Welcome to HLTH100

Childhood overweight and obesity rates have increased over the last several decades and continue to be high. Childhood overweight and obesity put young children at risk for a host of health problems in later life. This course presents information about early childhood obesity and strategies for addressing obesity and promoting healthy behaviors in child care. When successfully implemented, these strategies can help to improve the health of all children in your care.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify important facts about obesity and overweight in young children
- Define Body Mass Index (BMI)
- Identify causes of and long-term risks associated with obesity
- Identify recommended activity levels and best practices for promoting health in child care
- Identify strategies for promoting healthy food behaviors in child care
- Identify best practices regarding screen time and young children
- Define weight stigma and understand the child care provider’s role in supporting children

During this course, participants are expected to reflect and write about topics related to their own learning and teaching experiences in relation to course content.

References:


http://www.cdc.gov/obesity/data/childhood.html

https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/syc-20354827

“Stigma experienced by children and adolescents with obesity” (2017)
http://pediatrics.aappublications.org/content/140/6/e20173034

Nemours Healthy Habits for Life Resource Kit
http://classroom.kidshealth.org/index.jsp?Grade=cc&Section=hhfl

https://www.choosemyplate.gov/health-and-nutrition-information

http://www.shapeamerica.org/


Important Note about the Content of This Course

This course presents generally accepted information about early childhood obesity and is not a substitute for medical advice. Any serious concern about a child should be discussed with the child’s family and referred to a health care provider. Follow the policies and procedures your program has in place regarding these issues.
What is Obesity?

Obesity and overweight

Connection of nutrition and physical activity to obesity and overweight

Body Mass Index (BMI)

Adult BMI

Children: BMI-for-age Percentiles

The importance of tracking BMI-for-age percentile over time

Statistics

Causes and Risk Factors

Potential factors that can increase a child’s overweight risk:

1.
2.
3.
4.
5.
6.

Diet

Physical Inactivity
Psychological Factors

Family Factors

Socioeconomic Factors

Environment

Effects and Risks

High Blood Pressure

Heart Disease

Diabetes
Sleep Apnea

Asthma

Psychosocial Risks

Weight Stigma and Bullying

When to Seek Medical Advice

Treatment

Physical Activity

Screen Time Management

Dietary Changes
Behavioral Modification

Role of Child Care Settings in Obesity Prevention

Supporting Healthy Eating in the Child Care Setting

Healthy Meals and Snacks

Gold Standard Feeding Practices

Role Modeling

Nutrition Education

Supporting Physical Activity in Child Care

Using Movement Across the Curriculum

Take “Brain Breaks”
Define a Cross-lateral movement:

Why is cross-lateral movement important?

**Using Transitions to Promote Physical Activity**

**Teach Movement Skills**

**Suggestions for Encouraging Children’s Active Movement**

**General Strategies for Promoting Physical Activity**

**Arrange the Environment**

**Demonstrate Enthusiasm**

**Help Children Understand Why Movement is Important**