt and implement effective wellness policies (i.e., COI's [Healthy Eating and Physical Activity: A Policy for Child Care](#)) that promote healthy nutrition and physical activity.
- Provide and/or participate in training for teachers, childcare providers, directors, and food services staff to incorporate healthy eating and physical activity into all childcare settings.
- Model behaviors that demonstrate healthy eating and physically active lifestyles for parents and children.
- Establish farm to preschool programs and gardens in childcare homes and centers.

DOMAIN ACCOMPLISHMENTS

- Partnered with the YMCA Childcare Resource Service to develop and administer a breastfeeding survey to 4,571 childcare providers to assess common practices and areas for improvement.
- Created a Wellness Champion designation that family childcare homes and centers can receive upon meeting certain criteria related to nutrition and physical activity. To date, 45 family childcare homes and centers have received the designation.
- Provided comments on the USDA's Food and Nutrition Services proposed meal pattern, which would better align the meal pattern with the 2010 Dietary Guidelines for Americans, by requiring more whole grains, a greater variety of fruits and vegetables, and less sugar and fat.

OBESITY PREVENTION ACTIVITIES FOR CHILDREN AGES 0-5

All activities in this domain focus on children ages 0-5.

COI STAFF CONTACTS

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