CHILDHOOD OBESITY
and
MISSOURI'S EAT SMART GUIDELINES FOR CHILD CARE

Objectives

- Describe the problem of overweight in 2 to 5 year old children.
- List the possible consequences of being overweight as a young child.
- Describe the role of the child care environment and of child care staff in helping to prevent overweight in children.
- List some ways in which your child care facility can help children eat healthier.

Should we be concerned?

Overweight is now the most common nutritional disease of children

Preschool children who are overweight are almost 5 times more likely to be overweight as young adults

YOU KNOW CHILDHOOD OBESITY HAS REACHED EPIDEMIC PROPORTIONS IN THIS COUNTRY WHEN...
THE OTHER KIDS ARE ALWAYS MAKIN' FUN OF ME 'CAUSE I'M FIT!...
ELEMENTARY
JPARKER@FLATODAY.NET
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- Body Mass Index (BMI) is the standard measurement of overweight and obesity
- Adults: Overweight = BMI of 25-30

  Obesity = BMI ≥30
- Children: Overweight = BMI 85th to 95th percentile

  Obesity = BMI over 95th percentile
- 2 out of 3 US adults are overweight or obese
- 1 out of 3 US children are overweight or obese

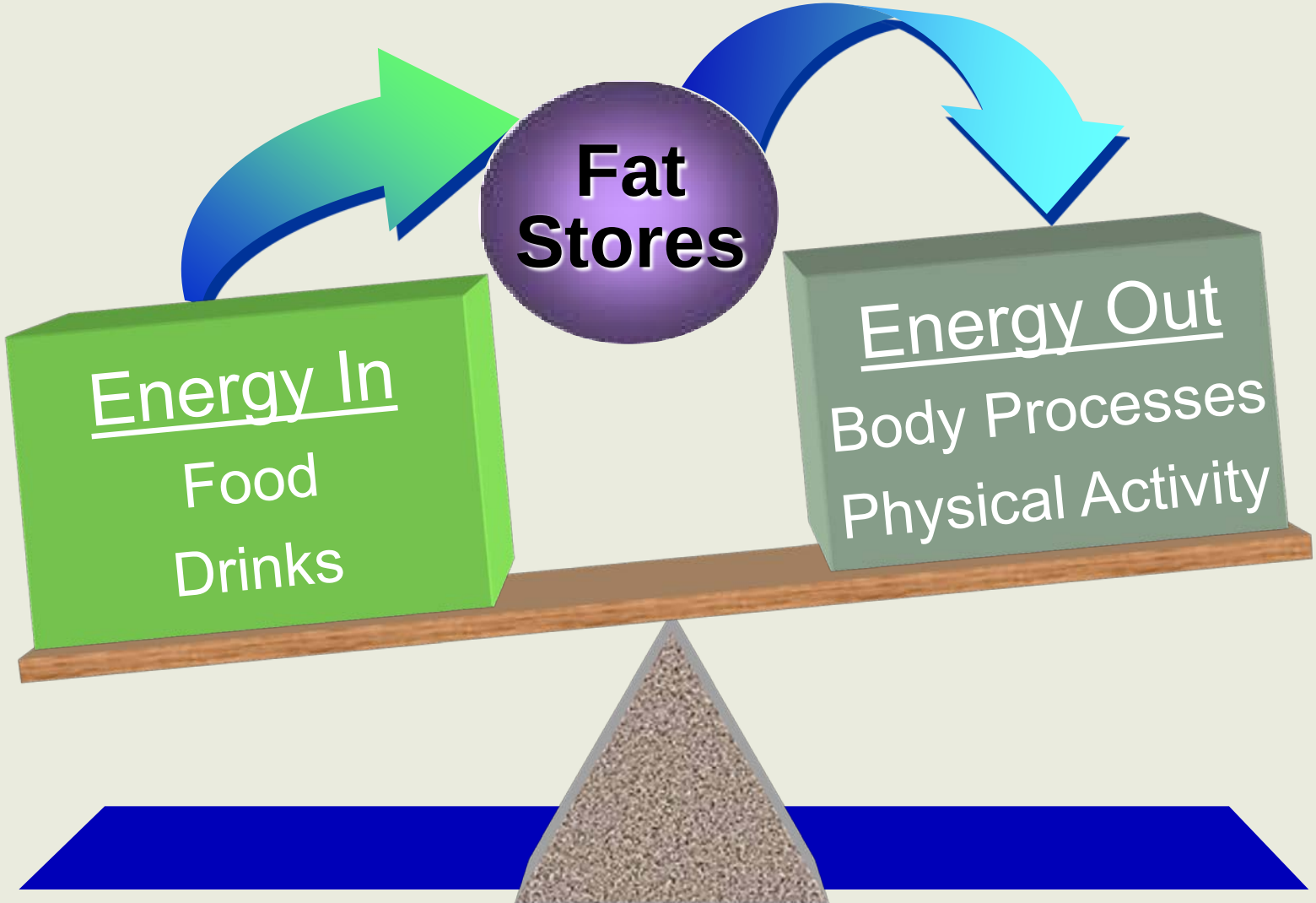
OBESITY THE FACTS

- Prevalence of obesity was steady in 1960's and 1970's
- Big increase over past 30 - 40 years
- Obesity in children up from 5% in 1980 to 17% in 2008
- Obesity rate more than doubled for 2 – 5 year olds
- Obesity growing faster in African Americans and Hispanics

Health Risks of Obesity

- Heart Disease
  - ↑ Total cholesterol
  - ↑ Serum triglycerides
  - ↑ Blood pressure
- Breathing Problems
- Type 2 Diabetes
- Musculoskeletal Problems
- Weight Discrimination

The Simple Cause of Obesity



Changes in Caloric Intake from 1970 to 2000

		1970	2000	Increase
Adults	Men	2,450 cal/day	2,618 cal/day	+168
	Women	1,542	1,877	+355
Children	Boys	2,550	2,800	+250
	Girls	1,780	1,900	+120

100 extra calories per day can lead to 10 lb. weight gain in a year

What Causes Child Obesity?

- Food choices
- Physical activity
- Obese parents
- Parents with poor health behaviors
- Eating patterns
- Parenting style
- Low-birth weight
- Excessive weight gain in pregnancy
- Formula feeding

Focus on what we can change!

Urban Sprawl and Time Spent in Cars

Poor access to recreational facilities

Density of Fast Food Restaurants

Eating Away from Home Contributes to Portion Distortion

FRENCH FRIES

20 Years Ago

210 Calories
2.4 ounces

Today

610 Calories
6.9 ounces

Calorie Difference: 400 Calories

Why child care programs?

- Children may get 50% to 75% of daily food needs in child care
- Child care providers care about supporting development of healthy habits
- Have frequent contact with parents
- More time in daily activities than schools
- Food service is generally small and more changeable than school food service
- Timing of child development

The Eat Smart Guidelines

- Nutrition related recommendations for child care facilities
- Helps create food and nutrition environment to improve health of Missouri's children
- Not mandatory

Center recognition as

Missouri Eat Smart Child Care

Missouri Eat Smart Child Care

Levels of Recognition

Advanced Level

Intermediate Level

Minimum Level

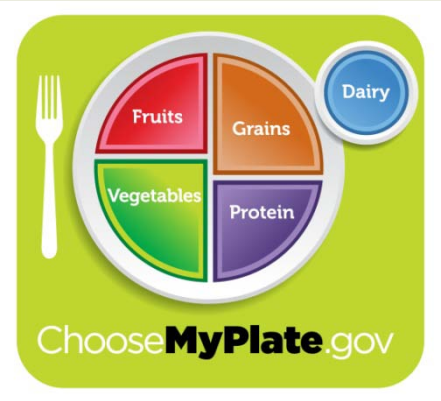
Recommendations made for:

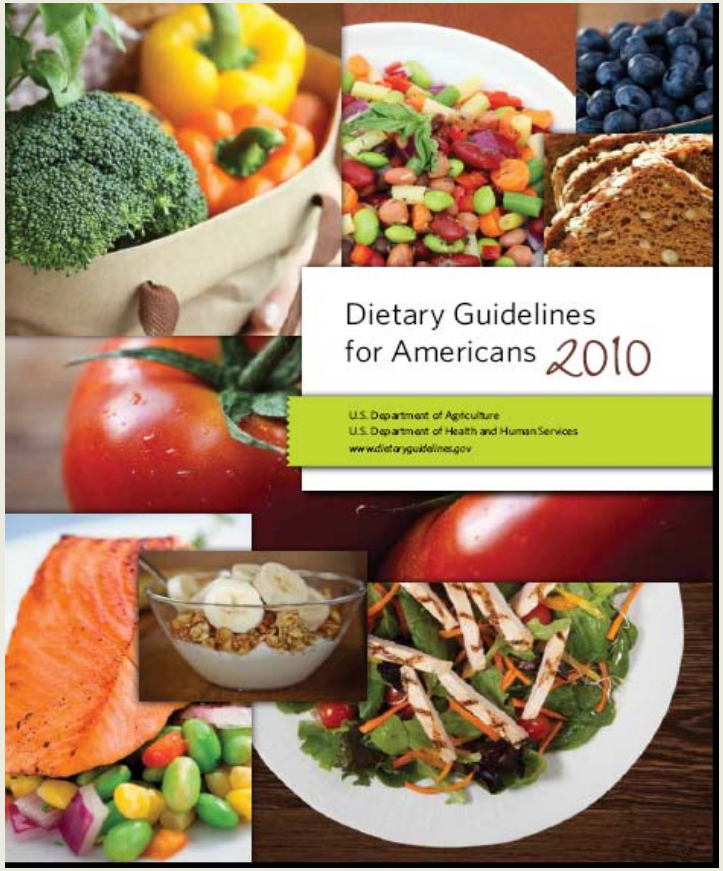
- ❑ Breakfast
- ❑ Snacks
- ❑ Lunch/Supper
- ❑ Overall Meal Pattern
- ❑ Nutrition Environment

Healthfulness

Eat Smart Guidelines are based on

- The 2010 Dietary Guidelines for Americans
- The Institute of Medicine report “CACFP, Aligning Dietary Guidance for All”
- ChooseMyPlate





Less Sugar in Cereal

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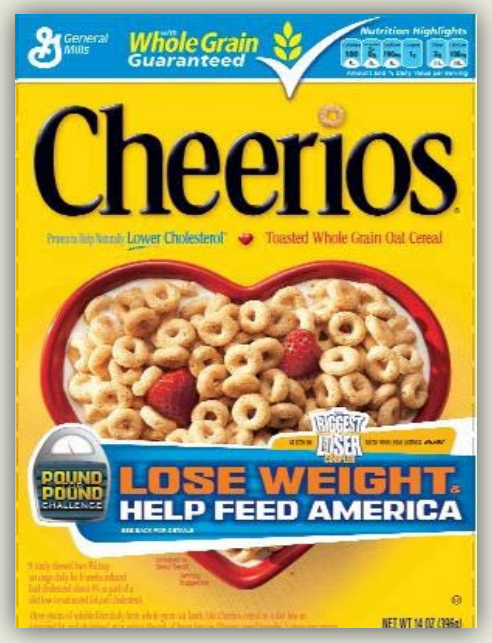
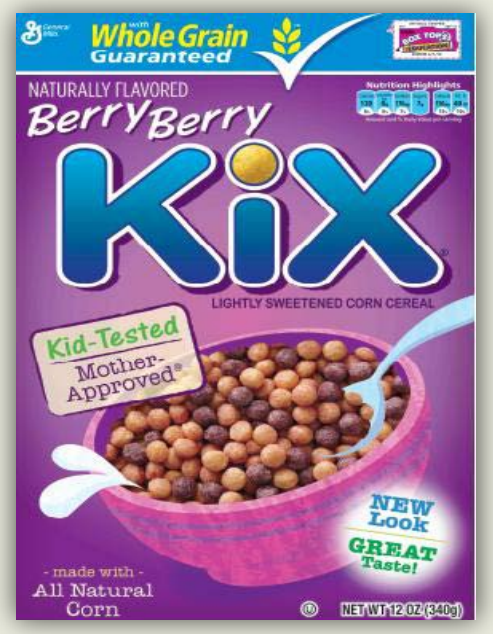
Intermediate – Breakfast cereal has **9 grams** of sugar or less per serving.

Advanced - Cereal has **6 grams** of sugar or less per serving.





Fewer Sweet Breakfast Items

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Intermediate – Sweets like pastries, donuts, pancakes with syrup, muffins and other sweet items no more than **one breakfast per week**

Advanced - Sweets like pastries, donuts, pancakes with syrup, muffins and other sweet items no more than **two breakfasts per month**

More Whole Grains

Missouri Eat Smart Child Care

Intermediate – A whole grain food is served at least **one breakfast <u>and</u> one lunch <u>and</u> one snack per week**

Advanced - A whole grain food is served at least **three breakfasts <u>and</u> three lunches <u>and</u> two snacks per week**

Look for a whole grain as first ingredient on the list or look for this symbol

These Labels Are Misleading

More Fruits & Veggies, Less Juice

Intermediate - Fruit or vegetable (not juice) served at least **three breakfasts per week**

Advanced - Fruit or vegetable (not juice) served **every day** and must be **fresh at least one breakfast per week**

Intermediate & Advanced - Juice is never served as a fruit/vegetable at lunch or supper

More Fruits & Veggies, Less Juice

Intermediate – Fruit or vegetable (not juice) served at least **two snacks per week**

Advanced – Fruit or vegetable (not juice) served at least **three snacks per week**

Intermediate – 100% fruit juice is served **no more than once per day** at any meal or snack

Advanced – 100% Fruit juice is served **no more than three times per week** at any meal or snack

Fresh Fruits and Veggies

Missouri Eat Smart Child Care

Intermediate – Fresh (raw) fruits or vegetables are served **one or more lunch per week**

Advanced – Fresh (raw) fruits or vegetables are served **three or more lunches per week**

Dark Green & Orange Fruits & Veggies

Intermediate – Dark green or orange fruits or vegetables are served at least **two times per week**

Advanced - Dark green or orange fruits or vegetables are served at least **three times per week**

Lower Fat Milk

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Intermediate & Advanced – Only low fat (1% or ½%) or skim milk is served to children ages 2 and older

Milk can be flavored or unflavored

Less Processed Meat

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Intermediate – Processed meat like chicken nuggets, fish sticks, hot dogs, bologna, sausage, etc. is limited to **two lunches per week**

Advanced - Processed meat is limited to **one lunch per week**

Lean deli meat is ok

More Protein at Breakfast & Snack

Advanced only - Meat or meat alternate is provided **two breakfasts per week**

Intermediate – **One or more snacks per week** contain a meat or meat alternate

Advanced – **Two or more snacks per week** contain a meat or meat alternate

No processed meats

Sweeteners

Missouri Eat Smart Child Care

Intermediate and Advanced – No foods or beverages containing artificial sweeteners are served

Intermediate and Advanced – Sugar sweetened beverages such as Kool-Aid, soda, fruit punch, etc. are not served at or between meals

✯ Licensing requires that drinking water is convenient so children may drink as they wish

Snack Items

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Intermediate – Sweets like cookies, cake, pie, and other sweet items **and** croissants and grain-based chips are served no more than **one snack per week**

Advanced - Sweets like cookies, cake, pie, and other sweet items **and** croissants and grain-based chips are served no more than **one snack every two weeks**

Limit these!

Menus

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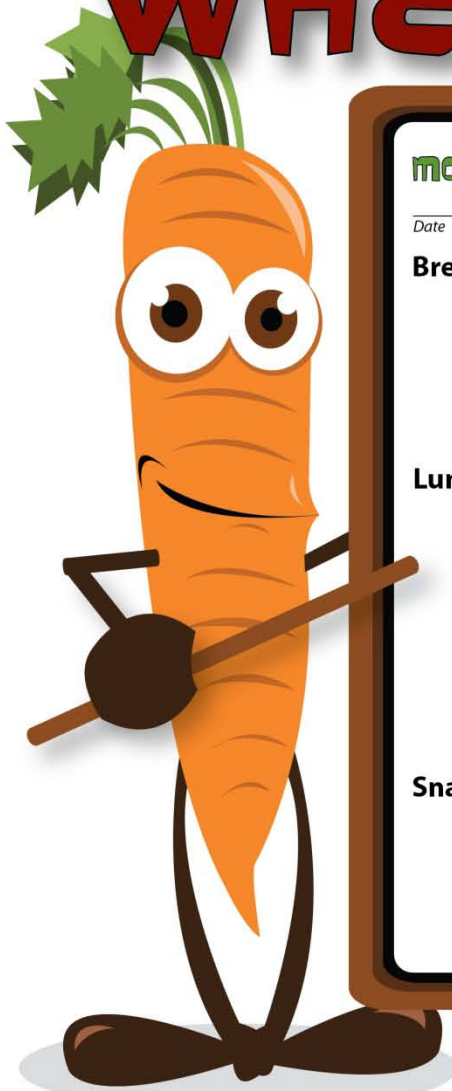
- Menu is at least 3 week cycle with good variety of vegetables, fruits and entrees
- Current menu is posted for parents

At advanced level

- Menus reflect ethnicity and culture of children in care
- Children give input on food and menus

WHAT'S TO EAT THIS WEEK?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date	Date	Date	Date	Date
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Snack	**Snack**	**Snack**	**Snack**	**Snack**

Missouri Department of Health and Senior Services

Nutrition Environment Guidelines

- Family style meal service
  - Children serve selves
  - Adults sit and eat with children
- Children help set table and clear dishes
- Time to enjoy social interaction

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Nutrition Environment Guidelines

- Staff gently encourage, but don’t make children eat
- Staff teach children about food and nutrition
- Healthy foods and non-food treats are used for parties
- Fundraising activities (if families involved) support nutrition and physical activity

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Nutrition Environment Guidelines

- Nutrition posters in classroom
- No vending machines
- No TV during meals and snacks

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Where do we start?

What is important to you?

Why is it hard to feed children right?

The Eat Smart Guidelines for Child Care Project is a coordinated effort of:

Missouri Team Nutrition Program

Missouri Child & Adult Care Food Program

University of Missouri Extension

Credit for some slides given to University of North Carolina and NAPSACC

THANK YOU FOR YOUR TIME AND ATTENTION!

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