



## YEAR ONE PROGRESS REPORT



For many families in Durham, access to food for an active, healthy life is a very serious issue. Of the **52%** of Durham children living in low income households, **26%** of the 2 - 4 year olds are overweight or obese. *Shape NC: Healthy Starts for Young Children* approaches this problem through education, innovation, and support.

## CCSA & Shape NC

**Shape NC: Healthy Starts for Young Children**, an initiative of Smart Start and BCBSNC Foundation, funded by the Corporation for National and Community Service (CNCS), is a multi-year initiative created to increase the number of children starting kindergarten at a healthy weight and ready to learn.

CCSA has completed the first year of a three-year Shape NC program; providing 5 child care centers in Durham County on-site coaching, professional development, and materials focused on helping young children develop healthy habits. In addition, one program in Orange County served as an educational model site.

CCSA implemented Shape NC's combination of three evidence based models (Go NAPSACC, Be Active Kids, and Preventing Obesity by Design) to improve center practices and children's attitudes toward healthy nutrition and physical activity. All five centers implemented strategies from switching to whole grain and adding more fresh vegetables to increasing the amount of time for movement and physical activity each day.

An external evaluation firm collected child based data from all 5 active child care centers, along with data from 5 comparison child care centers not receiving services in Year 1. The firm will continue to track data on all participating families for Year 2 and 3. At the end of Year 3, the research will influence practices in early education.

# shapeNC

Healthy Starts for Young Children

## YEAR ONE NUMBERS

42

early educators have benefited from trainings related to nutrition, movement, and use of outdoor learning environments



3

child care centers have switched to whole wheat breads, no longer using white flour



228

children are benefiting from the Shape project



10

classrooms have implemented gardens with flowers and herbs



ALL 5

child care centers are transitioning to family style meals, allowing children to serve themselves



5



child care centers have implemented "must try at least once" policy for introducing new foods

ALL 5



child care centers have added additional time in the schedule for movement activities increasing to at least 90 minutes per day dedicated to movement

ALL 5



child care centers have created schematic designs and action plans for improving their outdoor learning environments



CCSA would like to thank the following sponsors for supporting Shape NC through their generous contributions.

### YEAR ONE SPONSORS:



The Kohn Charitable Trust

Bertsch Family Charitable Foundation



Sparling Family Fund

Watts Street Baptist Church



Chante Fulland, a teacher from A New Beginning stated,

“Traditionally we are trying to keep kids safe and are constantly telling them to stop running, use walking feet and to have a seat. Not realizing that it's our own comfort levels that we don't want interrupted. We need to be open to kids being playful, running, moving– anything that promotes movement and physical activities! Skip to the water fountain, jump up and down to wash hands, as long as they're moving and being physical!”



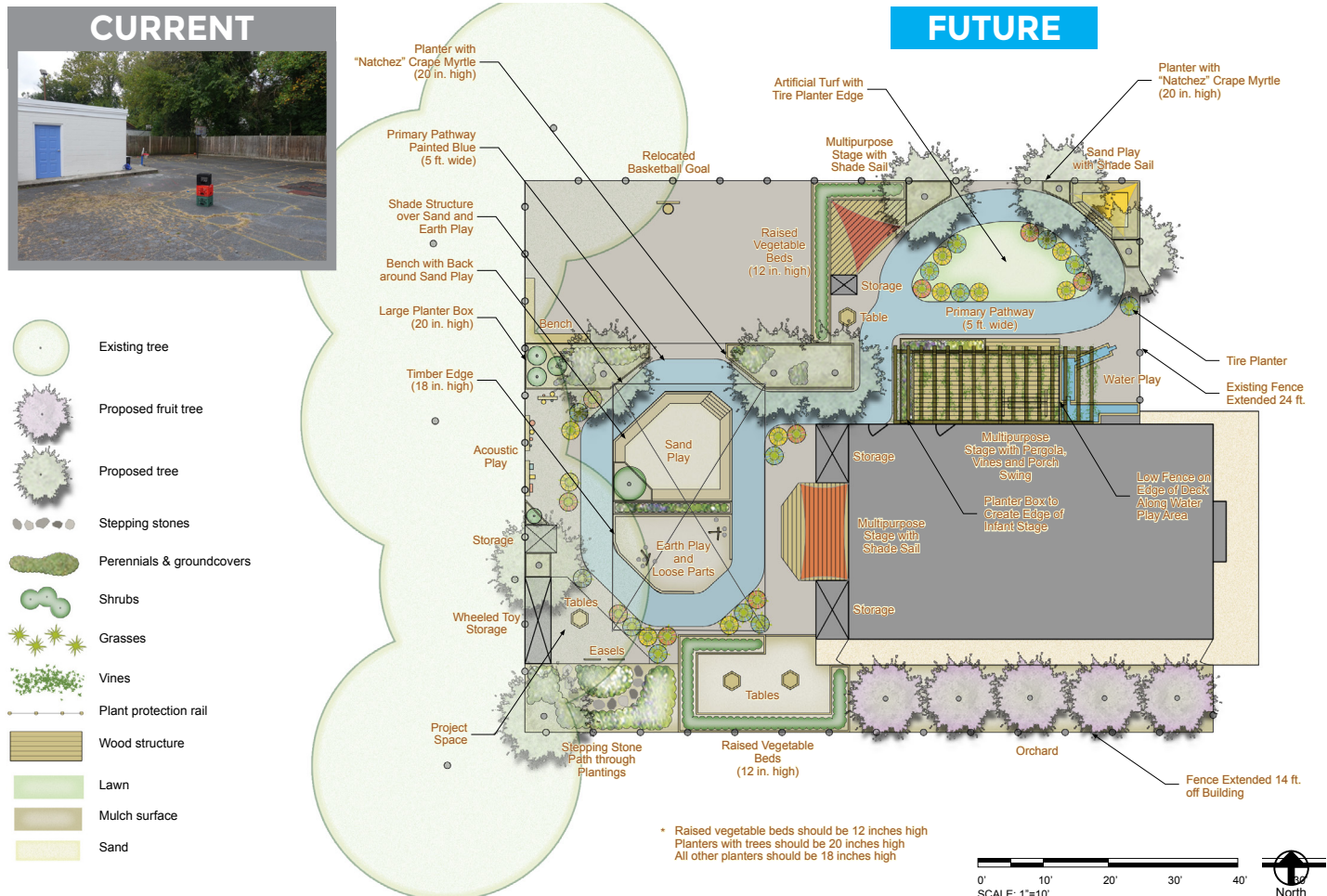
# Shape NC Kids Korner Academy II

1326 Hill St. Durham, NC

## Amazing *Before* and *After* planned thanks to the Shape NC project!

All 5 active programs in Year 1 have developed plans to improve their outdoor learning environments. The schematic design of the outdoor learning environment at Kids Korner Academy II transforms the existing asphalt play area into a rich outdoor learning environment. Physical activity will be increased by outlining primary pathways on the existing asphalt for trikes and running. Large planters for small trees and perennials will help naturalize the outdoor learning environment and increase shade, and a raised vegetable garden will give the children the opportunity to grow fruits and vegetables to improve healthy eating. The outdoor learning environment will also include settings to increase outdoor play and learning, such as earth play, sand play, multipurpose stages, play house, play kitchen, water play, and an infant toddler area.

Features will: be built on asphalt, painting pathways to avoid new concrete; save an existing basketball goal for school age children; shift fencing back eliminating two parking spots; create a covered area for infants that is directly outside their classroom door for easy access to outdoor exploring; and, use recycled tires as buffers, painted, and arranged throughout the space. View planned new outdoor learning environments for all 5 sites at [bit.ly/CCSAShapeNC](http://bit.ly/CCSAShapeNC).



## YEAR ONE SITES IN THE 3 YEAR RESEARCH STUDY



### ACTIVE SITES:

Asbury Preschool  
A New Beginning  
Kids Korner Academy II  
Creative School at Davis Park  
Triangle Day Child Care Center

**MODEL SITE:** Spanish for Fun

### COMPARISON SITES:\*

A New Beginning II  
Kids Korner Academy  
Yates Baptist Child Development Center  
Harvest Learning Center  
Little Engine Academy at Bragtown

\*Year 1 comparison sites become active sites in Year 2



## Shape NC brings together three major statewide programs:



Be Active Kids®—an innovative, interactive health program for children ages birth to five that is available to adults working in child care centers, child care homes, and schools across North Carolina.

[www.beactivekids.org](http://www.beactivekids.org)



Go NAP SACC works with child care programs to set young children on a lifelong path to healthy eating and activity.

[www.gonapsacc.org](http://www.gonapsacc.org)



Preventing Obesity by Design—an on-going comprehensive, health promotion design intervention focused on the outdoor environments of child care centers.

[www.naturalearning.org/pod](http://www.naturalearning.org/pod)



This project targets child care centers in Durham and Orange counties serving a high proportion of children from low income families. It focuses on helping children learn how to live a healthy life. A big support for the project is a Social Innovation Fund grant that requires communities to provide a direct cash match of the award.

### How You Can Participate:

Please send contributions to: **Child Care Services Association, PO Box 901, Chapel Hill, NC 27514.** Your investment will be matched with equivalent dollars from the Social Innovation Fund up to \$400,000.\* Helping children learn early on how to live a healthy life will lessen the risk of health issues later and prevent chronic illness.

### Double Your Support

\*Each dollar you invest in this project will leverage equivalent dollars from the Social Innovation Fund (SIF).

For more information, please contact Linda Chappel  
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