



Public Health
Prevent. Promote. Protect.

Idaho Public Health Districts

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August 2014

Improving the Health of Idaho's Child Care Centers and Worksites

According to the Idaho Behavioral Risk Surveillance System for 2011, 62.3% of Idaho adults are overweight, which is defined as having a Body Mass Index (BMI) of 25 to 29.9. Furthermore, 27% of Idaho adults are obese, with a BMI \geq 30. These numbers are alarming considering the health effects associated with being overweight or obese. Research has shown that the risk for heart disease, stroke, hypertension, Type 2 diabetes, and various cancers increase for people who are overweight or obese.

To combat this public health issue, one of the strategies the Public Health Districts (PHD) have implemented is working with child care centers and worksites to conduct Physical Activity and Nutrition assessments. We are working with these partners to address the need of making healthy changes in their facilities to improve overall health.

The assessment is conducted by each PHD's Physical Activity and Nutrition Program Coordinator (PAN) in worksites within their health district. The assessment tool assists businesses in determining the health of their employees and provides information on how a comprehensive health promotion and disease prevention program can be implemented to benefit employers and employees. Following assessment completion, PAN coordinators assist with developing action plans and implementing wellness programs.

Additionally, to address the health of Idaho's children, PHDs completed the Let's Move! Child Care Assessment with child care centers within their district. The questions on the assessment address best practice

guidelines that target physical activity, screen time, nutrition, beverages, and lactation support.

The Let's Move! Child Care Assessment results provide the child care centers with recommendations to develop and implement action plans based upon the best practice guidelines. The PAN Coordinators assist the child care facilities with developing and implementing their action plans.

Following the completion and implementation of action plans, the PAN Coordinators also provide technical assistance to each of the participating child care centers and worksites.

Follow-up assessments will be completed in the future among worksites and day care facilities to assess progress, discuss challenges, and to celebrate improvements that were made.

Idaho's PHDs are working diligently to assess and educate worksites and child care centers on the importance of reducing the risk factors to being overweight and obese by implementing evidenced based changes to create a healthier environment. Over the next year, your local PHDs will be hosting and conducting Let's Move! Child Care Provider workshops throughout the state.



HEALTHY PEOPLE IN HEALTHY COMMUNITIES

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