



## Setting the Stage:

Louisiana's Initiatives to Prevent Obesity in the  
Early Years

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**26%**

**Children age 2-5 enrolled in  
WIC in Louisiana who are  
obese or overweight**

**41%**

**children age 0-5 are cared for  
weekly in nonparental care  
arrangements**



# Obesity Prevention Strategies

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- Nurture healthy eaters
- Support breastfeeding
- Provide healthy beverages
- Reduce screen time
- Increase physical activity

# Spectrum of Opportunities for Obesity Prevention in ECE

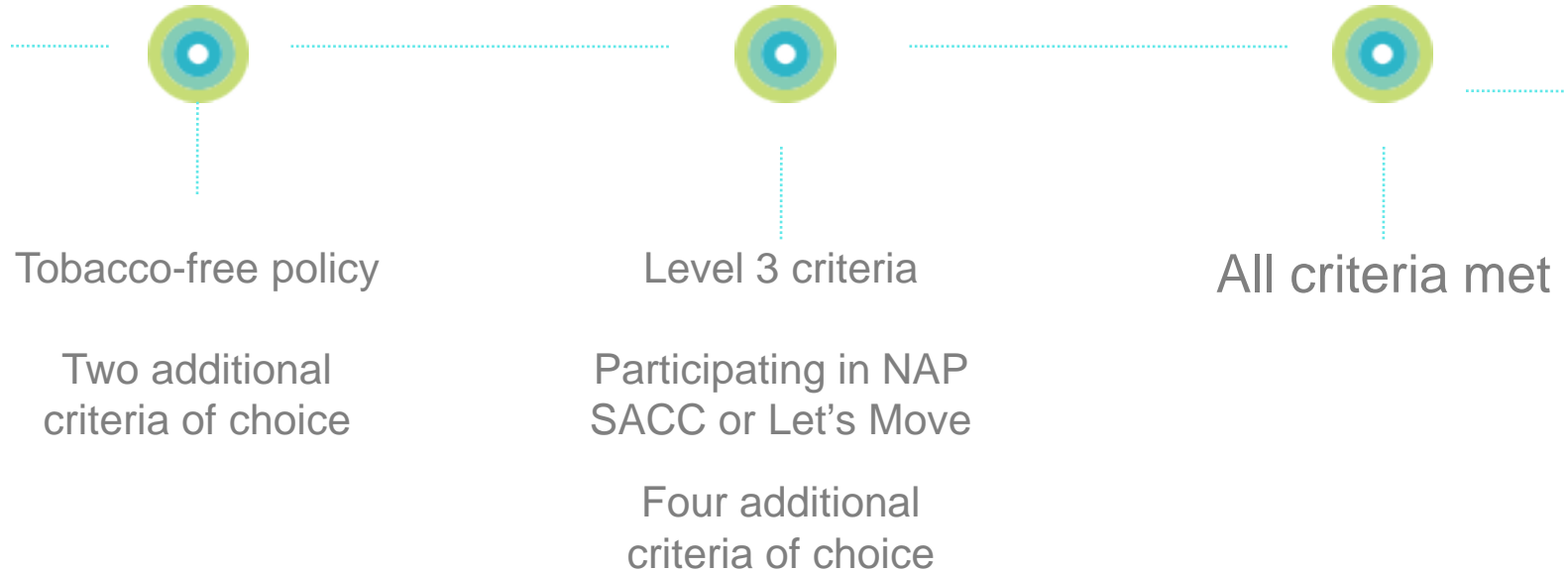




LEVEL THREE  
**WELL  
SPOT**

LEVEL TWO  
**WELL  
SPOT**

LEVEL ONE  
**WELL  
SPOT**



# NAP SACC



- Evidence-based obesity prevention program
- Led by a NAP SACC consultant
- Available in North Louisiana and in a small number of centers in South Louisiana
- PD/TA on health topics
- Process for continuous quality improvement
  - Self-Assessment
  - Action Planning/Goal Setting
  - Workshop Delivery
    - *Fulfills LDH Health and Safety hour requirements*
  - Targeted Technical Assistance
  - Evaluate, Revise, Repeat

# Let's Move! Child Care

Pre-Service  
& Professional  
Development

Facility-Level  
Interventions

Technical  
Assistance

- Online tool and resource
- Recognizes providers who meet best practices
- No in-person consultant
- Available state-wide





# Breastfeeding Friendly Designation

Facility-Level  
Interventions

Technical  
Assistance

- Initiative for workplaces, including early care and education settings
- Two levels of recognition:
  - Breastfeeding-Friendly
  - Breastfeeding-Friendly Champion
- [Click here](#) for more information

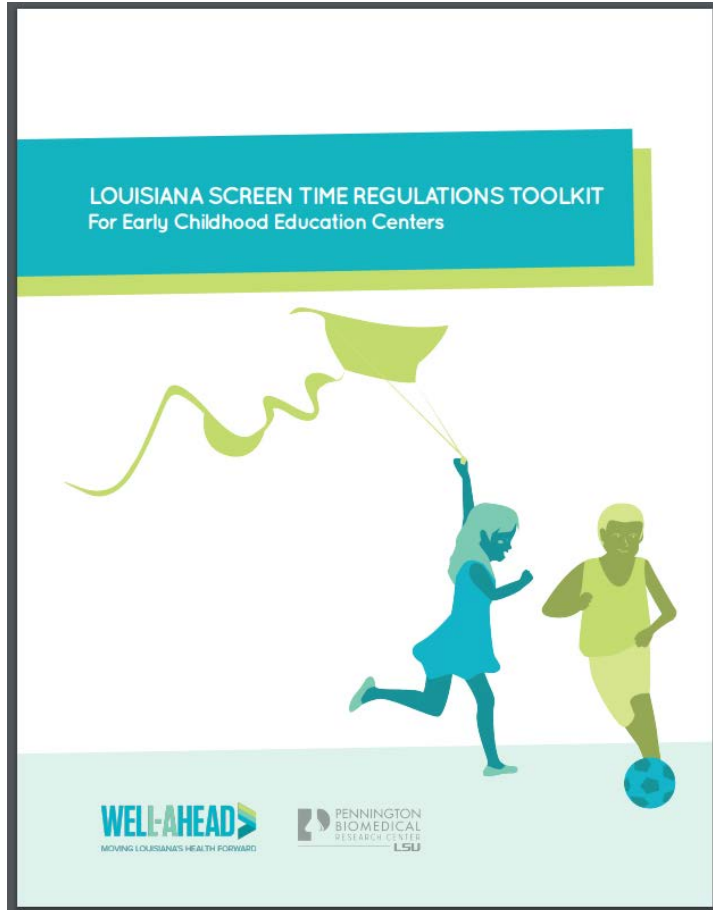


# PREMIERE: Screen Time Toolkit

Technical  
Assistance

Family  
Engagement

Licensing &  
Administrative  
Regulations



- Screen Time Regulations Toolkit
- Resources for creating and implementing an Electronic Devices Policy
- Funded by the Association of Public Health Nutritionists through the Pediatric Obesity Mini COIN
- Partners:
  - Department of Education
  - Pennington
  - Tulane School of Public Health and Tropical Medicine

# Looking Ahead...

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Family  
Engagement

Text messaging for family engagement



Facility-Level  
Interventions

Updated WellSpot benchmarks



Facility-Level  
Interventions

Providing playground stencils to centers

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