

Preventing Childhood Obesity: Policy Strategies to Make a Difference

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Policies to Promote Farm to Preschool

Farm to preschool helps increase access and availability

- Encourage sustainable links between farms and child care
- Help support local agricultural economy
- Increase consumption of fruits and vegetables by children



Farm to Preschool

Potential policies to support farm to preschool:

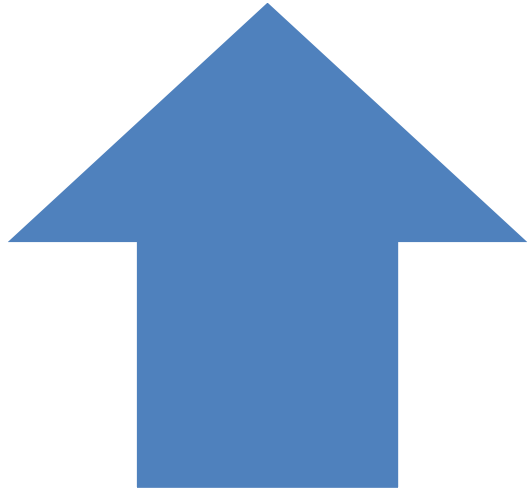
1. Issue legislative statement supporting farm to preschool
2. Enact new NC licensing and administrative regulations for child care
3. Enhance NC Child and Adult Care Food Program standards
4. Increase cooperation and clarify liability for farmers and the child care community

Policies to Promote Farm to Preschool

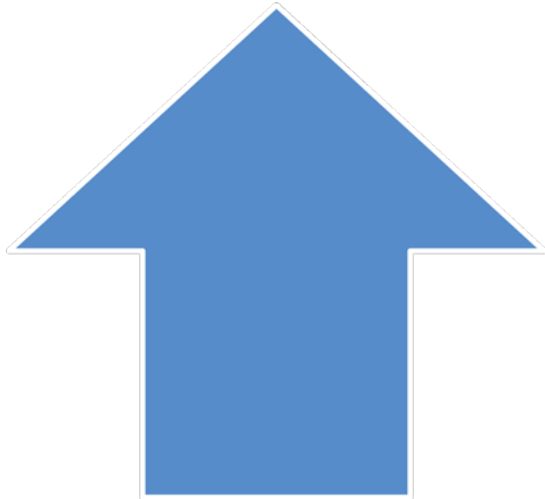
“Policy and environmental change initiatives that make healthy choices in nutrition and physical activity available, affordable, and easy will likely prove most effective in combating obesity.”

-- Centers for Disease Control and Prevention

Policies to Promote Farm to Preschool



Increase *supply* of fruits and vegetables through **farm to preschool**



Increase *demand* for fruits and vegetables through **policy and regulation**

Farm to Preschool

Potential strategies to support farm to preschool:

- Gardens at child care
- Community gardens
- Community Supported Agriculture (CSA)
- Mobile farmers' markets
- Field gleaning
- Surplus crops



Farm to Preschool

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Farm to (Pre) School Legislation

IL SB 615 (2010, enacted) Requires the Department of Agriculture to establish, and make available on its website, a geo-coded electronic database to facilitate the purchase of fresh produce and food products by schools. The database must contain information necessary for schools to identify and contact agricultural producers that are interested in supplying schools with fresh produce and food products.

CO SB 81 (2010, enacted) Promotes consumption of healthy foods at schools and in state-regulated child care programs by encouraging increased use of local farm and ranch products in food service, especially in the school meals program, to improve child nutrition and strengthen local and regional agricultural economies. Establishes a 13-member interagency farm-to-school task force to develop a state farm-to-school program.

Farm to (Pre) School Legislation

MD HB 528 (2011, proposed) Would permit the use of open space for the planting of school gardens, the incorporation of curriculum with the gardens, and the use of the produce in school cafeterias.

GA HB 367 (2011, proposed) Facilitate the purchase of Georgia-grown food by state agencies and institutions, provide for the operation of school gardens and farms, and provide for a farm to school program to promote the sale of Georgia-grown farm products to county and independent school districts.

Farm to Preschool Legislation

Possible farm to preschool legislative approaches in NC:

Facilitate the purchase of locally-grown food in child care facilities to improve child nutrition and strengthen local agricultural economies.

Permits the use of open space for the planting of gardens, the incorporation of curriculum with the gardens, and the use of the produce in child care.

Requires the Department of Agriculture to establish and post a geo-coded electronic database to facilitate the purchase of fresh produce by child care facilities. The database must contain information necessary for child care facilities to identify and contact agricultural producers that are interested in supplying fresh produce.

Establishes an interagency task force to develop a state farm to preschool program.

Farm to Preschool

Potential policies to support farm to preschool:

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State regulations for child care

- Each US state has regulations for child care, as does DC, Puerto Rico, Virgin Islands, and Dept Of Defense
- North Carolina regulates 2 main types of facilities:
 - child care centers

A child care center is an arrangement where, at any one time, there are ≥ 3 preschool-age children or ≥ 9 school-age children receiving child care.

- family child care homes

A family child care home is a child care arrangement located in a residence where, at any one time, > 2 children but < 9 children receive child care.

NC regulations for child care

- Child care facilities in NC must follow rules (with some exceptions)
- Child Care Commission is rule-making body in NC with NC Division of Child Development
- NC is leader in regulations related to physical activity
- Current nutrition regulations need improvement

STATE RANKINGS FOR HEALTHY EATING AND PHYSICAL ACTIVITY REGULATIONS

Georgia	B
Nevada	B
Colorado	B-
Illinois	B-
Mississippi	B-
Ohio	B-
South Carolina	B-
Tennessee	B-
Alaska	C+
Delaware	C+
Hawaii	C+
Maine	C+
Missouri	C+
New Jersey	C+
New Mexico	C+
Oklahoma	C+
Rhode Island	C+
Texas	C+
Vermont	C+
Virginia	C+
Washington	C+
West Virginia	C+

Alabama	C
Arizona	C
Arkansas	C
California	C
Florida	C
Indiana	C
Iowa	C
Kansas	C
Maryland	C
Massachusetts	C
Michigan	C
Minnesota	C
Montana	C
New Hampshire	C
New York	C
North Carolina	C
Oregon	C
Pennsylvania	C
Utah	C
Wisconsin	C
Wyoming	C
Washington DC	C
Connecticut	C-
Kentucky	C-
Louisiana	C-
Nebraska	C-
North Dakota	C-
Virgin Islands	C-
Department of Defense	C-
South Dakota	D
Puerto Rico	D
Idaho	F

Preventing Obesity In The Child Care Setting: Evaluating State Regulations



ROLE OF CHILD CARE IN OBESITY PREVENTION

Over the past few decades, the prevalence of childhood obesity has risen dramatically in the US. Today, 24.4% of children ages two through five years are classified as either overweight or obese.¹ The preschool period is a critical time for growth and active play.

In the US, children ages two to six are in child care just over half the time. With such high child care, child care centers are expected to support and promote physical activity.

In the US, each state is responsible for regulating and enforcing child care regulations. As a result, regulations have been considerably

EVALUATION OF STATE CHILD CARE REGULATIONS

For this study, experts in nutrition, physical activity, early care and education, and policy and regulation reviewed a number of standards and recommendations that were developed to help child care facilities prevent obesity in young

NORTH CAROLINA **OVERALL GRADE: C**

Healthy Eating Grades

Centers

C-

Homes

C-

Physical Activity Grades

Centers

B-

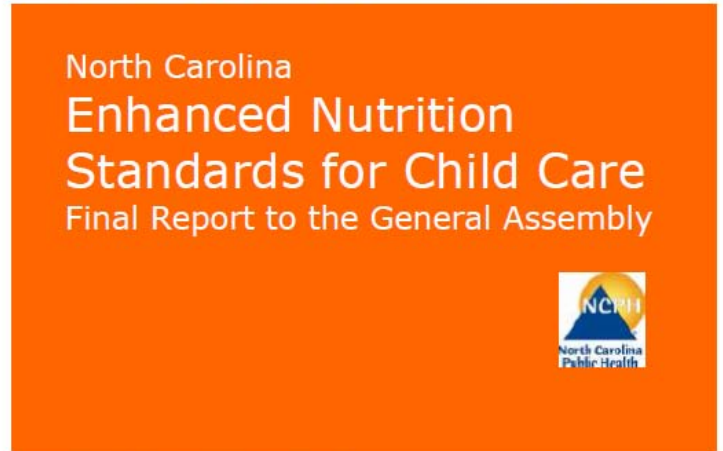
Homes

C-

NC regulations for child care

In July 2010 the General Assembly directed the NC Child Care Commission to consider enhancing nutrition standards for child care

- Limiting or prohibiting sugar-sweetened beverages
- Limiting or prohibiting whole milk for children ≥ 2 years and flavored milk for all children
- Limiting or prohibiting serving more than 6 ounces of juice per day to children
- Limiting or prohibiting serving juice from a bottle



NC regulations for child care

Potential child care regulatory approaches in NC:

- General Assembly can direct NC Child Care Commission to enact nutrition recommendations in NC PH Report
 - Limiting or prohibiting serving more than 6 ounces of juice per day to children
 - Limiting or prohibiting serving juice from a bottle
- General Assembly can add clarifying language encouraging farm to preschool efforts, including child care gardens

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Child and Adult Care Food Program (CACFP)

- Federal food assistance program for low-income children and older adults in care
- Funded by the USDA but administered by states
- Public Health Commission is rule-making body in NC
- Participating child care facilities must meet nutritional standards (credible foods) and meal pattern requirements

CACFP Meal Pattern Requirements

CACFP Meal Pattern	Ages 1 – 2 years	Ages 3 – 5 years	Ages 6 – 12 years
Lunch			
Milk	½ cup	¾ cup	1 cup
Vegetables, Fruits or Juice	¼ cup	½ cup	¾ cup
Grains/Breads	½ slice or ½ serving	½ slice or ½ serving	1 slice or 1 serving
Meat and Meat Alternates	1 oz.	1½ oz.	2 oz.

Child and Adult Care Food Program (CACFP)

Nutritional standards-credible foods

Lunch for 3-year-old child:
185 calories

- Baked chicken
- Broccoli
- Peaches
- Wheat roll
- Fat-free milk

Lunch for 3-year-old child:
490 calories

- Fried chicken
- French fries
- Juice
- White roll
- Whole milk

Child and Adult Care Food Program (CACFP)

Potential CACFP policy approaches in NC:

- NC CACFP can rewrite credible foods guide to improve nutritional quality of foods served
- General Assembly can direct NC Public Health Commission to consider enhanced nutrition standards

Child and Adult Care Food Program (CACFP)

CACFP changes affect all child care facilities in NC

SECTION .0900 - NUTRITION STANDARDS

10A NCAC 09 .0901 GENERAL NUTRITION REQUIREMENTS

Meals and snacks served to children in a child care center shall comply with the Meal Patterns for Children in Child Care Programs from the United States Department of Agriculture (USDA) which are based on the recommended nutrient intake judged by the National Research Council to be adequate for maintaining good nutrition.

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Cooperation and Clarifying Liability

- Liability for injury and illness may be concern for farmers
- Questions about liability are potential obstacles for farm to preschool
- Some legislation exists to limit farmer liability
- Clarifying liability is one way General Assembly could support farm to preschool

Cooperation and Clarifying Liability

- North Carolina has legislation that clarifies liability issues in educational and recreational programs (N.C. Gen. Stat. §38A-1 through §38A-4)
- Encourages land owners to make land and water areas available to the public at no cost for educational and recreational purposes by limiting the liability of the owner to persons entering the land
- May apply to some aspects of farm to preschool, but not if money exchanged and likely doesn't apply to issues of food safety

Cooperation and Clarifying Liability

- The federal *Good Samaritan Food Donation Act* (Pub.L. 104-210) was enacted in 1996 to encourage food donations and minimize liability for those who donate
- State officials often enact additional legislation to clarify liability issues around food donations to schools and child care facilities

Cooperation and Clarifying Liability

Potential cooperation and clarifying liability policy approaches in NC:

- General Assembly can enact legislation that extends liability issues in educational and recreational program land use to include farmers who sell produce
- General Assembly can enact clarifying liability legislation supporting food donations to schools and child care facilities extending the Good Samaritan Food Donation Act

Cooperation and Clarifying Liability

Technical assistance is available on issues related to cooperation and liability by:

- Public Health Law Center in Minnesota
 - <http://publichealthlawcenter.org/>
- Public Health Law Network in North Carolina
 - <http://www.publichealthlawnetwork.org/>

Policies to Promote Farm to Preschool

- Child care facilities need an accessible, low-cost supply of fruits and vegetables
- Policy approaches can help increase the supply as well as the demand
- NC can become model state supporting innovative farm to preschool efforts



