



Hot Topics III: Physical Activity For Early Childhood Programs

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Trend on Obesity National Health and Nutrition Examination Survey Between 1976-1980 and 2007-2008



- Preschoolers: 2-5 years
 - ◆ Increased from 5 to 10.4%
- Children: 6-11 years
 - ◆ Increased from 6.5 to 19.6%
- Adolescents: 12-19 years
 - ◆ Increased from 5 to 18.1%

Obesity vs Overweight



- ◆ Obesity
BMI equal or greater than 95%
- ◆ Overweight
BMI equal or greater than 85%, but less than 95%
- ◆ BMI (body mass index)
Screening tool to initially assess body fatness
Uses height and weight
Used for children 2-19 years old



Health Problems with Obesity

- ◆ Heart Disease, caused by:
 - High blood pressure
 - High cholesterol
- ◆ Type 2 Diabetes
- ◆ Asthma
- ◆ Sleep apnea
- ◆ Social Discrimination





Promoting Healthy Lifestyle

- ◆ Serving as role models
 - Set a good example – active lifestyle
- ◆ Encourage healthy eating habits
 - Limit consumption of sugar and saturated fats; lean meats; lots of fruits and veggies, reasonable-sized portions
- ◆ Help kids stay active
 - At least 60 minutes/day
- ◆ Reduce sedentary time
 - <2 hrs of media or not more than 60 minutes of being sedentary



Physical Activity

- ◆ Help develop motor skills and coordination
 - Walking, running, hopping, balancing, dancing, throwing, catching, kicking
- ◆ Help bone growth
 - Running and jumping
- ◆ Build endurance
 - Running and walking
- ◆ Build strength
 - Climbing and lifting
- ◆ Build flexibility
 - Playing on playground equipment and stretching



National Association for Sport and Physical Education

- ◆ Physical activity guidelines for children from birth to 5 years old
 - ◆ Infants: birth to 12 months
 - ◆ Toddlers: 12 to 36 months
 - ◆ Preschoolers: 3-5 years



NASPE Guidelines for Infants

- ◆ Daily activities that are for exploring movement and their environment
- ◆ Short periods of time several times per day
- ◆ Promote skill development in movement
- ◆ Provide opportunities for structured and unstructured physical activity





NASPE Guidelines for Toddlers

- ◆ Total of at least 30 minutes of structured physical activity
- ◆ At least 60 minutes (up to several hours) per day unstructured physical activity and should not be sedentary for more than 60 minutes at a time, except when sleeping.
- ◆ opportunities to develop movement skills
- ◆ Access to indoor and outdoor areas



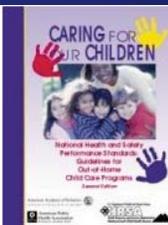
NASPE Guidelines for Preschoolers

- ◆ Accumulate at least 60 minutes of structured physical activities
- ◆ At least 60 minutes (up to several hours) of unstructured physical activity each day and no more than 60 minutes being sedentary at a time, except when asleep
- ◆ Encourage to develop competence in fundamental motor skills that will serve as the building blocks for future motor skills and physical activity
- ◆ Access to indoor and outdoor areas



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There are three Web versions of the *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs: Second Edition* available on the web.



Active Opportunities for Physical Activity



Standard: The facility should promote active play every day. Vigorous activities such as running, climbing, dancing, jumping, and skipping. All children, birth to six years, should participate:

- ◆ 2-3 occasions of active play outdoors
- ◆ 2 or more structured or adult-led activities or games that promote movement-indoor/outdoor
- ◆ Continuous opportunities to develop and practice age-appropriate gross motor and movement skills





Total time allotted
can be adjusted for the age
group and weather conditions
for

outdoor play
vigorous indoor
outdoor physical activity



Suggested Guidelines for Outdoor Play

◆ Infants (birth to 12 mo)

should be taken outside **2-3 times per day, as tolerated**. There is no recommended duration of infants' outdoor play

◆ Toddlers (12mo-3 yo) and preschoolers (3-6 yo) should be allowed **60-90 total minutes of outdoor play**.

These outdoor times can be curtailed somewhat during adverse weather conditions in which children can still play safely outdoors for shorter periods, but should increase indoor activity, so the total amount of exercise should remain the same.

◆ Total time allotted for vigorous activities:

Toddlers should be allowed **60-90 minutes per 8-hour day** for vigorous physical activity, including running

Preschoolers should be allowed **90-120 mins** per 8-hour day.



INFANTS TUMMY TIME 3-5 MIN +

◆ Infants should have supervised tummy time every day when they are awake.

- Beginning on the first day, caregivers/teachers should interact with an awake infant on their tummy for short periods of time (3-5 minutes), increasing the amount of time as the infant shows he/she enjoys the activity

◆ There are many ways to promote tummy time with infants:

- Place yourself or a toy just out of the infant's reach during playtime to get him/her to reach for you or the toy
- Place toys in a circle around the infant. Reaching to different points in the circle will allow him/her to develop the appropriate muscles to roll over, scoot on his/her belly, and crawl
- Lie on your back and place the infant on your chest. The infant will lift his/her head and use his/her arms to try to see your face



2 OR MORE SHORT STRUCTURED ACTIVITIES

Time spent outdoors has been found to be a strong, consistent predictor of children's physical activity.

Because structured activities have been shown to produce higher levels of physical activity in young children, it is recommended that caregivers/teachers **incorporate 2 or more short structured activities (5-10 minutes)** or games daily that promote physical activity.

Opportunities to be actively enjoying physical activity should be incorporated into part-time programs by prorating these recommendations accordingly **(20 minutes of outdoor play for every 3 hours in the facility)**.



Active play should **never** be withheld from children who misbehave. However, children with out of control behavior may need 5 minutes or less to calm themselves or settle down before resuming cooperative play or activities.



Active Opportunities for Physical Activity

Rationale: Free play, active play and outdoor play are essential components of young children's development. Children learn through play, developing gross motor, socio-emotional, and cognitive skills. In outdoor play, children learn about their environment, science, and nature.



Infants' and young children's participation in physical activity is : critical to their overall health, development of motor skills, and maintenance of healthy weight.

Daily physical activity promotes young children's gross motor development and provides numerous health benefits, including

improved fitness and cardiovascular health,
healthy bone development,
improved sleep, and
improved mood and sense of well-being.



Active Opportunities for Physical Activity

◆ Daily physical activity is an important part of preventing excessive weight gain and childhood obesity.



◆ Some evidence also suggest that children may be able to learn better during or immediately after bursts of physical activity, due to improved attention and focus.

◆ Numerous reports suggest that children are not meeting daily recommendations for physical activity, and that children spend 70% to 87% of their time in early care and education being sedentary.

Active Opportunities for Physical Activity

◆ Children may only spend 2-3% of time being moderately or vigorously active.



◆ Very young children are entirely dependent on their caregivers/teachers for opportunities to be active.

◆ Children in full-time care and for children who live in unsafe neighborhoods, the facility may provide the child's only daily opportunity for active play.



Other Standards on Physical Activity

◆ Playing Outdoors



◆ Caregivers/Teachers Encouragement of Physical Activity



◆ Policies and Practice that Promote Physical Activity





Healthy People 2020 Summary of Objectives Physical Activity



PA-9: Increase the number of States with licensing regulations for physical activity provided in child care

- PA-9.1: Require activity programs providing large muscle or gross motor activity, development, and /or equipment
- PA-9.2: Require children to engage in vigorous or moderate physical activity
- PA-9.3: Require number of minutes of physical activity per day or by length of time in care



Hawaii Regulations Licensing of Group Child Care Centers and Group Child Care Homes



Subchapter 3: Program Requirements

Program provisions. The program conducted in the facility shall provide for staff supervision at all times and an environment and experiences which are aimed at promoting the individual child's physical, intellectual, emotional, and social well-being and growth.

- Activities which promote physical development shall include:
 - Daily opportunities for running, climbing, and other vigorous physical activities
 - Varied physical activities
 - Opportunities for children to learn about the health, development, and care of the children's bodies, including exercise, nutrition, and hygiene



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