#### Choose Health LA Child Care

#### The Stakes Are High; Healthy Choices and Habits Begin In Early Childhood

### A Powerful Tool for Policy, Systems, and Environmental Change



Teaching young children healthy habits gives them a good start early in life and can reduce the health risks related to obesity in later life. Child care settings, whether centers, homes, with a family member or a neighbor, are unique environments to reach many children at once with healthy options.

The Choose Health LA Child Care (CHLACC) program had a unique opportunity to work with child care providers. The program offered nutrition and physical activity training and individualized coaching to child care providers, equipping them with the knowledge and tools to introduce/encourage healthy habits to the children in their care.

1 in 5 children age 3-4 in WIC are obese

50% I A County kids ages 0-5 in child care

Created **Choose Health LA Child Care** 

to increase healthy eating and physical activity in child care settings

October 2013 - June 2016

Informed **24,800** parents on healthy eating and physical activity for themselves and their children

Topics covered in training and coaching

**Breastfeeding Food and Drinks Physical Activity Screen Time Environment and Policy** 

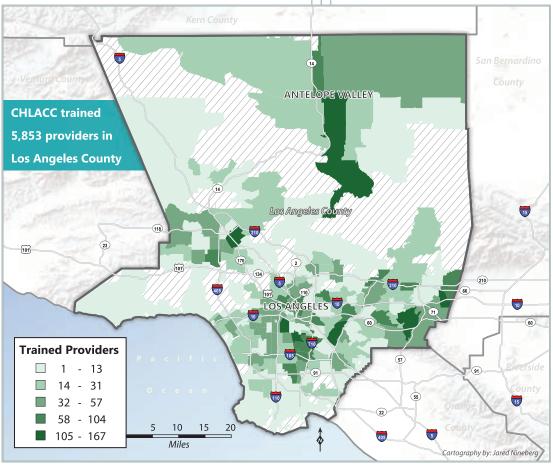
**Trained 5,850** child care providers

Individually coached 2,320 child care providers



"I have done so many things with my daycare. We planted a big garden, we do art, we cook together, we play all kinds of physical activities. We sit down all together and talk about the things they like and don't like. It's so much more fun now."





## From October 2013 through June 2016



# the Choose Health LA Child Care

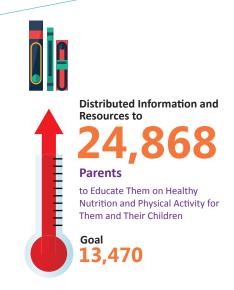
program:











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