

FAMILY CHILD CARE HOMES: NUTRITION & PHYSICAL ACTIVITY

Early Childhood = critical development period [1]

66% of young children are in non-parental care where they spend 32 hours/week on average [2]

Over 1 million children receive care in Family Child Care Homes [3]

Healthier Nutrition Environment = Healthier/Better Diet for Children [4]

Family Child Care Home = Childcare inside the provider's own home

FAMILY CHILD CARE PROVIDERS:

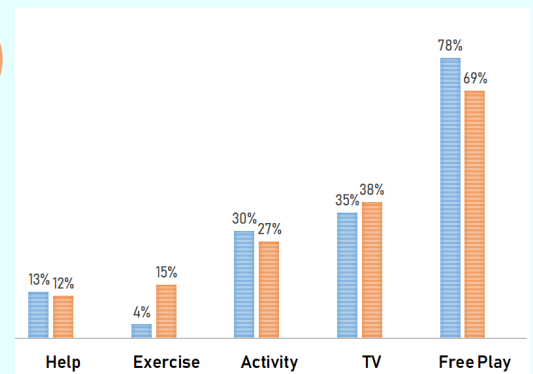
- ★ 49 Providers
- 100% Women
- Supervise average of 10 children
- 47% have NO additional staff
- Nutrition Knowledge: 25/38 points on average
- On average, spend 3 hours/week prepping meals

HOW MANY PROVIDERS ARE MEETING BEST PRACTICES?

- 4.3% at Food provided
- 2.2% at Beverages provided
- 0% at feeding environment
- 43.8% at Menus and Variety
- 20.8% at Nutrition Policy
- 4.3% at Nutrition Education + Professional Development Programs
- 0% at Outdoor play environment
- 9.8% at Daily Physical Activity Practices
- 6.4% at Physical Activity Education and Professional Development
- 12.8% at Physical Activity Policies

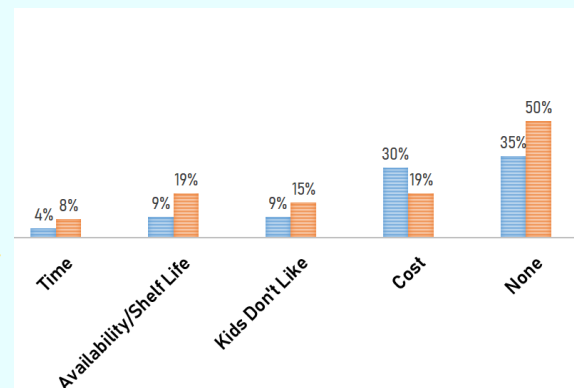
Children's Activity During Meal Preparation

NO STAFF
1+ STAFF



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Barriers to Healthy Foods



References:

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2. US Dept of Education, Institute of Education Sciences, National Center for Education Statistics. Digest of Education Statistics. 2009; Number of preschool children under 6 years old, percentage in center-based programs, average hours in nonparental care, and percentage in various types of primary care arrangements, by selected child and family characteristics: 2005. Available at: https://nces.ed.gov/programs/digest/d09/tables/dt09_044.asp. Accessed June 26, 2017.
3. USDHHS, Families AfCa, Care OoC. Research brief #2: Trends in Family Child Care Home Licensing Regulations and Policies for 2014. 2015; <http://www.naralicensing.org/2014-cc-licensing-study>. Accessed June, 2016.
4. Nahikian-Nelms M. Influential factors of caregiver behavior at mealtime: a study of 24 child-care programs. J Am Diet Assoc. 1997;97(5):505-509.