

## Early Childhood Wellness Matters

Cuyahoga County recognizes healthy habits need to start early.

Children's early learning environments give them the opportunity to develop healthy habits right from the start



On average, **35,000** children ages 0-5 spent time in early learning environments in Cuyahoga County.



On average, young children spend **32 hours** a week in an early learning environment.



Five year olds who have a healthy weight are **4 times less likely** to become obese teens than five year olds who are overweight.



Children who are healthy are more likely to be **ready for school and ready to learn!**



Equitable Opportunities

Collaboration

**Core Values**

Elevating Success

Community-First

**Our Mission**  
To work together to create healthy environments for young children in Cuyahoga County.

**Our Vision**  
Cuyahoga County is a community that provides all children ages 0-8 with the opportunity to establish the healthy lifestyles in environments where they live, learn, sleep and play.

## Early Childhood Health Plan

Cuyahoga County creates a plan to ensure all children ages 0-8 have the opportunity to establish a healthy lifestyle.

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| <p><b>Who?</b></p> <p><b>Early Child Care and Education Providers</b><br/>Child care centers, family homes, and community and/or social service agencies that serve young children</p> <p><b>Families</b><br/>Parents and caregivers of children ages birth to five</p> <p><b>Community Stakeholders</b><br/>Partnerships with organizations that serve young children and their families</p> | <p><b>What?</b></p> <p><b>Health Care Access</b><br/>Facilitate partnerships between clinical care, providers, and families of young children</p> <p><b>Healthy Foods</b><br/>Increase availability of healthy foods and beverages</p> <p><b>Physical Activities</b><br/>Increase opportunities for daily exercise and active play</p> <p><b>Family Engagement</b><br/>Elevate the role of providers in engaging family's needs.</p> <p><b>Social Emotional Health</b><br/>Increase awareness of the role that social emotional health plays on early childhood wellness</p> | <p><b>How?</b></p> <p><b>Policies</b><br/>Training for providers on creating healthy early learning environments<br/>Technical assistance for creating new policies</p> <p><b>Systems</b><br/>Building relationships between providers, families, and the community<br/>Making sure that resources are available for all</p> <p><b>Structures</b><br/>Connecting providers to the local food economy<br/>Sharing spaces for safe, active living<br/>Advocating for legislative change</p> |
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## Early Childhood Health In Action

Cuyahoga County uses two strategies that encourage and support healthy habits for all young children.

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| <p><b>Strategy One</b></p> <p>Improve environments where children <b>live</b>.</p> <p><b>Early Ages Healthy Stages</b><br/>A community-led coalition of organizations, providers, and individuals who share a passion for creating healthier environments for young children.</p> | <p><b>Strategy Two</b></p> <p>Improve environments where children <b>learn</b>.</p> <p>An Ohio-Approved, program that offers training and technical assistance for early care and education providers on best practices in building healthy habits, menus, and policies.</p> <p><b>OHIO HEALTHY PROGRAMS</b></p> |
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## Early Childhood Health Together

Cuyahoga County can work together to make a difference.

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| <p><b>Early Child Care &amp; Education Providers</b></p> <p><b>Get Designated!</b><br/>Contact your local trainer at the Cuyahoga County Board of Health to become a designated Ohio Healthy Program.</p> <p><b>Get Connected!</b><br/>Encourage families and other programs to get healthy by sharing your tips for success.</p> <p><b>Get Involved!</b><br/>Join the Early Ages Healthy Stages Coalition.</p>  |
| <p><b>Families</b></p> <p><b>Get Informed!</b><br/>Check to see if your child's early care and education provider is a designated Ohio Healthy Program.</p> <p><b>Get Active!</b><br/>Be a positive role model for your child by living a healthy, active lifestyle.</p> <p><b>Get Involved!</b><br/>Become a voice for families of young children by joining the Early Ages Healthy Stages Coalition.</p>   |
| <p><b>Community Stakeholders</b></p> <p><b>Get Involved!</b><br/>Share your knowledge, resources, and expertise in early childhood health and wellness by joining the Early Ages Healthy Stages Coalition.</p> <p><b>Get Vocal!</b><br/>Advocate for legislative change that supports opportunities to improve early learning environments.</p> <p><b>Get Invested!</b><br/>Help us sustain our efforts to improve early childhood health and wellness in Cuyahoga County through funding and in-kind contributions.</p> |