

# CHOOSE HEALTH LA!

## EARLY CHILDHOOD OBESITY PREVENTION INITIATIVE

### Choose Health LA Child Care (CHLA CC)

**CHLA CC** is part of a 5-year initiative funded by First 5 LA to improve nutrition, increase physical activity, and reduce obesity among Los Angeles County children aged 0-5 and their families.

#### GOALS

- Reduce overweight and obesity among preschool age children
- Improve nutrition and increase physical activity in child care settings
- Identify barriers that child care providers face in their efforts to promote good nutrition and active play
- Promote development of healthy habits early in life

#### ACTIVITIES

- Partner with Child Care Resource and Referral (R&R) Agencies to conduct nutrition and physical activity workshops for at least 5,500 licensed and license exempt child care providers. Training topics include:



- Offer onsite coaching to reinforce provider learning and to implement program or policy changes
- Conduct events for families to promote and encourage healthy nutrition and physical activity habits outside of the child care setting
- Evaluate program impact through pre- and post-surveys and onsite observations



#### Child Care Quick Facts

- 40% of children aged 0-5 in Los Angeles County (350,000) spend most of their day in child care
- Most preschool-aged children consume at least 50% of their Recommended Dietary Allowances in child care settings
- Among WIC participants in Los Angeles County, 19% of 3 and 4 year olds were obese in 2014



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