



OSSE-DC
Healthy Tots Division
2nd Annual Health and Wellness Symposium
Role Modeling Healthy Lifestyle Choices
Within Child Care Facilities

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Role Modeling Healthy Lifestyle Choices To:

- **Improve self-efficacy around nutrition principals**
- **Provide recommendations to improve staff wellness**
- **Identify ways to create a staff wellness policy**



Benefits of Creating Healthier Child Care Environments

- Medical costs associated with obesity is estimated to be approximately \$147 billion and expected to increase to \$210 billion by 2020. According to the Centers for Disease Control, two out of three adults are overweight or obese.



Impact of Role Modeling on Child Health

- Evidence-based research verifies that healthy, active children learn better. More than one in three children is at risk for developing diabetes, heart disease, and cancer later in life. Since children spend many of their waking hours and eat up to half their daily calories at school, schools play a critical role in cultivating healthy nutrition and physical activity habits.





Why Should You Be a Role Model?

Although children make up 25 percent of the US population, the share of federal spending dedicated to children is just 8 percent of the federal budget

<https://www.youtube.com/watch?v=lkoC3HZwe7Q>



Determining Needs

- Conduct a workplace wellness assessment
- •Analyze program evaluations
- •Distribute an employee interest survey
- •Offer a health risk assessment (HRA) and/or health screening
- •Analyze data (medical, pharmacy, demographics)



Developing a Wellness Team

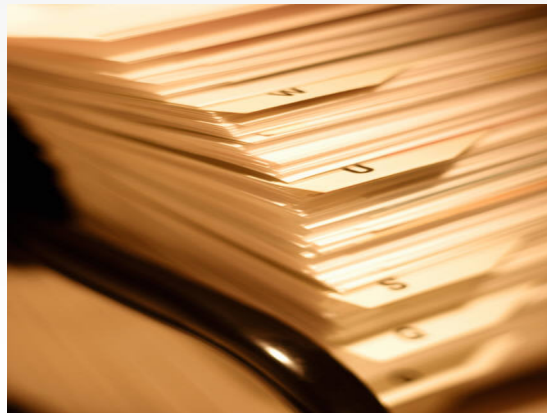
- Formally appoint team members and a leader
- Promote the wellness team within the organization
- Include employees from all levels and areas of the child care organization
- If multi-location, name a Wellness Champion per worksite
- Meet on a regular schedule with a formal agenda
- Communication is the key

Bev Losey, CLU



What is a Policy?

- **A policy is a written course of action that is enforced. Policies are established to guide and determine present and future decisions.**





Creating a Staff Wellness Policy

- Obtain support/Gain Buy-In
- Create a mission statement/ brand your child care program
- Create a long-term strategic plan. Consult with other child care centers (comparable in size) to learn about successful and unsuccessful implementation strategies



Key Components of a Wellness Policy

- **Nutrition**

- Competitive Foods

- Nutrition Promotion

- Nutrition Education

- Food and Beverage Marketing

- **Physical Activity/PE**

- **Health Education**

- **Community and Family Engagement**

- **Staff Wellness and Health Promotion**



Developing An Action Plan

- **Address individual, environmental, policy and cultural factors affecting health and productivity**
- **Target several health areas simultaneously**
- **Tailoring programs to address specific needs of the population**
- **Generate interest to attain high participation rates**
- **Evaluate outcomes**
- **Effectively communicating those outcomes to key stakeholders**
- AnnuRev Public Health. 2008;29:303-23. The health and cost benefits of work site health-promotion programs. GoetzelRZ, OzminkowskiRJ. Department of Health and Productivity Research, Thomson Healthcare, Washington, DC 20008, USA. Ron.Goetzel@Thomson.com



Role Modeling Healthy Behaviors

- **Walking Programs**
- **Yoga-Stress Management**
- **Biking to Work**
- **Healthy Recipe Swaps**
- **Healthy Cooking Competitions**





Make Half Your Plate Fruits and Vegetables?





Healthy Food and Beverage Options

- Do Not Skip Meals-Family Style
- Choose a Variety of Colors-Vitamins and Minerals
- Limit Your Intake of Sugars
- Plan Your Meals and Snacks
- Water-Preferred Beverage-Water Bottle on Desk
- Limit Caffeine-2:00 pm Rule*





Benefits of Staff Wellness Programs

- **2.2 Million People Work in Child Care and Education Settings**
- **Health and Wellness is Often Overlooked**
- **Child Care Staff are Role Models and Can Provide Knowledge and Healthy Behaviors**

-National Head Start Association



Benefits of Staff Wellness Programs

- **Reduces the Rate of Employee Absenteeism**
- **Increases Productivity**
- **Lowers Health Care Costs**
- **Improves Morale**
- **Lowers Workers Compensation**



Action Plan

Tips for Sustainability

- Contact Insurance Companies and Broker Available Services
- Contact Local Department of Parks and Recreation to Request Resources
- Apply for Small Wellness Grants
- Annual Health Fairs/Screenings- Department of Health and Other Community Resources



Let's Move, Jump, and Play!





Best Practices When Developing a Staff Wellness Policy

- ✓ **Get senior level support. Successful wellness programs start at the top.**
- ✓ **Remember, creating a culture of health takes passionate leadership from all levels of the organization.**
- ✓ **Use data to drive wellness initiatives. Employers often struggle with what wellness initiatives have to offer. A survey, assessment checklist, and health risk appraisal approach guides employers where to focus your efforts.**
- ✓ **No program is successful without a plan. Develop an annual workplace wellness operating plan, starting with a vision statement.**

[www.shrm.org/templatestools/howtoguides/howtoestablishandesignawellnessprogra
m](http://www.shrm.org/templatestools/howtoguides/howtoestablishandesignawellnessprogram)



FINAL THOUGHTS...

1. Choose appropriate health initiatives. Collecting data will help you decide what wellness initiatives to promote. Note a variety of lower cost resources and activities exist.
2. Create a corporate environment that supports wellness. Support a culture of health, from top to bottom and bottom to top.
3. Evaluate the outcome of workplace wellness initiatives. Determine what works and what doesn't so you can plan for the next year.



Thank You