Wellness Guidelines for Alaska's Young Children

Diane Peck, MPH RDN

AK DHSS Obesity Prevention and Control Program

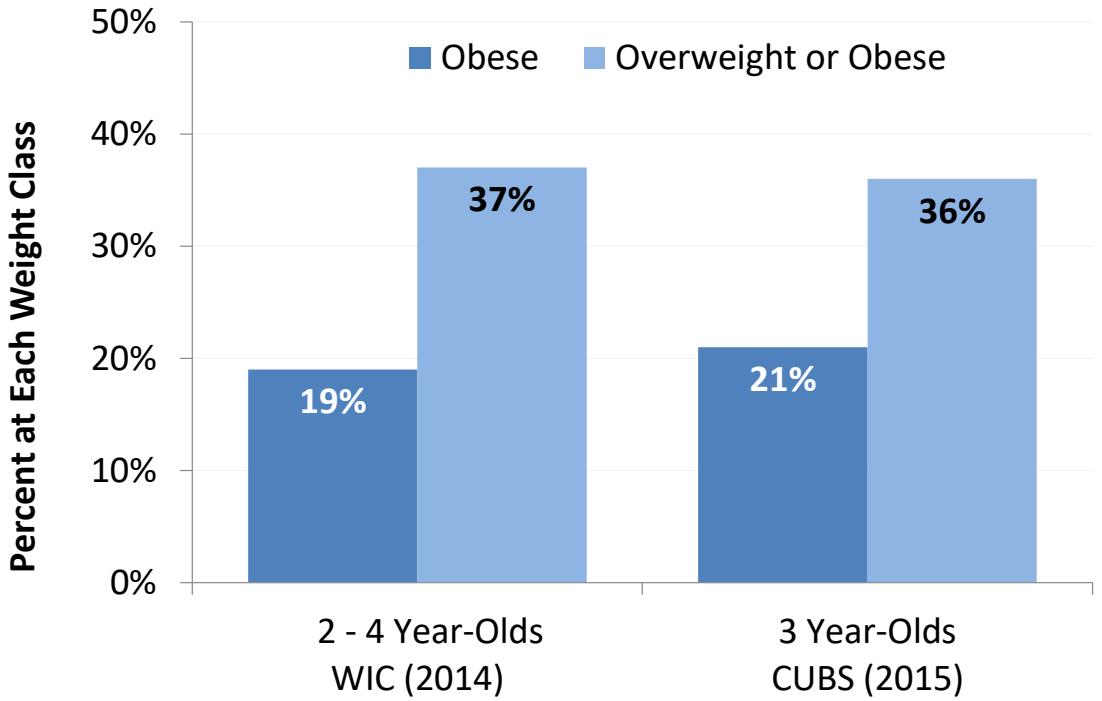
Our goal for Alaska's young children. . .

Physical Activity

Healthy Eating

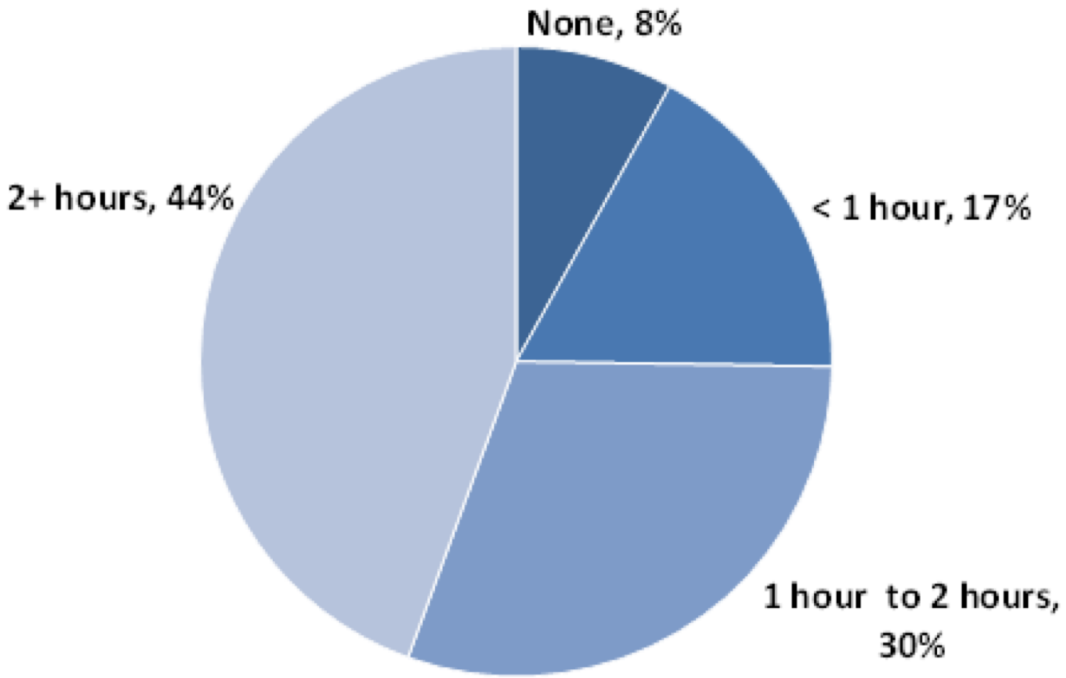
Healthy Kids, Ready to Learn

Prevalence of Early Childhood Obesity (BMI ≥ 95th Percentile) and Overweight/Obesity (BMI ≥ 85th Percentile), Young Alaska Children, by Select Programs/Surveys, 2014 & 2015



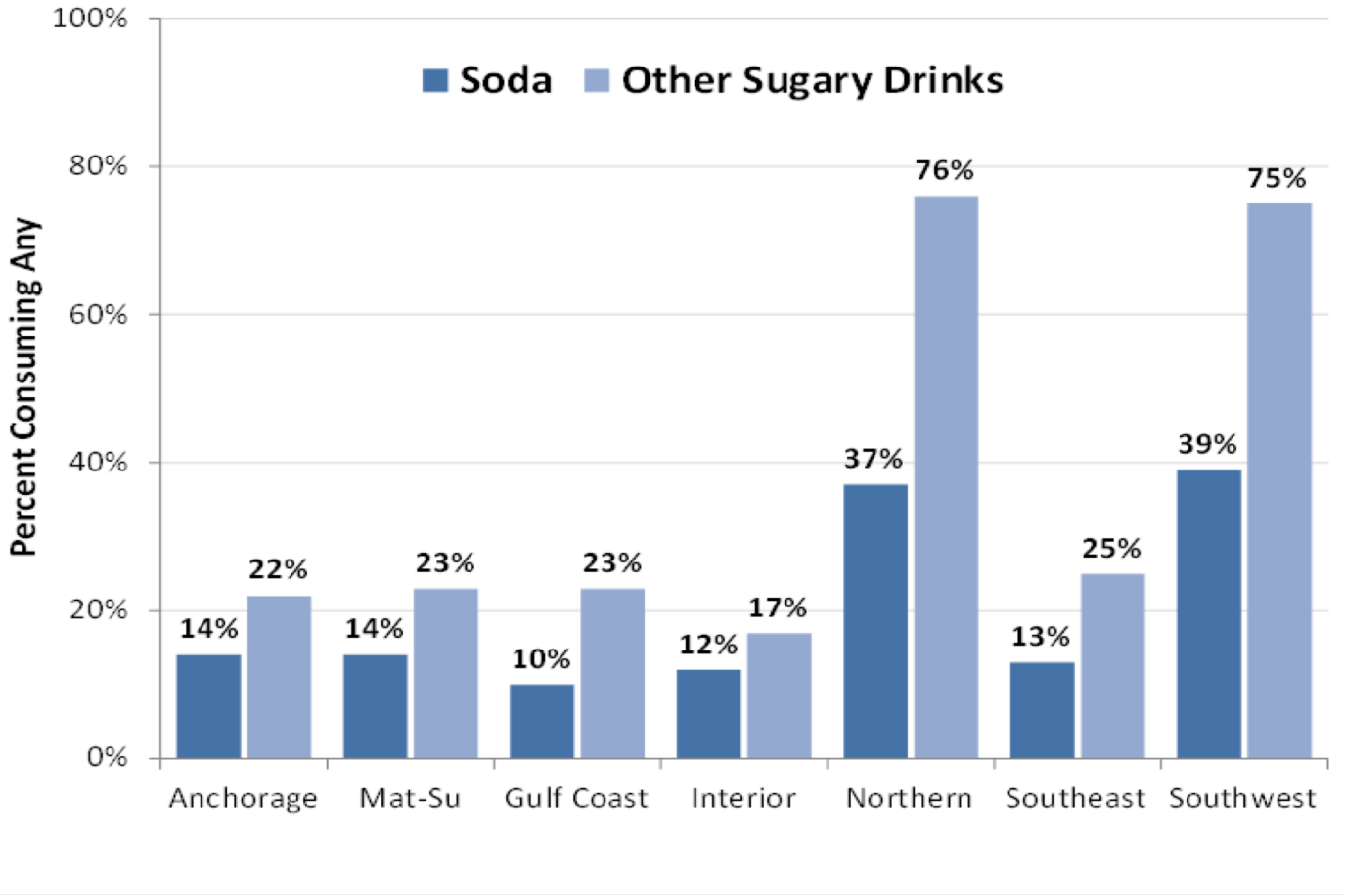
Sources: Women, Infants, and Children Participant and Program Characteristics (WIC); AK CUBS

Amount of TV, Videos, Movies, or Playing Video Games On a Given Day among 3-Year-Olds, Alaska, 2015



Source: AK CUBS. Sum may not equal 100% due to rounding.

Any Consumption of Various Sugary Drinks by 3-Year-Olds on a Given Day, by Region , Alaska, 2013-2015



Source: AK CUBS

20 oz

SODA

16 TEASPOONS

16 oz

ENERGY DRINK

16 TEASPOONS

20 oz

VITAMIN DRINK

8 TEASPOONS

20 oz

SPORTS DRINK

9 TEASPOONS

POWDERED DRINK

11 TEASPOONS

X oz

SWEETENED COFFEE

X TEASPOONS

8 oz

FLAVORED MILK

3 TEASPOONS

MILK

NO ADDED SUGAR

WATER

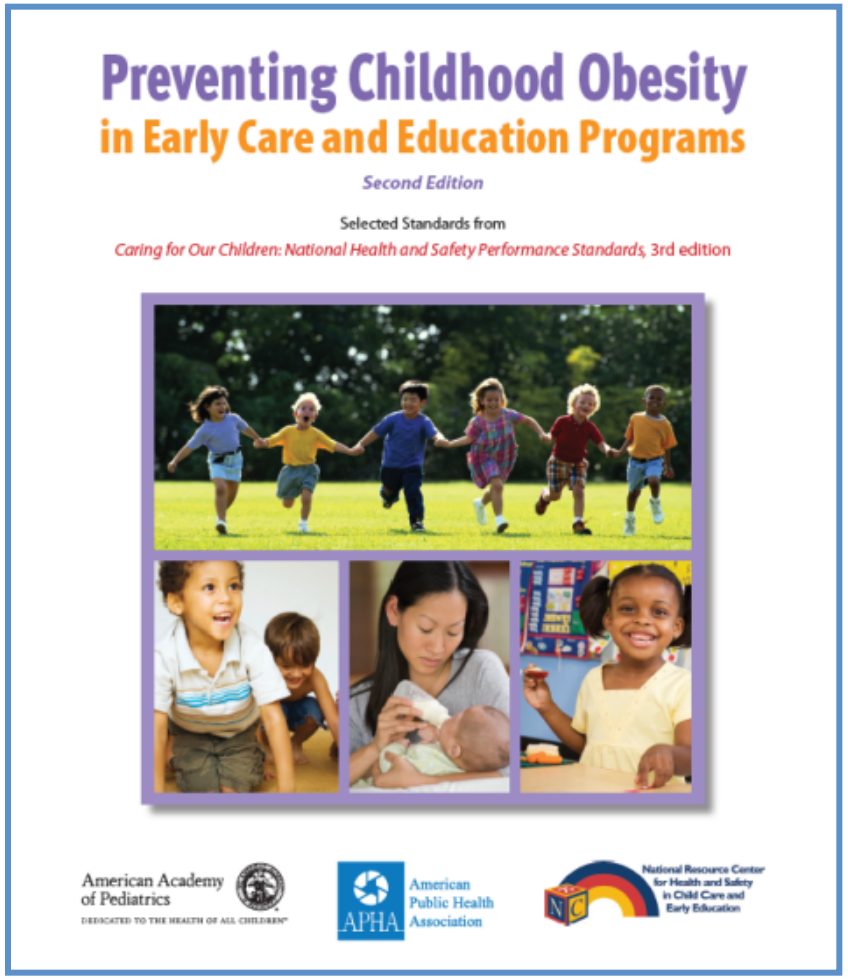
NO ADDED SUGAR

Water and low-fat milk have NO added sugar.

Obesity Prevention in the ECE Setting

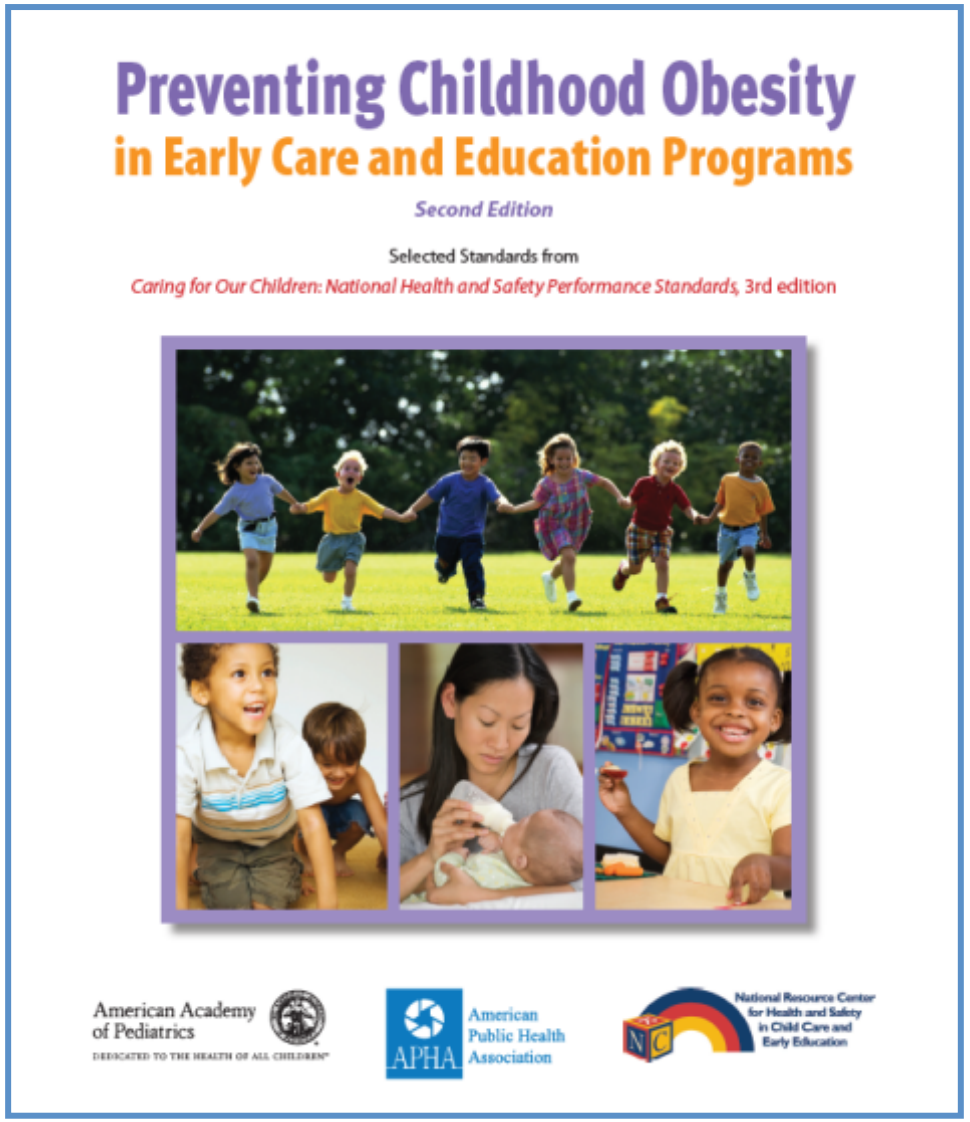
- Obesity Prevention and Control Program
- DHSS Child Care Program Office
- Thread
- EED Child and Adult Care Food Program
- Women, Infants & Children Program
- EED, RurAL CAP and Kids Corp Head Start
- Municipality of Anchorage, Licensing
- UAA/UAF Child Development

National Health and Safety Performance Standards



Developed by:

- American Academy of Pediatrics
- American Public Health Assoc
- National Resource Center for Health and Safety in Child Care and Education


Preventing Childhood Obesity
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Caring for Our Children: National Health and Safety Performance Standards, 3rd edition
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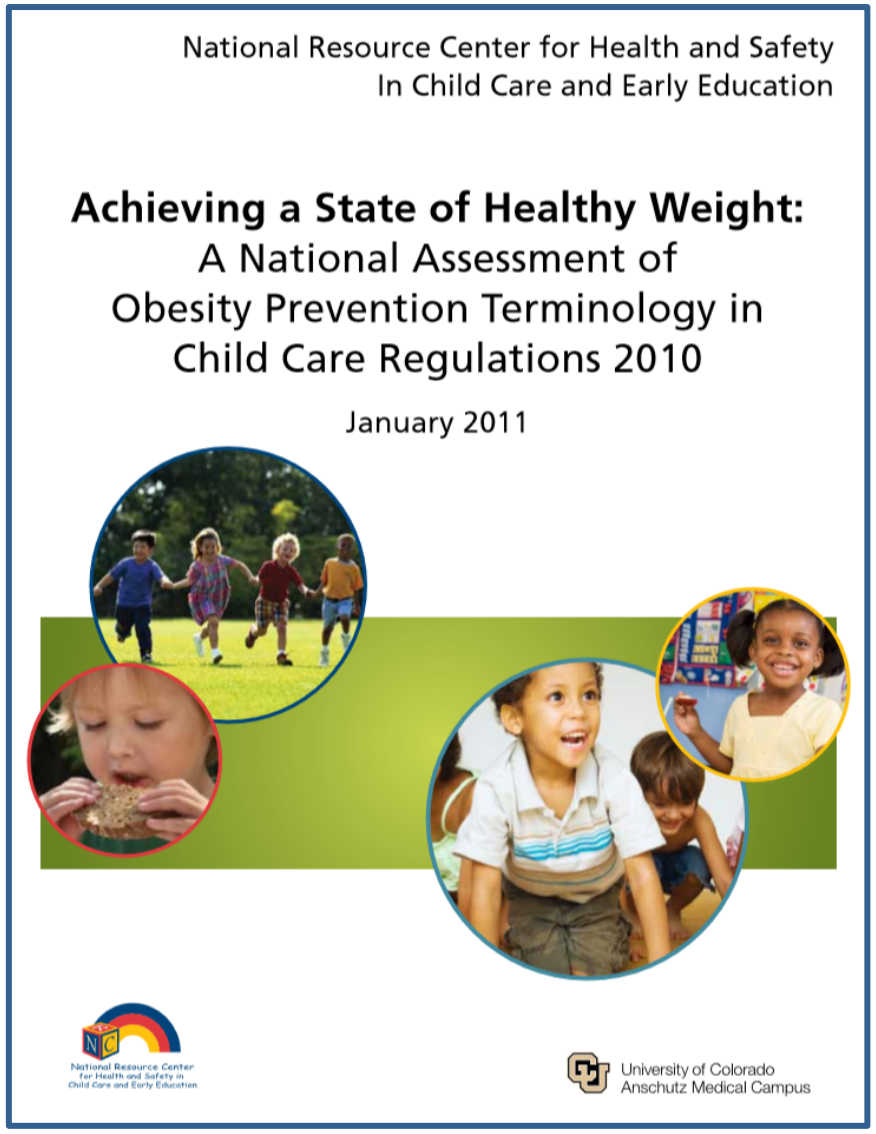

National Resource Center for Health and Safety
In Child Care and Early Education
Achieving a State of Healthy Weight:
A National Assessment of
Obesity Prevention Terminology in
Child Care Regulations 2010
January 2011
National Resource Center for Health and Safety in Child Care and Early Education
University of Colorado
Anschutz Medical Campus

STATE PROFILES

ALASKA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

			Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		3 / 3		3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3		3 / 3		3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		3 / 3		3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1		1 / 1		1 / 1
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat variaties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3		3 / 3
	ND1	Make water available both inside and outside	+	4 / 2	+	4 / 2	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2

DEPARTMENT OF HEALTH & SOCIAL SERVICES

PROPOSED CHANGES TO REGULATIONS

7 AAC 57. CHILD CARE FACILITIES LICENSING.

♦

PUBLIC REVIEW DRAFT
March 5, 2018

AAC 57.520(a)(4) is amended to read:

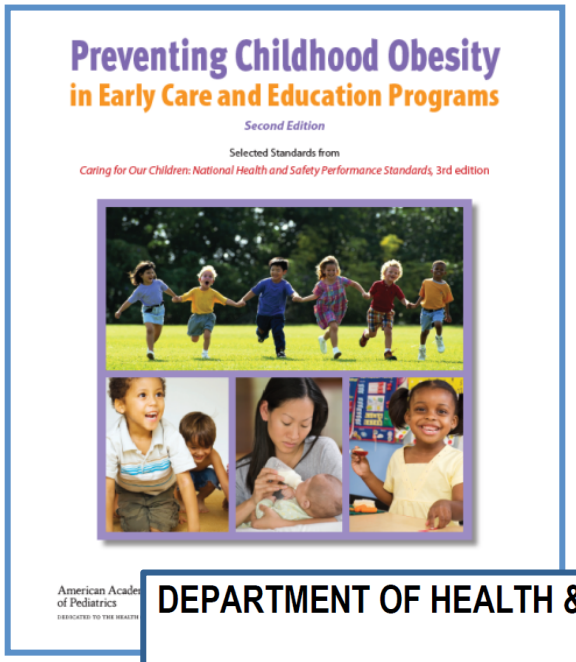
(4) ensure that screen viewing time, including TV, video, or DVD, does not take place during meal or snack time;

Meets national guidelines from Achieving a State of Healthy Weight, Caring for Our Children, and the American Academy of Pediatrics.

7 AAC 57.520(b)(4) is amended to read:

(4) allow infants and toddlers ample supervised opportunity during the day to explore and learn on their own outside of a play yard or other restraining device <u>including daily supervised tummy time when an infant is placed in a prone (front) position part of the time he/she is awake with direct supervision of a caregiver</u>;

Meets national guidelines from Achieving a State of Healthy Weight, Caring for Our Children, and the Institute of Medicine.



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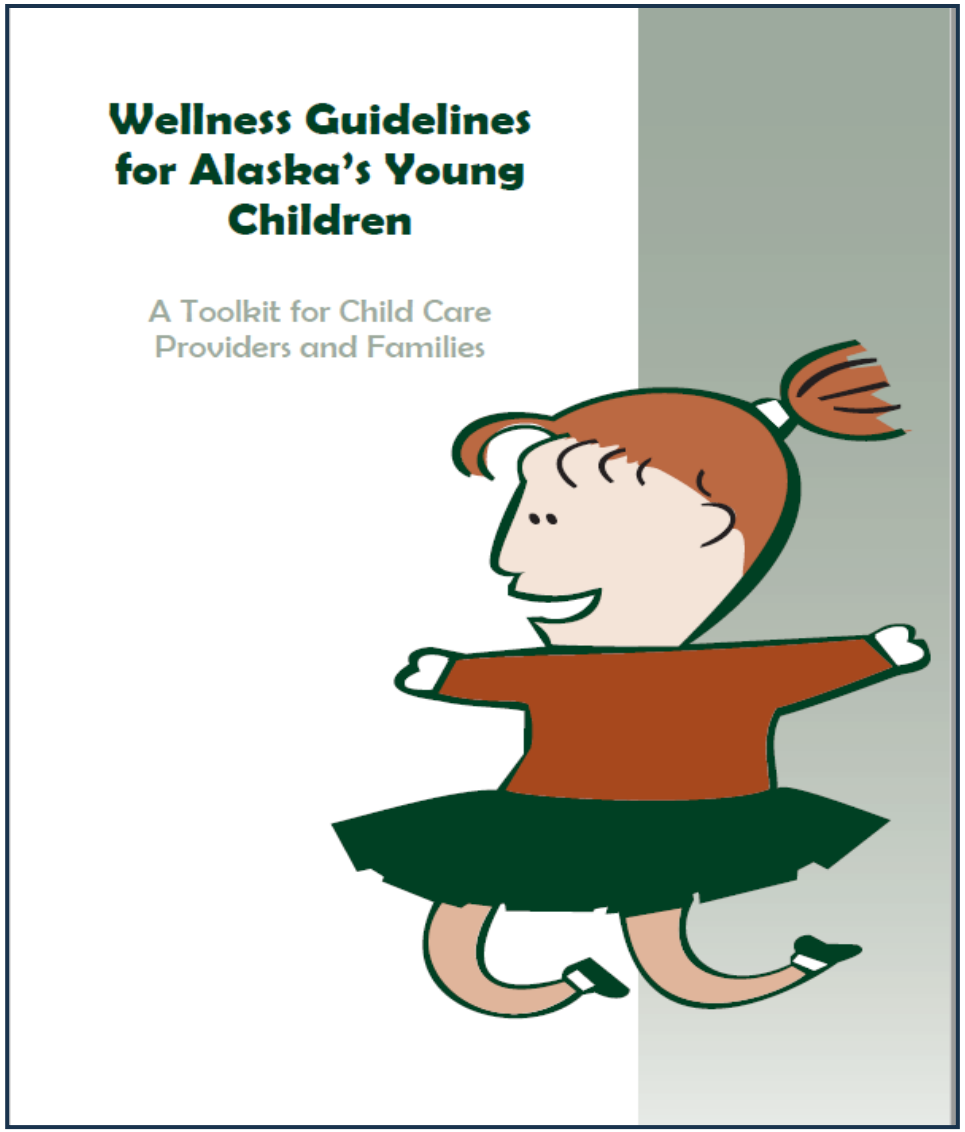


Wellness Guidelines

- Family Engagement
- Physical Activity for Infants
- PA for Toddlers & Preschoolers
- Screen & Media Time
- Breastfeeding
- Feeding Infants
- Feeding Toddlers & Preschoolers
- Fruits & Vegetables
- Beverages
- Meal Time
- Traditional Foods

http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx

Physical Activity for Infants (Birth – 11 Months)

WHY?

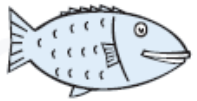
Babies need physical activity for their rapidly developing bodies and brains! Moving helps infants develop important brain connections that result in motor skill development as well as brain power. "Tummy time" prepares younger infants for the time they will be able to slide on their bellies and crawl. By providing a stimulating, safe environment for infants to explore, you can help them learn motor and movement skills like reaching, crawling, and walking.

WELLNESS GUIDELINES*

- Provide daily for all children, birth to 6 years, 2 to 3 occasions of active play outdoors, weather permitting.
- Provide daily for all children, birth to 6 years, 2 or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor.
- Ensure that infants have supervised tummy time every day when they are awake.
- Use infant equipment such as swings, stationary activity centers (ex. exersaucers), infant seats (ex. bouncers), molded seats, etc. only for short periods of time if at all.

http://dhss.alaska.gov/dph/Chronic/Documents/Obesity/EarlyCare/AKWellnessGuidelines_YoungChildren.pdf

Traditional Foods



WHY?

Serving traditional foods recognizes the cultural and ethnic preferences of children and broadens all children's food experience. While all traditional foods are important and should be included in education and meals, this section focuses on traditional Alaska Native foods because of their unique food safety requirements and significant role in Alaska.

Many foods that grow wild in Alaska are part of a traditional Alaska Native diet. Foods such as wild game meats, fish, seafood, plants, and berries are very nutritious and can be served in child care settings. Use of these foods can address the cultural and ethnic preferences of many children, foster community and family engagement, and reduce dependency on store-bought foods. It is important to follow the Alaska Food Code 18 AAC 31[1] regulations to ensure safety when using traditional foods.

WELLNESS GUIDELINES[2]

- Traditional foods must be donated.
- Know which foods can and cannot be accepted and served.
- Donated traditional foods may only be prepared in a kitchen that is designed for cooking from scratch (i.e. not a "heat and serve" kitchen). Ensure that staff will have enough time to process the donation and to cook from scratch.
- Ensure proper handling of donations, such as the animal was not diseased, and was butchered and dressed safely. Accept only whole, quarters, or roasts of wild game meat and whole headed and gutted fish. Burgers or ground meat cannot be accepted.
- Plants, berries, and other foraged foods should be donated in their gathered form, either fresh or frozen. They should not be donated as mashed, jarred, or made into jam or jelly.
- Fiddlehead ferns may be donated, but follow the fiddlehead fern cooking regulations.[3]
- Prepare, label, and store all donated traditional foods separately from other foods.
- Follow food safety practices when preparing traditional foods.

The following foods cannot be accepted because they pose a greater risk to human health, especially among young children:

- Ground meat
- Shellfish that is not from a permitted facility
- Fox, polar bear, and bear meat
- Walrus meat
- Seal or whale oil
- Fermented game meat, such as beaver tail, muktuk, and seal flipper
- Fermented seafood, such as salmon eggs, fish, and fish heads
- Home canned or home vacuum-sealed foods
- Smoked or dried meat or seafood

IN THE CLASSROOM

- Talk to the children about where the food came from and who donated it. Show pictures or actual samples of the animal or plant.
- Invite elders to share a traditional meal and stories with the children.

IN THE COMMUNITY

- Hold a community meeting to enlist support for serving traditional foods. Serve some traditional foods for snacks or host a potlach.
- Engage community members in harvesting and donating traditional foods. Provide them with safe harvesting guidelines and directions on what you can and cannot accept.
- Request recipe ideas from family members, elders, and other community members.

EXAMPLE POLICIES

We at (name of center) are committed to our children's health. We recognize traditional foods have many nutritional, cultural, and emotional benefits. Therefore, we will:

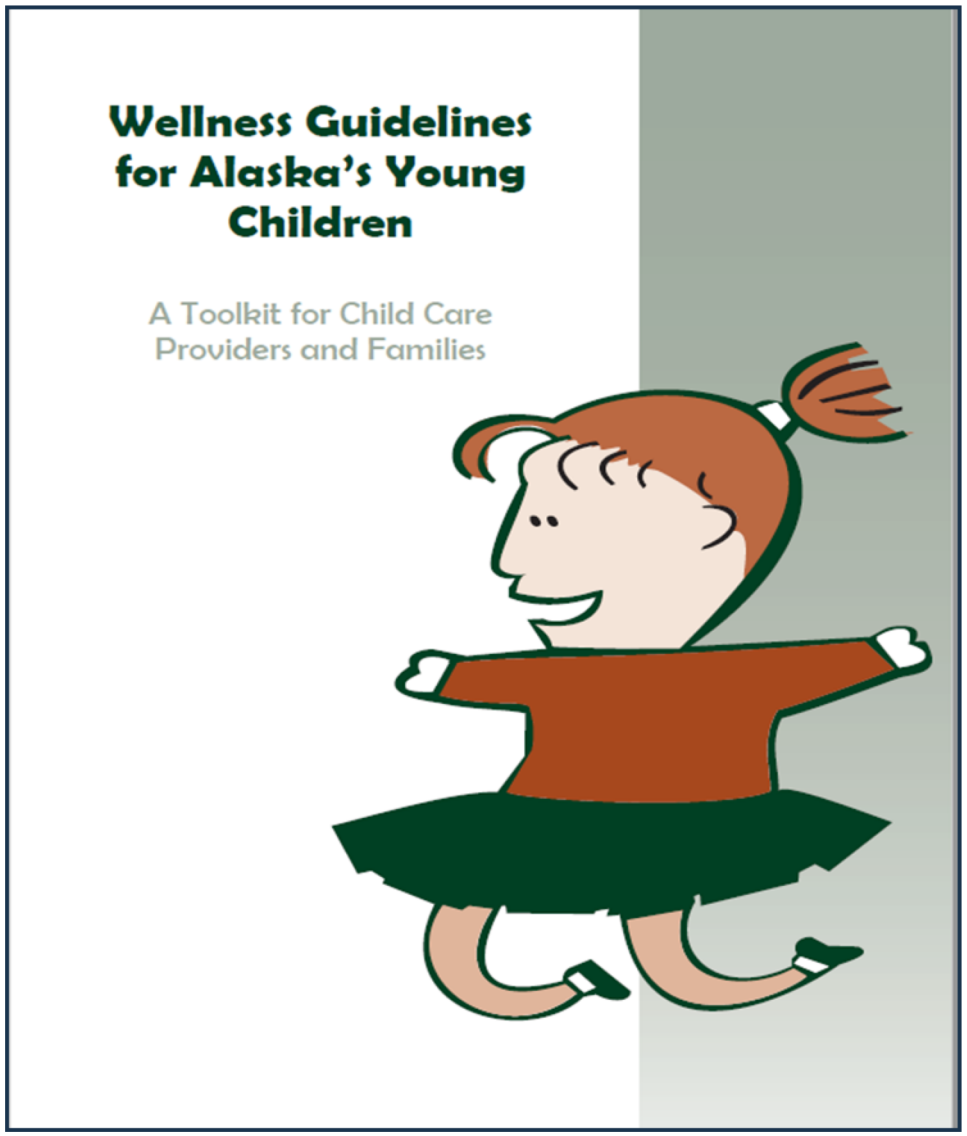
- Recognize and value traditional foods from all cultures and ethnicities represented in our care.
- Work with family and community members to obtain donated traditional Alaskan foods to serve to our children.
- Follow the Alaska Food Code 18 AAC 31 to ensure safe food handling practices in the processing, storage, and preparation of donated traditional Alaskan foods.

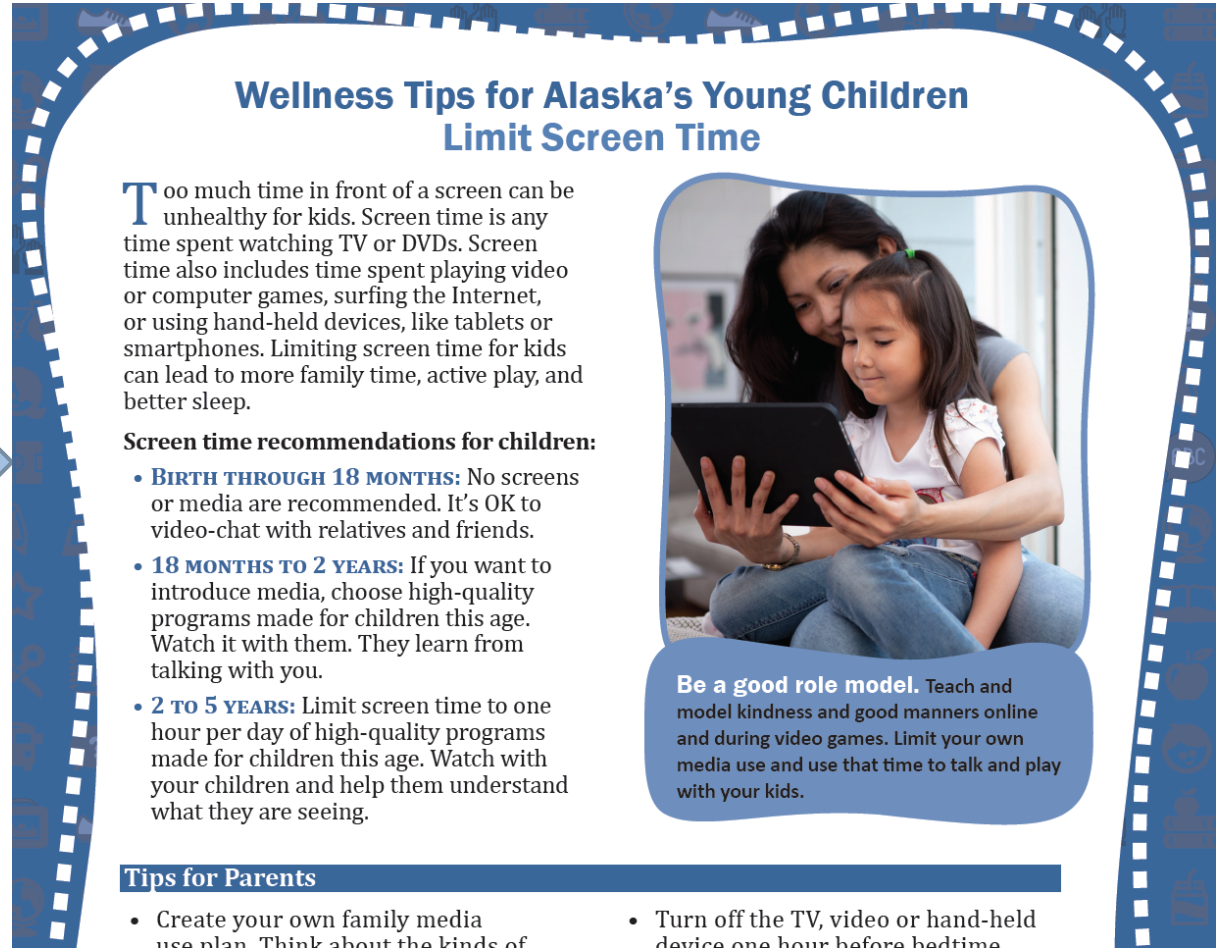
RESOURCES

- **Traditional Foods.** Alaska Division of Environmental Health, Food Safety & Sanitation Program. http://dec.alaska.gov/eh/fss/food/traditional_foods.html.
- **Traditional Foods and Donated Fish and Game.** Alaska Department of Education & Early Development. https://education.alaska.gov/tls/cnp/TFDFG.html.
- **Healthy Traditional Alaskan Foods in Food Service Programs.** http://dec.alaska.gov/eh/fss/Food/Docs/2015_Trad_Food_Toolkit.pdf.
- **Store Outside Your Door.** Alaska Native Tribal Health Consortium. https://anthc.org/what-we-do/traditional-foods-and-nutrition/store-outside-your-door/.

REFERENCES

1. Alaska Department of Environmental Conservation. 18 AAC 31 Alaska Food Code. As amended through November 16, 2016. https://dec.alaska.gov/commish/regulations/pdfs/18%20AAC%2031.pdf.
2. Alaska Department of Environmental Conservation. Healthy Traditional Alaskan Foods in Food Service Programs. 2016.
3. Alaska Department of Environmental Conservation. Food Safety for Fiddleheads. 2012. https://dec.alaska.gov/eh/fss/Food/Docs/Fact_Fiddlehead_Food_Safety.pdf.





Wellness Tips for Alaska's Young Children
Limit Screen Time

Too much time in front of a screen can be unhealthy for kids. Screen time is any time spent watching TV or DVDs. Screen time also includes time spent playing video or computer games, surfing the Internet, or using hand-held devices, like tablets or smartphones. Limiting screen time for kids can lead to more family time, active play, and better sleep.

Screen time recommendations for children:

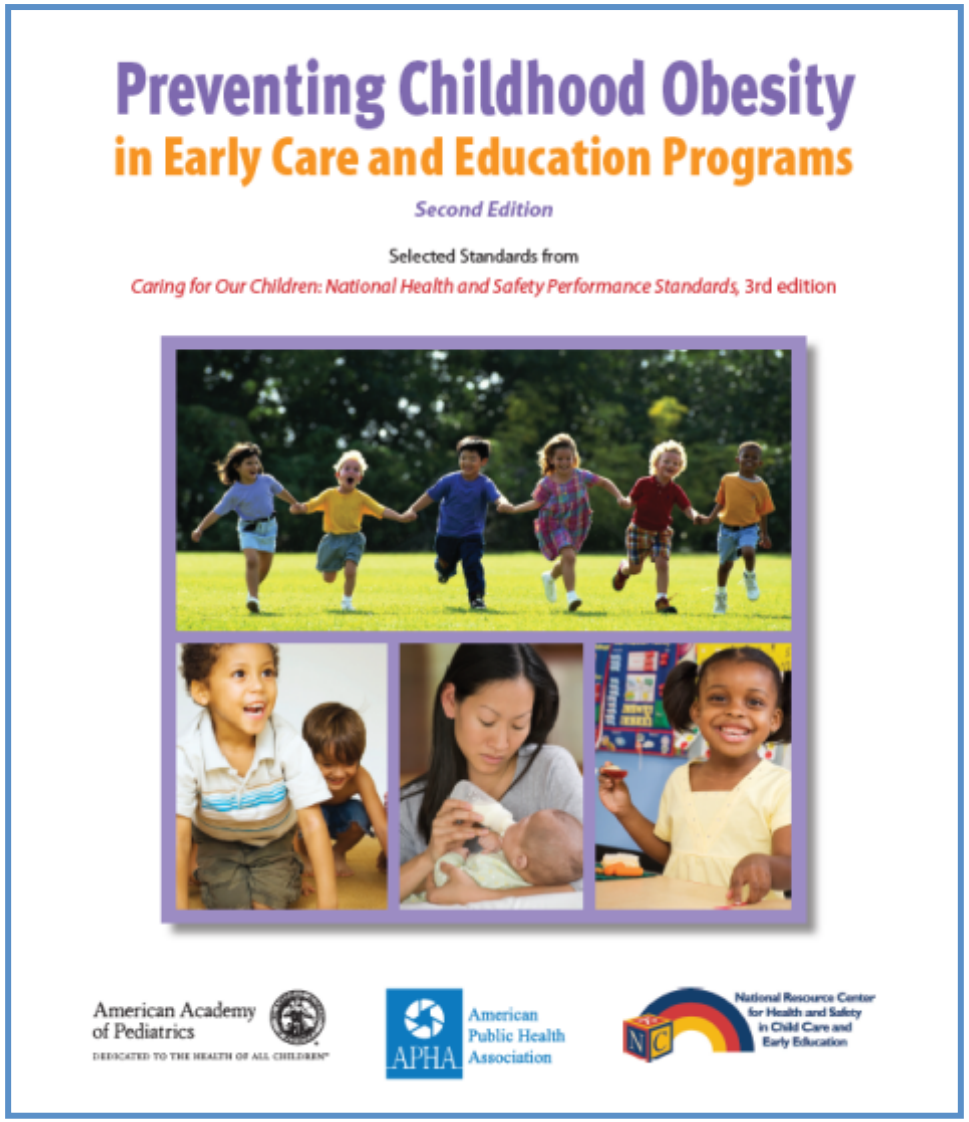
- **Birth through 18 months:** No screens or media are recommended. It's OK to video-chat with relatives and friends.
- **18 months to 2 years:** If you want to introduce media, choose high-quality programs made for children this age. Watch it with them. They learn from talking with you.
- **2 to 5 years:** Limit screen time to one hour per day of high-quality programs made for children this age. Watch with your children and help them understand what they are seeing.

Be a good role model. Teach and model kindness and good manners online and during video games. Limit your own media use and use that time to talk and play with your kids.

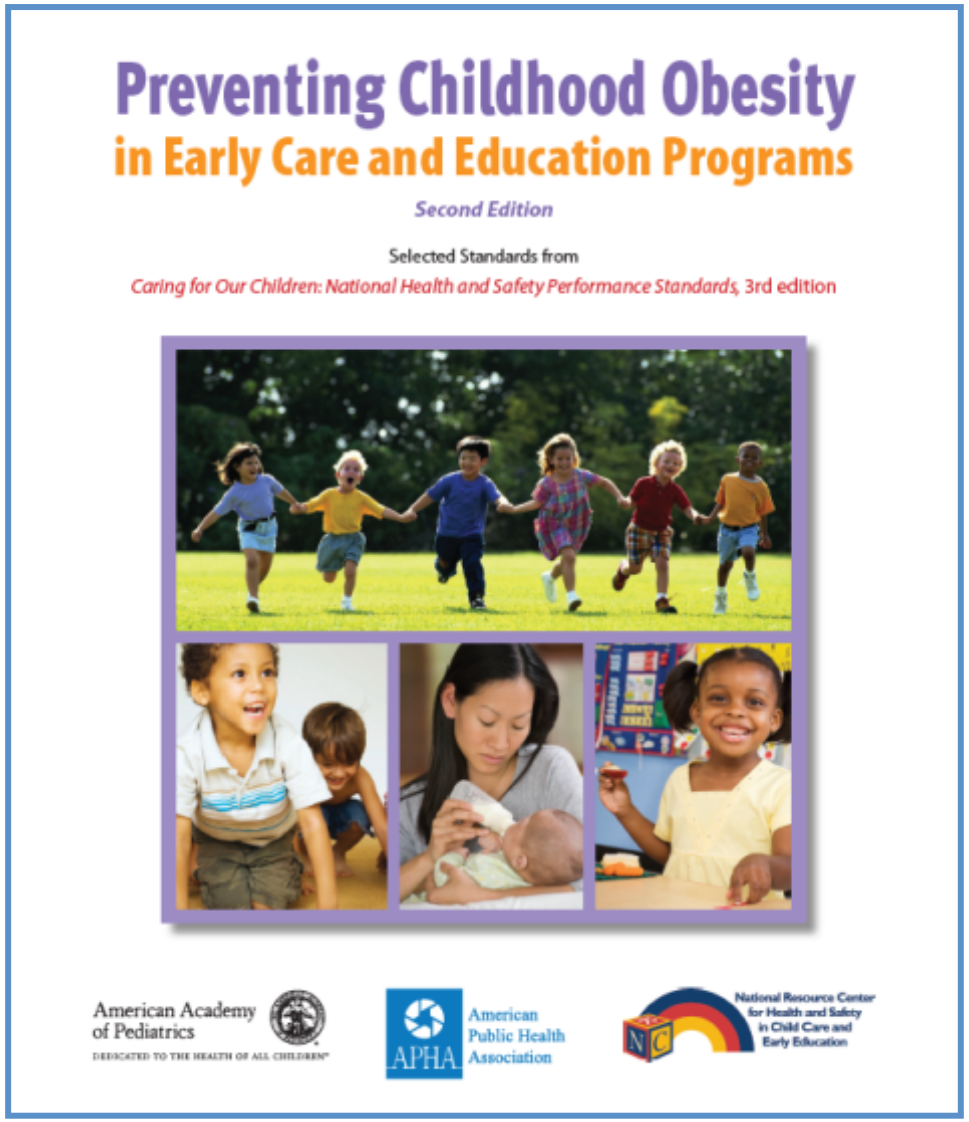
Tips for Parents

- Create your own family media use plan. Think about the kinds of
- Turn off the TV, video or hand-held device one hour before bedtime

http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/resources.aspx



LET'S MOVE! Child Care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NAP SACC

Go NAP SACC

- Child Nutrition
- Breastfeeding & Infant Feeding
- Oral Health
- Infant & Child Physical Activity
- Outdoor Play & Learning
- Screen Time

https://gonapsacc.org/

http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx

What can you do?

- Use the Wellness Guidelines in your practice with young children
- Look for ways to help ECE providers with nutrition, active play and screen time
- Provide resources to ECE providers and parents
- Join the Obesity listserv, follow our Play Every Day blog

http://dhss.alaska.gov/dph/Chronic/Pages/Obesity

Thank you!

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http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/earlycare.aspx