Trend on Obesity
National Health and Nutrition Examination Survey

- 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

**COMING SOON!!!**

Caring For Our Children
3rd Edition
Our National Health and Safety Performance Standards

**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 activity, and 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.

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**INFANTS TUMMY TIME**

- 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.

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**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**

- 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.

**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.

**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

Head Start
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