

# Nevada Institute for Children's Research and Policy

## Report Summary

Project Period: January – March 2023

### ***Goal One***

*In partnership with the Nevada Early Childhood Obesity Prevention (NECOP) Workgroup members, NICRP will implement NECOP State Plan activities to help improve weight status among children zero (0) to eight (8) years of age.*

The 2021-2026 state plan is divided into seven (7) overarching goals:

- (1) Early Care and Education Facilities
- (2) Awareness and Education for parents
- (3) Awareness and Education for providers and community partners
- (4) Establish Data Collection Systems
- (5) Increase knowledge of best practice and current research in Early Childhood Obesity prevention strategies
- (6) Increase number of Caring for our Children (CFOC) and Physical Activity and Nutrition (PAN) standards being met in Nevada, and
- (7) Increase sustainable funding to support Nevada Early Childhood Obesity Prevention efforts

These goals are inclusive of 39 total objectives, further broken down into a total of 56 activities to be completed over the five-year state plan. Workgroup members and organizations provide quarterly updates on progress toward each of these activities.

NICRP developed an internal system for collecting and analyzing quarterly progress of all 7 goals among partnering members and organizations. The following progress has been reported since the last report on December 31, 2022:

During this project time period, NICRP convened 1 meeting on March 21, 2023 with the EC Obesity Prevention Workgroup to track and evaluate the implementation of The Nevada State Early Childhood Obesity Plan. Further discussion included projected activities for the remainder of the 2023 project year. We plan to continue to discuss with the committee ways to increase awareness through the implementation of Year 2 objectives and activities. The next workgroup meeting for Quarter 3 of the 2023 fiscal year will be held virtually on June 6, 2023.

**Reports.** A survey was distributed to all licensed early childcare providers in the state of Nevada to gain insight on implications and barriers related to potential amendments of health and wellness regulations and codes from October – December 2022. The survey was distributed to approximately 600 directors and/or administrators of licensed facilities, with 188 completed responses. A report was finalized by the Early Childhood Obesity Prevention workgroup between January – March 2023 overviewing the results of the survey. In total, 20 of the 24 proposed amendments (83.3%) received approval by the majority of respondents. Despite majority approval, all proposed amendments received valuable written feedback that potentially warrants minor revisions. Across all proposed amendments, a high percentage of ECE

providers will likely approve of regulatory changes given the following recommendations are taken into consideration:

1. Rephrase any verbiage utilizing the term “primary care provider” to specify healthcare provider and/or childcare provider.
2. Specify quantities and/or duration of any amendment which requires an adjusted volume or time component.
3. Among all amendments, be mindful of developmental delay and children/caregivers with adaptive needs.
4. The biggest barrier among all amendments included financial impacts, as lack of staffing, lack of available equipment/space, and inability to adhere to nutrition guidelines are all hindered by cost.
  - a. As such, IA1 (breastfeeding), NB1-NB3 (nutrition), and PA4 (physical activity) should be modified as to not increase financial burden on facilities.
5. Be mindful as to allow parent guidance for feeding and nutritional needs, specifically in regard to baby-led weaning and dairy consumption.

Future steps include the workgroup reviewing the summary of recommendations and modification of proposed amendments, and acquiring family voice regarding the proposed amendments (either through survey or focus groups). The workgroup is currently drafting a concept paper for the HER grant through RWJ Foundation, proposing a series of secondary data analyses assessing breastfeeding behaviors and early childhood obesity, mediated through government funded nutrition programs. These analyses, along with the findings of the ASHW report, will help guide policy changes moving toward the 2025 legislative session.

**Policy.** Per NAC 432A.323, all licensed childcare providers are required to complete two or more hours of training in wellness including childhood obesity, nutrition, and moderate or vigorous physical activity within 90 days of employment and each year thereafter. The Nevada Registry worked with the EC Obesity Prevention workgroup to develop content guidelines for wellness courses, which was finalized during Q1 of this project year. The document outlines the content guidelines, course objectives and trainer qualification requirements for the required training. During Q2 of the project year, the workgroup began creating a review process of all current statewide trainings, along with a checklist for all new training applications. All new sessions submitted until the checklist is finalized will continue to be approved but will need to meet updated criteria by January 1, 2024. After that point, online courses that do not meet the requirements will be removed from the calendar.

**Presentations.** NICRP gave a presentation on the Early Childhood Obesity Prevention State Plan at the 2023 Early Learning Institute Virtual Conferences on March 10, 2023.

## ***Goal Two***

*In partnership with NECOP Workgroup members, NICRP will plan and implement the Healthy Eating and Active Living (HEAL) Summit.*

During NICRP’s Q1 TA call with the DPBH/WPP, the team was notified that NICRP and the NECOP workgroup will no longer be working on the summit planning. As such, the workgroup discussed other potential budget reallocation avenues during the quarterly meeting in March. The workgroup plans to have a decision finalized prior to the next quarterly meeting in June.