

Nevada Institute for Children's Research and Policy

Report Summary

Project Period: April – June 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 March 31, 2022:

During this project time period, NICRP convened one (1) meeting on June 6, 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. The workgroup reviewed impactful goals and activities for the remainder of this project year and the 2024 project year, specifically addressing the Achieving a State of Healthy Weight (ASHW) standards and the Nevada Registry Wellness Training rubric discussed in detail below. NICRP plans to continue discussing with the committee ways to increase awareness through the implementation of Year 2 objectives and activities. The next workgroup meeting for Quarter 4 of the 2023 fiscal year will be held both in-person (in Reno) and virtually on September 12, 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. Achieving a State of Healthy Weight (ASHW) is a national report inclusive of 47 high-impact obesity prevention standards (HIOPS, or 'standards') in child care licensing regulations that promote infant feeding practices; healthy nutrition and mealtime practices; opportunities for active play; and less screentime. 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. 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 hindered by cost.
 - a. 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.

Based on these results, the workgroup discussed future plans during the June meeting, agreeing that a similar survey would be beneficial for parents/families of children in ECE centers. The workgroup is currently determining internal processes for development and dissemination of the survey to families. Once the evaluation of impact on families is complete, the workgroup will then determine next steps of addressing the state board or awaiting 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-Q3 of the project year, The Nevada Registry has continued to partner with the workgroup to develop 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. Two (2) UNR Extension interns have assisted with the development of a scoring sheet for this evaluation system.

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.