

Nevada Institute for Children's Research and Policy

Report Summary

Project Period: October – December 2022

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 September 30, 2022:

During this project time period, NICRP convened 1 meeting on December 6, 2022 with the EC Obesity Prevention Workgroup to track and evaluate the implementation of The Nevada State Early Childhood Obesity Plan. The Annual Report, which included all year 1 activities of the State Plan, was finalized and approved by the workgroup. 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.

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. A preliminary analysis of the results indicates the survey was distributed to approximately 600 directors/administrators of licensed facilities, with 188 completed responses. Of the total 21 proposed regulatory amendments, 9 had at least 70% of respondents in approval of the changes, 12 had 40-69% approval, and none of the proposed amendments had less than 40% approval. The highest approval of 95% was for the proposed revision to state that a child should not be bribed to eat. The lowest approval of 41% was for a requirement of consulting with a child's PCP to introduce age-appropriate solid foods.

NICRP was recently accepted to present the Early Childhood Obesity Prevention State Plan at the 2023 Early Learning Institute Virtual Conferences (February 25 – March 10, 2023). Likewise, Dr. Anne Lindsay from UNR Extension presented “I am a seed: A seed-to-table experiential journey for preschoolers” at the National Association for the Education of Young Children 2022 Annual Conference (November 16 – 19, 2022 in Washington DC).

The next workgroup meeting for Quarter 2 of the 2023 fiscal year will be March 21, 2023.

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

During the NECOP workgroup quarterly meeting on December 6, NICRP led a group discussion related to details of the summit, including audience demographics, topics, possible keynote speakers, and potential dates. It was agreed among the group that families will be the primary focus, with consideration that breakout sessions may be of benefit in order to provide a greater variety of topics and education. Tentative dates discussed included the end of August or beginning of September 2023, with hopes of coordinating with Breastfeeding Awareness month in August and/or Childhood Obesity Prevention month in September. The workgroup additionally discussed coordinating an in-person quarterly meeting for Q4 to correspond with the summit. A Summit Planning Subcommittee will also be developed prior to the 2023 Q2 meeting in March.

NICRP continues to be committed to sharing and discussing the state plan with key decision-makers, stakeholders, and potential partners during the next project year. Outside of attending meetings with key decision-makers, stakeholders, and potential partners, NICRP plans to continue attending webinars and conferences to learn about the best ways to impact and influence early childhood obesity within the state of Nevada.