

OKLAHOMA CITY- HAPPY HEALTHY HOMES NUTRITION INTERVENTION EFFECTIVENESS

- More than **5 million** 3-5 years old children attend child care daily
- **Family Child Care Homes (FCCH)** are an important setting to improve children's diet
- **Menus and meals** need improvement



FCCH training:

either nutrition or eco training



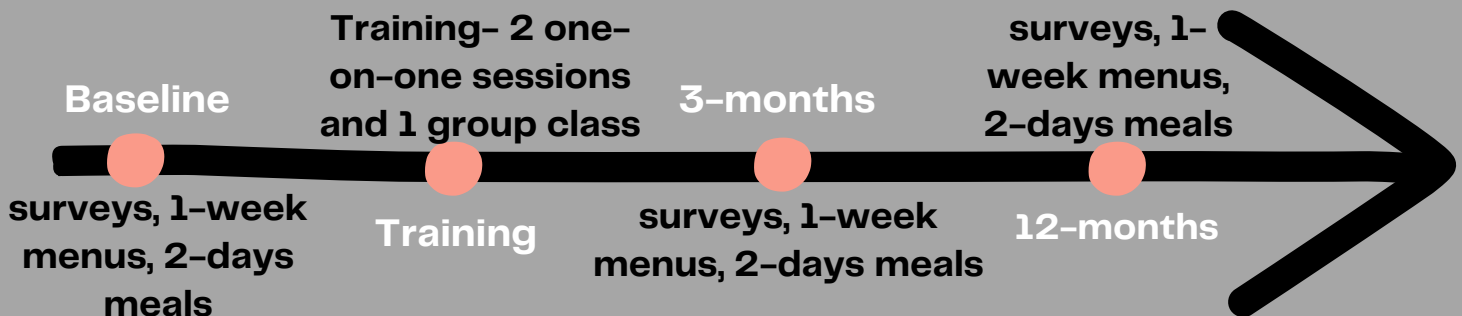
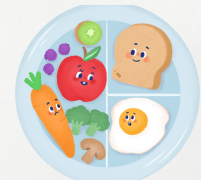
1-week
menu
observed



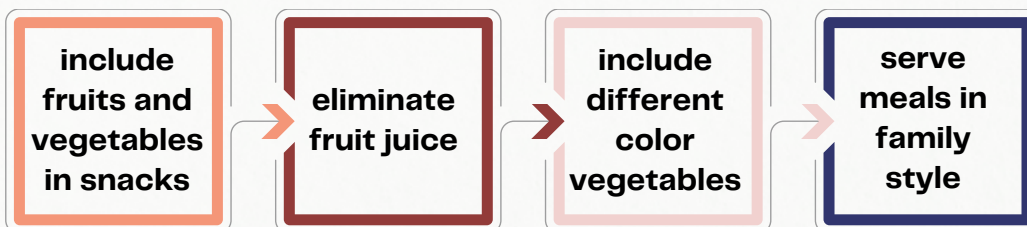
self-
reported
surveys



2-day meals (breakfast,
lunch, snack)



Aims of the intervention



6 hours of
continuing credits

\$250 worth toolkit

Walmart gift
cards

Individual class 1

- 4 modules
- SMART goals, best practices
- portion size, healthy eating

Group class

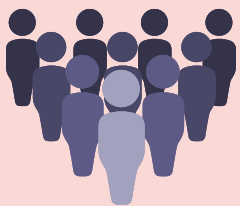
- cooking class
- food preparation tips
- sensory exploration and tasting

Individual class 2

- 3 modules
- variety of foods, gardening
- meal/menu planning
- nutrition labels

FCCH PROVIDER CHARACTERISTICS

Total 49 providers



27 providers received nutrition training

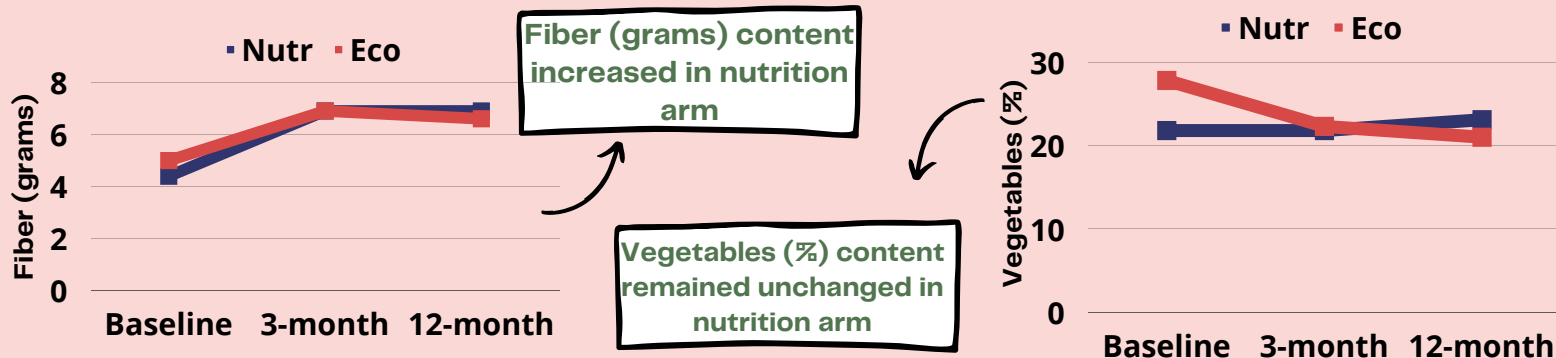


22 providers received eco training

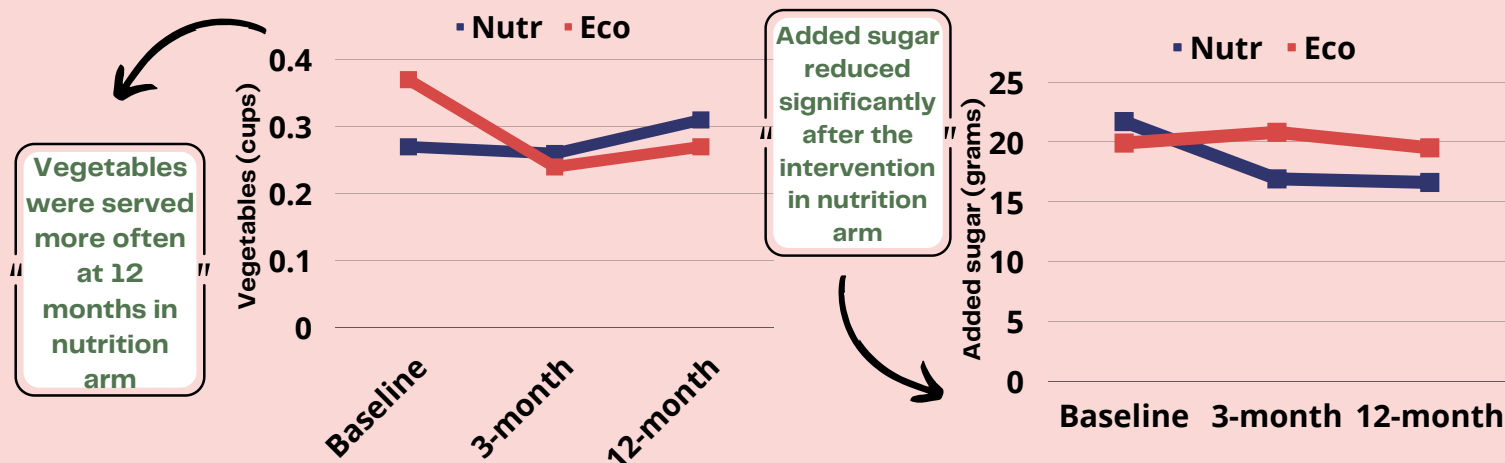
100%

All providers participated in the **Child and Adult Care Food Program**

CHANGE IN MENUS



CHANGE IN MEALS



FEEDING ENVIRONMENT AND OPTIMAL PRACTICES



Quality of foods served improved at 12 months in nutrition arm

Quality of beverages improved at 3 and 12 months



Feeding environment improved at 3 months but did not sustain at 12 months



CONCLUSION

- The intervention was effective in improving the quality of menus as well as foods served to children in Family Child Care Homes
- More long-term trainings may be needed to sustain the positive changes in practices, menus, and meals