

MARY ELIZABETH CHILD CARE



SUCCESSSES

Nutrition and Physical Activity Self–Assessment for Child Care is an obesity prevention intervention that aims to improve the nutrition and physical activity environment, policies, and practices of child care facilities.

SDHD provided technical assistance to **Mary Elizabeth Child Care Center**. Mary Elizabeth Child Care Center completed a self-assessment, developed an action plan, provided workshops for staff on physical activity, childhood obesity, and nutrition, and they also completed a reassessment after 3 months.

Mary Elizabeth made a total of 7 improvements from pre-assessment to post-assessment. Five physical activity environmental improvements, 1 nutrition environmental improvement, and 1 improvement related to screen time was completed.

Physical Activity

- Increased outdoor play time from 2 times per day to 3 times per day.
- Created a curved and looped path for wheeled toys on their playground area.
- Connected the path to other play areas.
- Increased the types of portable play equipment available for use outdoors.
- Educated families on outdoor play and learning.

Screen Time

- Created a comprehensive screen time policy that included 6 topics.

Nutrition

- Previously the center did not provide an opportunity for children to grow herbs or vegetables. They now have garden beds for multiple classrooms so children can grow fruits and vegetables and taste them.

