

MORE MOVEMENT IN EARLY CARE AND EDUCATION SETTINGS

Policy to promote physical activity among children ages 3-5 in licensed early care and education (ECE) programs by requiring training for early care educators in the provision of structured physical activity opportunities using an evidence-based curriculum.

WHAT POPULATION BENEFITS?

Children ages 3-5 who attend licensed early care and education programs.

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase children's moderate-to-vigorous physical activity levels and, in turn, promote healthy child weight.



✓ Increase children's moderate-to-vigorous physical activity



✓ Promote healthy child weight

➔ More details available on the CHOICES National Action Kit at choicesproject.org/actionkit

WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Train early care and education program directors and staff on evidence-based strategies and curricula (Hip Hop to Health Jr.) to provide physical activity instruction	<ul style="list-style-type: none"> • Time for State Early Care and Education Agency Training Consultant to prepare for and lead training • Time for early care and education program directors and staff to attend training • Travel costs 	State early care and education training consultant
Provide materials and equipment for promoting physical activity (such as CDs with activity-promoting music and templates for parent newsletters)	<ul style="list-style-type: none"> • Cost of materials and equipment 	Early care and education programs (or local government)
Assess compliance with new policy to provide training and physical activity opportunities	<ul style="list-style-type: none"> • Time for state licensor to assess compliance with policy during monitoring visit 	State early care and education agency monitoring and compliance staff

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(continued)

FOR ADDITIONAL INFORMATION

Cradock AL, Barrett JL, Kenney EL, Giles CM, Ward ZJ, Long MW, Resch SC, Pipito AA, Wei ER, Gortmaker SL. Using cost-effectiveness analysis to prioritize policy and programmatic approaches to physical activity promotion and obesity prevention in childhood. *Prev Med.* 2017 Feb;95 Suppl: S17-S27. doi: 10.1016/j.ypmed.2016.10.017. Supplemental Appendix with strategy details available at: <https://ars.els-cdn.com/content/image/1-s2.0-S0091743516303395-mmc1.docx>

Selected CHOICES research brief including cost-effectiveness metrics:

Bovenzi M, Carter S, Sabir M, Bolton A, Barrett J, Reiner J, Cradock AL. *Boston, MA: More Movement Program in Early Child Care Settings* {Issue Brief}. Boston Public Health Commission and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; January 2023. Available at: <https://choicesproject.org/publications/brief-more-movement-boston>

- ✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at choicesproject.org/resource-library
- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at choicesproject.org/actionkit

SUGGESTED CITATION

CHOICES Strategy Profile: More Movement in Early Care and Education Settings. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; September 2023.



Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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