



## North Carolina 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?	North Carolina	United States
Total residents	9,749,266	313,861,723
Children age birth to 4 years	616,752	19,930,834
Children age birth to 4 years living in poverty	179,681	4,997,150
Children age 5 to 11	904,553	28,719,013
Total families with children	1,063,743	33,589,629
Single parent families	379,347	11,121,083
Families in poverty	250,120	6,888,151

### How Many Children Under Age 6 Potentially Need Child Care?

	North Carolina	United States
Children in two-parent families, both parents in labor force	252,473	8,538,727
Children in single-parent families, parent in labor force	220,206	6,486,355
Total children under age 6 potentially needing child care	472,679	15,025,082

Source: Child Care in America: 2015 State Fact Sheets

### Rates of Obesity for Adults and Young Children

Adults	29.7%
Children 2-4	15.4%

Source: State of Obesity, 2011 and 2014

## Access to Healthy Foods and Utilization of Federal Nutrition Programs

Program	Average Annual Number of Participants
WIC	255,672
SNAP	1,575,676

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) interpret NC Child Care Rules and the National Health and Safety Performance Standards to provide guidance to child care programs. They are not responsible for regulating child care facilities. CCHCs work out of local health departments, CCR&Rs or Partnerships for Children, and Head Starts, or they work independently.<sup>1</sup> CCHCs are trained and certified through a program at the University of North Carolina. The majority of funding for CCHCs comes from local Smart Start partnerships.

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

North Carolina Foundations for Early Learning and Development provides guidelines for learning and development for all North Carolina children from birth through preschool. The document is organized by domains; each domain has a subdomain and a goal. The health and physical development domain contains physical health and growth, motor development, self-care, and safety awareness subdomains and offers developmental indicators and strategies to build skills and encourage growth.

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

QRIS is embedded in the licensing system. Requirements around fruit juice, staff modeling healthy nutrition habits, providing a place for mothers to breastfeed, minimizing screen time and expectations for minimum time spent outdoors and in physical activity are minimum rules for licensing and are linked to the lowest star on the QRIS scale, not just the higher star level.

### Summary of Existing Initiatives

The Integrating Healthy Opportunities for Play and Learning (IHOPE) is an advisory committee made of representatives from CCR&R Council, Division of Public Health, UNC Gillings School of Global Public Health (NAP SACC), the NC Partnership for Children (Shape NC project), and the state Division of Child Development and Early Education (Kids Eat Smart Move More). The mission of this group is to inform, promote and implement sustainable policies, evidence-based/evidence-informed strategies, family engagement, and environmental approaches focused on healthy eating and movement and play in early care and education settings for children (with an emphasis on age 0 to 5), their families, and early educators who serve them.

Shape NC: Healthy Starts for Young Children is a six-year, \$6 million initiative of Blue Cross and Blue Shield of North Carolina Foundation and The North Carolina Partnership for Children, Inc. created to increase the number of children starting kindergarten at a healthy weight and ready to learn.

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<sup>1</sup> [healthychildcarenc.org/consultant\\_list.htm](http://healthychildcarenc.org/consultant_list.htm)

Shape NC assists communities across the state to promote healthy eating and active play among North Carolina's youngest children, from birth through age five. The initiative works with child care programs to instill healthy behaviors early on, creating a solid foundation for a healthy life.

**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](#).