

HEALTHY EATING, ACTIVE PLAY



YEAR TWO 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 Services (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 second year of a three-year Shape NC program, providing 10 child care centers in Durham County on-site coaching, professional development, and materials focused on helping young children develop healthy habits. In addition, two programs in Orange County served as educational model sites.

CCSA worked with participating child care centers to implement three evidence-based models (Go NAPSACC, Be Active Kids, and Preventing Obesity by Design). The goal is to improve center practices resulting in children eating more whole grains, fresh vegetables, and providing more opportunities for physical activity.

An external evaluation firm collected child based data from all 10 active child care centers, along with data from five comparison child care centers not receiving services in Year 2. The firm will compile the data and complete a report in Year 3 which will help to influence practices in early education.

shapeNC

Healthy Starts for Young Children


YEAR TWO NUMBERS



10 of 10

child care centers have increased time spent outdoors and engaging in physical movement from 60 minutes to 90 minutes

8 of 10



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

421

children are benefiting from the Shape project



10 of 10

child care centers have completed their Go NAP SACC assessment




87

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



10 of 10



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

classrooms have benefitted from the Shape project



9 of 10

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



10 of 10

child care centers reduced screentime from 2.5 hours to 30 minutes



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

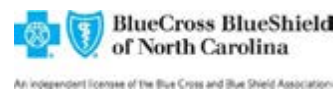
YEAR 2 SPONSORS:



Watts Street Baptist Church



The Kohn Charitable Trust



All 10 active programs in Year 2 have developed plans to improve their outdoor learning environments.

Kids Korner II, 1326 Hill St, Durham NC

BEFORE



CURRENT



Amazing Before and After pictures thanks to Shape NC project!

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 is being increased with the addition of a trike pathway on the existing asphalt. A fenced deck area has been created for the infants and toddlers to allow more time for them to explore and roam in a developmentally appropriate outdoor space. The center is now moving into the next phase of adding shade structures, raised beds, and large planters for small trees and perennials which will naturalize the outdoor play and learning.

Triangle Day, 1301 Riddle Rd, Durham NC

BEFORE



CURRENT



The schematic design of the outdoor learning environment at Triangle Day transforms the existing field into an area with a trike path and natural learning play area. The trike path will allow children to increase physical activity and the natural play area will provide more opportunities for exploration. The center is now working toward adding additional pathways, raised beds, and shade structures.

SITES IN THE THREE-YEAR RESEARCH STUDY

YEAR 1 SITES

Asbury Preschool
Triangle Day
Kids Korner Academy II

Creative Schools
at Davis Park
A New Beginning

YEAR 2 SITES

Kids Korner Academy I
Little Engine Academy
at Bragtown

Harvest Learning Center
Yates Baptist
A New Beginning III

COMPARISON SITES (YEAR 2)*

King's Kids Child
Development Center
Bambino's Playschool
Sunshine Smiles Academy

Primary Colors
Early Learning Center
Kiddie Kollege #1

SHAPE NC MODEL SITES

Spanish for Fun and Community School for People Under 6



* Year 2 Comparison sites
become active sites in Year 3

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



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

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



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 Kara Shultz
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