

# CHSC ECE Strategy: Pathway to Improve Policies, Practices, and Environments in New York Child Care Settings 2021 - 2026

## Inputs

Year 1-5

- Funding from NYDOH
- Peer learning, networking, TA from JSI/PANCE
- Partnerships and relationships between CHSC grantees, local ECE organizations, and participating ECE programs
- Program and classroom supplies to promote/support healthy habits
- Trainers to recruit, train, and coach local ECE programs
- Nemours training and policy resources - *Nourishing Healthy Eaters (NHE)*, *PALS*, *Wellness Workbook for ECE*
- Healthy ECE recognition program with self-assessments based on best practices
- Intentional focus on EDI strategies & considerations

## Activities

Year 2-5

- Engage ECE programs to improve their policies, practices and environments for healthy eating and physical activity
- CHSC grantees build foundational knowledge of high impact practices by delivering NHE and PALS trainings to recruited ECE programs
- CHSC grantees provide CEUS for ECE providers to meet PD requirements
- CHSC grantees provide resources and supplies to promote health and wellness in ECE programs and classrooms
- ECE staff & CHSC grantees use the Wellness Workbook self-assessments to understand best practices being met and which to improve
- ECE programs use self-assessment results, with CHSC guidance, to develop their own Wellness Policy
- CHSC grantees support ECE programs create action plans to implement their Wellness Policy
- CHSC grantees support ECE programs to apply for healthy child care recognition

## Outputs

Year 2-5

- # of ECE programs trained on healthy eating and physical activity best practices
- # of ECE programs with Wellness Policies that include best practices for healthy eating and physical activity
- # ECE programs that apply for recognition
- # ECE programs recognized for meeting healthy eating and physical activity best practices
- # children attending ECE programs with Wellness Policies
- # action plans created and implemented by ECE programs
- # resources and supplies disseminated to ECE programs in eligible communities

## Key assumptions

- ECE programs are interested in improving policies, practices, and environments for healthy eating & physical activity
- CHSC have capacity to deliver nutrition and physical activity training and provide coaching on quality improvement (i.e. self assessments and action planning)
- ECE programs value low/no-cost PD opportunities that provide training hours

## Impact

Year 5

- Young children experience healthier child care settings in New York
- Young children develop healthier habits
- Children in NY enter Kindergarten at a healthier weight

## Outcomes

Year 4-5

- Increased capacity of CHSC grantees to provide health and wellness training for ECE program staff
- Enhanced partnerships between CHSC grantees and local ECE programs
- Healthier food and beverages served at ECE programs in NY
- More physical activity opportunities in ECE programs in NY