

## **Nevada Institute for Children’s Research and Policy**

### **Report Summary**

**Project Period: October – December 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 worked with the NECOP members to develop 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 September 2023:

During this project time period, NICRP scheduled all 2024 quarterly meetings with the Early Childhood Obesity Prevention Workgroup to track and evaluate the implementation of The Nevada State Early Childhood Obesity Plan. The first quarterly meeting of the year will be held virtually January 16, 2024. Further discussion included finalizing the 2023 Annual report, along with strategic planning for the 2024 project year. The workgroup reviewed impactful goals and activities, 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 Years 2 and 3 objectives and activities.

**Reports.** 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 decreasing the frequency of screentime. The NECOP workgroup reviewed Nevada’s current national standings during the 2022 project year and developed proposed amendments to 23 of Nevada’s NRS codes based on the ASHW standards which Nevada is currently not meeting. A survey was then sent out to licensed childcare facilities in the state to gain an understanding of potential barriers associated with these proposed changes. Among the provider responses, a high percentage reported approving 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.

A second survey was distributed to families in the state of Nevada between to gain insight on implications and barriers for children and their families. The parent/caregiver survey was disseminated between August – September 2023, with a total of 132 completed responses during this time. Of the 19 total revisions provided in the survey for parents, 6 had the majority in approval of the changes. Of the remaining 13 revisions, the greatest concern among parents was a lack of assistance/support/knowledge, followed by a lack of potential funding for facilities. The full report has been completed by NICRP, which will be reviewed by the workgroup and finalized at the January quarterly meeting. 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 2023. The document outlines the content guidelines, course objectives and trainer qualification requirements for the required training. During Q2-Q4 of the project year, the Nevada Registry 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.