



**Early Ages
Healthy Stages**
Growing healthy kids right from the start.

May EAHS Coalition Meeting
May 11, 2018
Warrensville Heights Branch of the Cuyahoga County Library

CUYAHOGA COUNTY
BOARD OF HEALTH

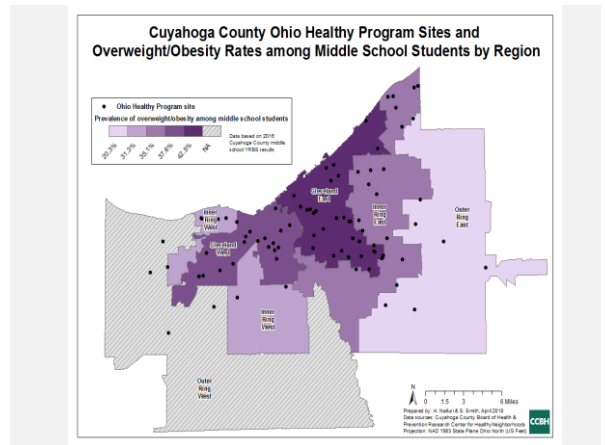
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HEALTH CARE FOUNDATION

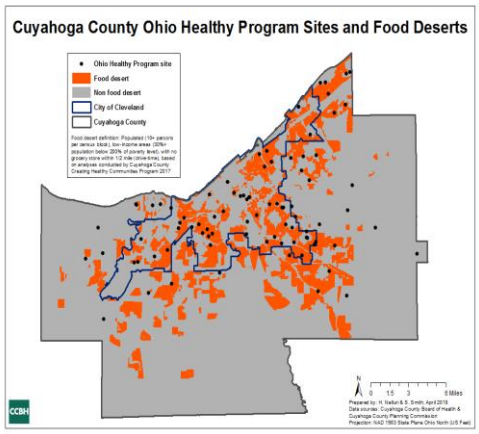
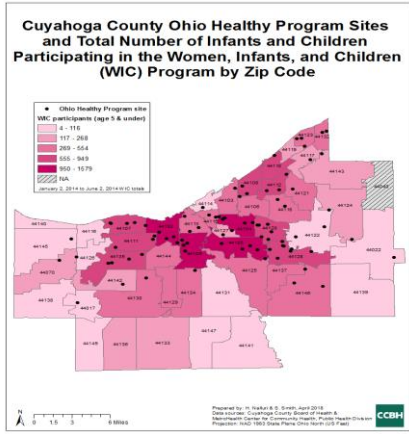
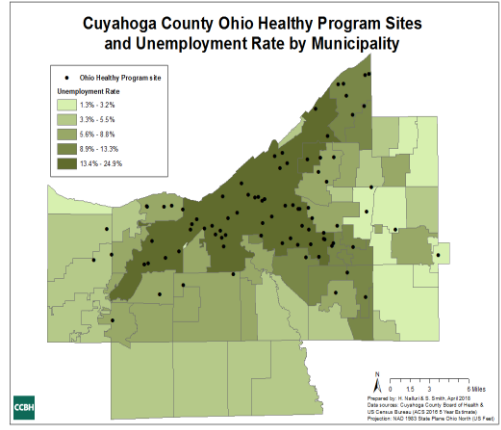
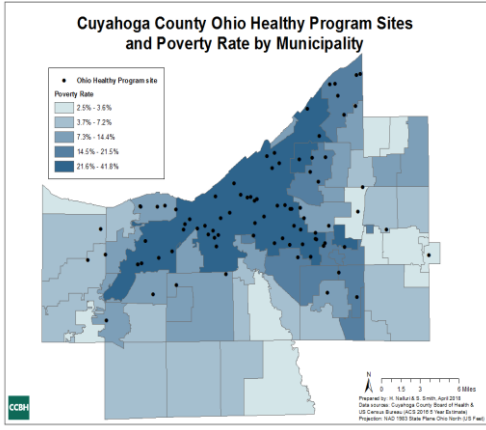
EVALUATING THE IMPACT OF OHIO HEALTHY PROGRAMS ON EARLY CARE AND EDUCATION PROGRAMS' MENUS AND POLICIES

Priya Nalluri

RESEARCH QUESTIONS

- Does the training and technical assistance delivered to early care and education providers and centers produce significant changes to menus to go beyond Child and Adult Care Food Program (CACFP) requirements?
- Does the training and technical assistance delivered to early care providers and centers produce significant changes in the number of healthy policies at childcare centers?
- What are characteristics of centers that have poor initial policies, and what are characteristics that are predictive of change?





PARTICIPANTS

Number of Centers	N= 122 % (N)
Ages Served	
Infants	7% (474)
Toddlers	14.9% (999)
Preschoolers	65.5% (4400)
School-Aged Children	12.6% (843)
Total Children	100% (6716)

PARTICIPANTS CONT.

Number of Centers	N= 122 % (N)
Star Rating	
0 Stars or Non Rated Facilities	13.1% (16)
1 Star Facilities	14.8% (18)
2 Star Facilities	11.5% (14)
3 Star Facilities	8.2% (10)
4 Star Facilities	7.4% (9)
5 Star Facilities	45.1% (55)
Total Centers	100% (122)

PARTICIPANTS CONT.

Number of Centers	N= 122 % (N)
Type of Program	
Center Based	67.2% (82)
Home Based	32.8% (40)
Total Centers	100% (122)

DOES THE TRAINING AND TECHNICAL ASSISTANCE DELIVERED TO EARLY CARE AND EDUCATION PROVIDERS PRODUCE SIGNIFICANT CHANGES IN THE NUMBER OF HEALTHY POLICIES?

	Pre Mean	Post Mean	P-Value
Comprehensive WellCCAT Scores	47.81	56.47	<.0001
Strength WellCCAT Scores	24.23	30.68	<.0001
Number of Physical Activity Policies	7.52	8.26	<.0001
Number of Nutrition Policies	9.30	12.60	<.0001
Number of Total Policies	22.73	27.30	<.0001

DOES THE TRAINING AND TECHNICAL ASSISTANCE DELIVERED TO EARLY CARE AND EDUCATION PROVIDERS PRODUCE SIGNIFICANT CHANGES TO MENUS TO GO BEYOND CHILD AND ADULT CARE FOOD PROGRAM (CACFP) REQUIREMENTS?

	Pre Mean	Post Mean	P-Value
Number of Different Whole Fruits Per 2 Weeks	19.06	20.65	<.0001
Number of Different Non-Fried Vegetables Per 2 Weeks	11.52	12.98	<.0001
Number of Times Juice Served Per 2 Weeks	3.63	2.38	<.0001
Number of Fried Foods Per 2 Weeks	2.16	.49	<.0001
Number of Whole Grains Per 2 Weeks	10.83	17.10	<.0001

WHAT ARE CHARACTERISTICS OF CENTERS THAT HAVE POOR INITIAL POLICY SCORES?

	C- Logistic Regression: Lower Quartile Pre WellCCAT Score and Center Characteristics					C- Statistic: .736
	Odds Ratio	CI 95% (Lower-Upper)	P-Value	Relative Risk	CI 95% (Lower-Upper)	
0 or Non Rated Facility	4.378	(1.076-17.408)	0.039	3.076	(1.089-8.688)	0.034
1 Star Facility	3.858	(0.889-16.738)	0.071	2.868	(0.969-8.481)	0.057
2 Star Facility	7.56	(1.742-32.818)	0.007	4.115	(1.528-11.08)	0.005
3 Star Facility	6.605	(1.362-32.026)	0.019	4.032	(1.336-12.17)	0.013
4 Star Facility	1.967	(0.317-12.216)	0.468	1.791	(0.439-7.305)	0.417
City of Cleveland	0.462	(0.149-1.435)	0.182	0.617	(0.312-1.221)	0.165
Inner Ring of Suburbs	0.306	(0.063-1.48)	0.141	0.457	(0.152-1.376)	0.164

WHAT ARE CHARACTERISTICS THAT ARE PREDICTIVE OF CHANGE?

	C- Logistic Regression: Upper Quartile for WellCCAT Change and Center Characteristics					C- Statistic: .680
	Odds Ratio	CI 95% (Lower-Upper)	P-Value	Relative Risk	CI 95% (Lower-Upper)	
0 or Non Rated Facility	0.611	(0.422-5.937)	0.522	.715	(0.226-2.264)	.569
1 Star Facility	1.584	(0.422-5.937)	0.495	1.387	(0.539-3.569)	0.498
2 Star Facility	1.587	(0.38-6.629)	0.526	1.361	(0.524-3.534)	0.527
3 Star Facility	1.757	(0.367-8.426)	0.481	1.504	(0.467-4.845)	0.495
4 Star Facility	0.904	(0.15-5.458)	0.913	0.938	(0.271-3.23)	0.92
City of Cleveland	0.39	(0.129-1.175)	0.094	0.525	(0.269-1.026)	0.059
Inner Ring of Suburbs	0.658	(0.165-2.622)	0.553	0.754	(0.285-1.989)	0.568

DISCUSSION

- However, only non rated, 1 star, 2 star, and 3 star centers are more likely to be in the lowest quartile for initial WellCCAT scores, indicating a need.
- Home based centers are the most likely to make the most changes to their policy handbooks
- 1 and 3 star centers are the most likely to strengthen their already existing policies
- 2 and 3 star centers make the most changes to their nutritional policies

IMPACT ON PUBLIC HEALTH

- Recommendations to CCBH:
 - There exists a greater need amongst non rated and lower rated ECE centers, and future efforts should focused to target and recruit these centers to participate in OHP in order to these to address this need. Home based programs indicated the most change after intervention, making them a important demographic to recruit and retain for future efforts
 - Data analysis to support the effectiveness of the OHP intervention
 - Creation of a quality improvement survey for CCBH

Northeast Ohio Breastfeeding Coalition

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Breastfeeding Collaboration

- Providing more up-to-date information and local resources during Ohio Healthy Programs training and technical assistance for childcare providers
- Making recommendations to existing Ohio Healthy Programs breastfeeding friendly policies for child care programs, or recommending new policies that aren't yet addressed
- Developing a "Breastfeeding Friendly Checklist" tool that early care providers can use to improve healthy, breastfeeding normative environments
 - Action steps to new Breastfeeding Licensing Requirements
- Creating a "Breastfeeding Friendly Childcare" designation and window cling/poster at the local or state level
- Collaborating on future breastfeeding events and messages, including Breastfeeding Run our family engagement social marketing campaign for National Breastfeeding Month in August
- Connecting our coalitions to share resources, information and skills more broadly throughout Cuyahoga County/ Northeast Ohio



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Coalition Member Updates:

- What have you been up to?
- What is your organization planning for the summer months?
- How can EAHS support your plans?
- What are you looking forward to this summer in your personal life?



Small group time

- Looking at the objectives, what have we accomplished this year?
- What can we do over the summer to keep momentum going?
- What are the first things that our new coordinator should do for this priority?

just... thank you.

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