



“Early childhood settings, including both child care centers and informal care, present a tremendous opportunity to prevent obesity by making an impact at a pivotal phase in children’s lives.”

-Solving the Problem of Childhood Obesity Within a Generation: a Report to the President from the Childhood Obesity Task Force.

The Facts:

- Obesity rates among preschoolers ages 2 to 5 have doubled in the past four decades.
- One in five children are overweight or obese by the time they reach their 6th birthday.
- Over half of obese children first become overweight at or before age two.
- Only 25% of children ages 2 to 11 years consume three servings of vegetables a day, and less than 50% consume two daily servings of fruit.
- Preschool children spend over four hours a day watching television and videos, including time in child care.
- 60% of children under 5 are in some form of child care, spending an average of 29 hours/week in that care.
- A 2008 survey by the National Association of Child Care Resource and Referral Agencies reported that 93% of parents thought existing health and safety standards for child care should be improved.

Making Changes for Our Youngest Children:

Recognizing the importance of child care settings in helping our youngest children get off to a healthy start, public and private child care providers across the nation are making changes. Approximately 1,600 centers serving 280,000 children will implement new practices to encourage healthy eating and physical activity and limit screen time as a result of new commitments from the Department of Defense, General Services Administration and Bright Horizons.

Let’s Move! Child Care

Join the centers and home-based providers that have already committed to the **Lets Move! Child Care Checklist** by signing up at www.HealthyKidsHealthyFuture.org

- ✓ **Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- ✓ **Screen Time:** No screen time for children under two years. For children age two and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day, the amount recommended by the American Academy of Pediatrics.
- ✓ **Food:** Serve fruits or vegetables at every meal, eat meals family-style when possible, and no fried foods.
- ✓ **Beverages:** Provide access to water during meals and throughout the day, and do not serve sugary drinks. For children age two and older, serve low-fat (1%) or non-fat milk, and no more than one 4-6 ounce serving of 100% juice per day.
- ✓ **Infant feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day; and support all new parents in their decisions about infant feeding.

For free tools and resources go to HealthyKidsHealthyFuture.org. Sign-up for updates and webinars and share your success stories.