



Indiana State Profile for Child Care Health, Nutrition, and Obesity Prevention

Healthy Child Care, Healthy Communities Partner with Child Care Aware® of America	Child Care and Development Fund State Administrator
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Profile of Families, Children, and Potential Child Care Needs

How many children and families are there?	Indiana	United States
Total residents	6,541,673	313,861,723
Children age birth to 4 years	423,184	19,930,834
Children age birth to 4 years living in poverty	112,488	4,997,150
Children age 5 to 11	625,726	28,719,013
Total families with children	723,463	33,589,629
Single parent families	244,291	11,121,083
Families in poverty	151,674	6,888,151

How Many Children Under Age 6 Potentially Need Child Care?

	Indiana	United States
Children in two-parent families, both parents in labor force	184,468	8,538,727
Children in single-parent families, parent in labor force	143,550	6,486,355
Total children under age 6 potentially needing child care	328,018	15,025,082

Source: *Child Care in America: 2015 State Fact Sheets*

Rates of Obesity for Adults and Young Children

Adults	32.7%
Children 2-4	14.3%

Source: *State of Obesity, 2011 and 2014*

Access to Healthy Foods and Utilization of Federal Nutrition Programs

Program	Average Annual Number of Participants
WIC	155,323
SNAP	892,699

Source: USDA FNS Program Data

Health, Nutrition and Obesity Prevention Factors in State Systems

Role of Child Care Health Consultants

Child Care Health Consultants (CCHC) are employees of the Family and Social Services Administration. There are two child care consultants that serve three distinct regions of the state. The consultation program is available to all child care providers in Indiana and provide trainings and technical support on multiple health and nutrition issues. Consultants provide on-site assessments of child care settings and can provide educational information sheets, trainings and consultations. Specific areas of focus include:

- Medical home information
- Immunizations
- Communicable diseases and sanitation
- Nutrition and physical activity
- Mental health information

Trainings are offered to programs for staff at no cost to the program. Trainings are typically 1-2 hours long and contact hour certificates are provided. There is a general list of training topics, and health consultants will also take suggestions for training topics to be added to the master list of trainings for presentation to child care staff.

Health, Nutrition, and Obesity Prevention in Early Learning and Development Guidelines

Indiana's Early Learning and Development Guidelines are known as The Foundations (2015). The Foundations are aligned to the 2014 Indiana Academic Standards, which set academic standards for students K-12.

The Foundations describe foundational skills that children should achieve over their early years, birth through 5. The purpose of The Foundations is to provide common language and expectations for parents, teachers, administrators and other early childhood stakeholders to use when talking about the appropriate growth and development of young children in early childhood education settings. Foundations are not a curriculum; Foundations are to be used in determining whether a curriculum or a lesson plan is strong or weak in developing the important skills young children need to master in order to be successful when entering kindergarten.

There are eight foundations categories, and each foundation has been broken down in to topics. The topics are subcategories of important concepts or skills that the learners of should know or demonstrate. The indicators are the concepts or skills that indicate that the child is moving towards kindergarten readiness. The indicators are divided into columns by age range: Infant, Young Toddler, Older Toddler, Younger Preschool, and Older Preschool. In the final column, the Kindergarten standard is presented so that readers can see how the progression of indicators leads to the Kindergarten academic standard.

The Physical Health and Growth Foundation includes two topics and indicators related to health and wellness. The applicable indicators are summarized below.

- PGH1.3: Ability to acknowledge and express hunger and satiety and to respond to physical cues when hungry, full or thirsty
- PGH2.1 Show awareness of body, participate in active physical play, demonstrate understanding that physical activity helps the body grow and be healthy

Health, Nutrition, and Obesity Prevention in Quality Rating and Improvement Systems

Indiana's Child Care Quality Rating and Improvement System-Paths to QUALITY™ gives families an easy to recognize tool for selecting a child care program. Families can look for the Paths to QUALITY™ logo to determine what level their provider has achieved. Each level builds on the foundation of the previous one, resulting in significant quality improvements at each stage and in national accreditation at the highest level. The system validates child care programs for ongoing efforts to achieve higher standards of quality and provides incentives and awards for success. The four levels show progress from a minimum standard achieved to a highest indicator of quality achieved, as summarized below:

- Level One: Health and safety needs of children met.
- Level Two: Environment supports children's learning.
- Level Three: Planned curriculum guides child development and school readiness.
- Level Four: National accreditation (the highest indicator of quality) is achieved.

Indiana is currently beginning the process to update Paths to QUALITY™. There are no Paths to QUALITY™ standards that specifically align with the areas of nutrition and obesity prevention. The health and safety standards addressed with Paths to QUALITY™ are basic to hand washing, diapering, and cleaning tables and safe sleep.

Summary of Existing Initiatives

Taking Steps to Healthy Success is now in its third year. The Indiana Association for Child Care Resource and Referral (IACCRR) has received funding from Nemours and the CDC to implement the Early Care and Education Learning Collaborative model across the state. In year one, IACCRR worked with 45 child care programs in four collaborative groups, located in North West, North East, East Central and West Central Indiana. In year two, IACCRR worked with 65 child care programs, in three collaborative groups targeting North West, Central and the Southern tier of the state. In our upcoming third year, we will be conducting a research study includes 66 child care programs in Central Indiana. The model for all three years includes technical assistance, large group learning sessions, staff training, resources, and monetary incentives. In preliminary evaluation data for the 2014-15 Early Care and Education Learning Collaboratives, Indiana scored higher than the national average in all five areas that were measured, in terms of improvement towards meeting best practice standards as indicated by the Lets Move Child Care (LMCC), and Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) instruments.

The local CCRR agencies across Indiana provide training and TA on obesity prevention and breastfeeding topics such as I Am Moving! I Am Learning!, and Breastfeeding in Childcare. The Indiana Healthy Weight Initiative's mission is to enhance the health and quality of life of Hoosiers by promoting good nutrition, regular physical activity, and a healthy weight through policy, environment, and lifestyle change. The IACCRR Director of Child Well Being is the chair of the Child Care Work group and the State Project

Coordinator serves on the Steering Committee. IACCRR partners with them as appropriate and have kept them informed of our work over the past two years.

Farm to School and Farm to Preschool initiatives are growing their influence across the state. IACCRR is partnering with each of these groups and has shared their information with the Taking Steps to Healthy Success participants.

Jump IN for Healthy Kids is a campaign to reduce and prevent childhood obesity in central Indiana by ensuring that children and their families have real opportunities to make healthy choices in healthy environments. IACCRR has worked closely with them on several projects over the past year, including the collection of BMI data on over 1100 children ages 2-5 in early 2014. IACCRR is collaborating with them again this year to collect BMI data on the 2-5 year old children enrolled in our 75 66 programs for our third cohort of Taking Steps to Healthy Success.

Indiana Breastfeeding Coalition's mission is to improve public health by making breastfeeding the norm through education, advocacy, and collaboration. They stand behind the vision that breastfeeding is the cultural and social norm throughout Indiana. The Coalition acts as the connecting organization for breastfeeding throughout Indiana and the liaison to the United States Breastfeeding Committee. IACCRR has been involved with the Coalition for many years and has partnered with them to develop and recently updates a strong training on breastfeeding within childcare. The IACCRR Director of Child Well Being serves on the Child Care Action Team of the Coalition.

Health, Nutrition, and Obesity Prevention in Regulations

For a summary of state regulations on health, nutrition, and obesity prevention, please review the following summary page, as prepared by the [National Public Law Center](#).