



Missouri 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?	Missouri	United States
Total residents	6,026,255	313,861,723
Children age birth to 4 years	378,603	19,930,834
Children age birth to 4 years living in poverty	98,274	4,997,150
Children age 5 to 11	547,795	28,719,013
Total families with children	652,926	33,589,629
Single parent families	223,052	11,121,083
Families in poverty	134,845	6,888,151

How Many Children Under Age 6 Potentially Need Child Care?

	Missouri	United States
Children in two-parent families, both parents in labor force	170,790	8,538,727
Children in single-parent families, parent in the labor force	129,904	6,486,355
Total children under age 6 potentially needing child care	300,694	15,025,082

From Child Care in America: 2015 State Fact Sheet

Rates of Obesity for Adults and Young Children

Adults	30.2%
Children 2-4	12.9%

State of Obesity, 2011 and 2014

Utilization of Federal Nutrition Programs

Program	Average Annual Number of Participants
WIC	138,657
SNAP	858,416

USDA FNS Program Data

Health, Nutrition and Obesity Prevention Factors in State Systems

Role of Child Care Health Consultants

Healthy Child Care Missouri is a collaborative project between the Missouri Department of Health and Senior Services and the Local Public Health Agencies. This project provides free nurse consultative services to child care providers statewide that support safe, healthy and developmentally appropriate environments for children in child care. The Consultants provide:

- Consultation at the child care home, group home, or center on health and safety concerns,
- Training on health and safety practices to child care providers, which include contact or clock hours towards professional development requirements,
- Education and consultation to family members of children enrolled in a child care facility, and
- Health Promotion presentations for children in child care settings.

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

Missouri's Pre-K Standards provide descriptions of skills and knowledge children should develop by the time the child enters kindergarten. The standards offer the following related to physical development and health.

- Physical development and coordination
 - Uses gross motor skills with purpose and coordination
 - Uses fine motor skills with purpose and control
 - Responds to sensory input to function in the environment
- Health
 - Practices healthy behaviors

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

Missouri does not currently have a Quality Rating and Improvement System (QRIS) in place. In 2013 the Missouri General Assembly passed a statute tasking the Missouri Coordinating Board for Early Childhood (CBEC) with developing quality indicators for early childcare and education. CBEC, in collaboration with the Department of Social Services (DSS), will undergo an exploratory process to determine quality indicators, though a timeline for this process has not been determined.

Summary of Existing Initiatives (Highlight What is CCDF Funded)

Since October 2013, Child Care Aware® of Missouri has facilitated the national Early Care and Education Learning Collaborative (ECELC) program in four regions of the state. Through the ECELC, Child Care Aware® of Missouri has trained staff from over 200 child care facilities in nutrition and physical activity best practices during the last three project years.

Additionally, the ECELC project partnered with the Missouri Department of Health and Senior Services (DHSS) to promote the state's voluntary health and nutrition certification programs for child care – Eat Smart, MOve Smart and Breastfeeding Friendly Child Care. As a result of this partnership, increased

numbers of child care centers have met the best practice standards and been recognized by DHSS's voluntary certification program.

Another partner is the Missouri's Children's Services Commission (CSC) Subcommittee on Childhood Obesity. CSC was established in February 2014 to a) review the issue of childhood obesity and the evidence for effective approaches to prevent and treat, and b) compile recommendations to create a comprehensive approach to combating obesity among Missouri children. Child Care Aware® of Missouri CEO and the Director of Wellness Initiatives served on the subcommittee and advised the subcommittee's data gathering and report writing process. In December 2014 the Subcommittee put forward recommendations that include updating child care center and home licensing rules to align with the latest evidence on standards for feeding practices, nutrition, physical activity, and screen time limitations to prevent obesity and support long-term health. The recommendation emphasizes the necessity of an engaged network of collaborating partners to provide training and support services to child care professionals to achieve full compliance with any newly adopted standards. Since the release of the Subcommittee report in 2014, Child Care Aware® of Missouri has been taking steps toward moving the recommendations forward with the support and guidance of other key partners including Children's Mercy Hospitals and Clinics in Kansas City, the University of Missouri (MU) Extension, Missouri YMCA Alliance, and the Missouri Council on Activity and Nutrition (MoCAN) Early Childhood Working Group.

The MoCAN Early Childhood Working Group is an established network of stakeholders that supports healthy eating and active living policies and environmental change in early care and education. The group is made up of organizations, state departments and academic institutions who are well positioned to assist with identifying and supporting changes to the child care licensing rules. Jessica Rose, Director of Wellness Initiatives, sits on the MoCAN Early Childhood Working Group. Other members include the Department of Health and Senior Services, YMCA and Head Start representatives, MU Extension, and county public health representatives. Throughout the process to revise licensing regulations around childhood obesity prevention, Child Care Aware® of Missouri will galvanize additional stakeholders and experts to lend their expertise and support to the rule change exploration process (see list of potential stakeholders below).

Additionally, Child Care Aware® of Missouri collaborated with the Public Health Law Center and the Missouri YMCA Alliance to complete a comprehensive review of current child care laws, rules and regulations related to infant feeding, nutrition and physical activity policies and environments. The Public Health Law Center produced an educational communication tool targeting child care professionals and stakeholders to define gaps and opportunities for improving children's health in child care settings. The licensing communication tool was rolled out at a stakeholder summit held in October 2015 by the Missouri YMCA Alliance, and supported by Child Care Aware® of Missouri. The summit brought together child care advocates and experts to review current licensing standards, evaluate voluntary efforts (i.e. YMCA HEPA standards, ECELC, Eat Smart, MOve Smart, Breastfeeding Friendly Certification, etc.) and determine possible policy changes

Health, Nutrition, and Obesity Prevention in Regulations

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