



Early Ages
Healthy Stages™

Growing healthy kids right from the start.



September Coalition Meeting

**Educational Services Center of
Northeast Ohio**

September 14, 2018

Welcome and Introductions

Welcome Back!!

EAHS Updates

- New grant coordinator starting 9/17
- New EAHS materials! Will be ready for the October EAHS meeting

Early Childhood Wellness Matters

Cuyahoga County recognizes healthy habits need to start early.

Children's early learning environments give them the opportunity to develop healthy habits right from the start



On average,
35,000
children ages 0-5
spent time in early
learning environments
in Cuyahoga County.



On average, young
children spend
32 hours
a week
in an early learning
environment.



Five year olds who have
a healthy weight are
4 times
less likely
to become obese teens
than five year olds
who are overweight.




Children who are healthy
are more likely to be
ready for
school and
**ready to
learn!**



Equitable Opportunities

Collaboration



Core Values


Elevating Success

Community-First



Our Mission

To work together to create healthy environments for young children in Cuyahoga County.



Our Vision

Cuyahoga County is a community that provides all children ages 0-8 with the opportunity to establish the healthy lifestyles in environments where they live, learn, sleep and play.

Early Childhood Health Plan

Cuyahoga County creates a plan to ensure all children ages 0-8 have the opportunity to establish a healthy lifestyle.



Early Child Care and Education Providers

Child care centers, family homes, and community and/or social service agencies that serve young children



Families

Parents and caregivers of children ages birth to five



Community Stakeholders

Partnerships with organizations that serve young children and their families



Health Care Access

Facilitate partnerships between clinical care, providers, and families of young children



Healthy Foods

Increase availability of healthy foods and beverages



Physical Activities

Increase opportunities for daily exercise and active play



Family Engagement

Elevate the role of providers in engaging family's needs.



Social Emotional Health

Increase awareness of the role that social emotional health plays on early childhood wellness



Policies

Training for providers on creating healthy early learning environments



Technical assistance for creating new policies

Systems

Building relationships between providers, families, and the community



Making sure that resources are available for all

Structures

Connecting providers to the local food economy

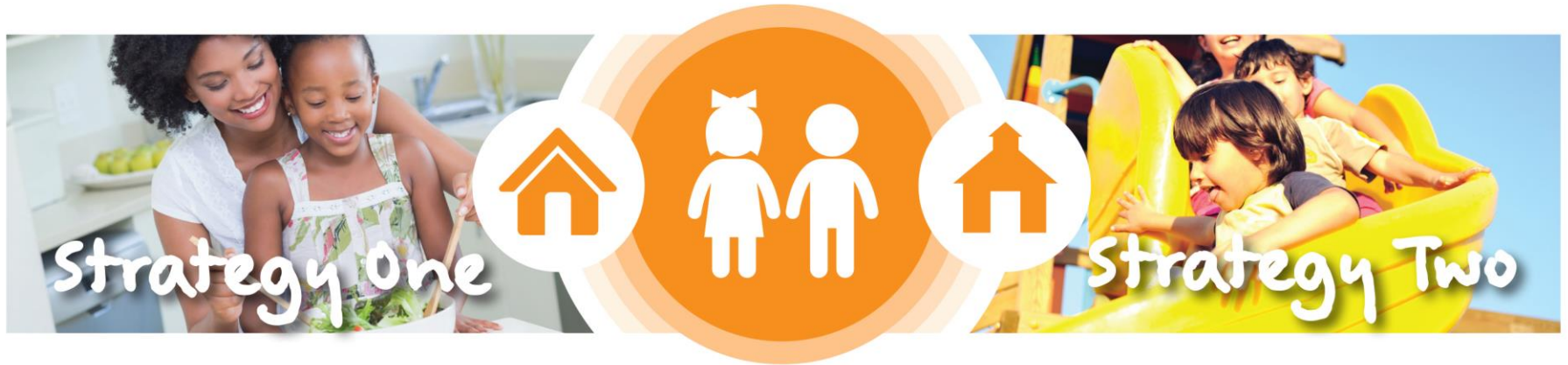


Sharing spaces for safe, active living

Advocating for legislative change

Early Childhood Health In Action

Cuyahoga County uses two strategies that encourage and support healthy habits for all young children.



Improve environments where children **live.**



A community-led coalition of organizations, providers, and individuals who share a passion for creating healthier environments for young children.

Improve environments where children **learn.**

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- An Ohio-Approved, program that offers training and technical assistance for early care and education providers on best practices in building healthy habits, menus, and policies.
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Early Childhood Health Together

Cuyahoga County can work together to make a difference.



Early Child Care & Education Providers

Get Designated!

Contact your local trainer at the Cuyahoga County Board of Health to become a designated Ohio Healthy Program.

Get Connected!

Encourage families and other programs to get healthy by sharing your tips for success.

Get Involved!

Join the Early Ages Healthy Stages Coalition.



Families

Get Informed!

Check to see if your child's early care and education provider is a designated Ohio Healthy Program.

Get Active!

Be a positive role model for your child by living a healthy, active lifestyle.

Get Involved!

Become a voice for families of young children by joining the Early Ages Healthy Stages Coalition.



Community Stakeholders

Get Involved!

Share your knowledge, resources, and expertise in early childhood health and wellness by joining the Early Ages Healthy Stages Coalition.

Get Vocal!

Advocate for legislative change that supports opportunities to improve early learning environments.

Get Invested!

Help us sustain our efforts to improve early childhood health and wellness in Cuyahoga County through funding and in-kind contributions.

Yard Sign



Healthy Program Designation

Congratulations on
Growing healthy
kids right from
the start!



Placemat

Create Your Healthy Plate!



Make Each Plate A Healthy Plate

- Make ½ your plate fruits and veggies
- Include proteins, whole grains and dairy
- Remember variety each day



Take Time for Meals

- Be a positive role model by eating the same foods and drinks as children eat
- Encourage children to try foods but never force
- Eat together as a family and use it as a time to catch up on the day
- Turn off screens during meal time



Growing Great Tasters

- Wash and prepare foods together
- Try growing food, whether a garden or one plant
- Choose new foods each week to try together taste testing can be fun!
- Try at least one bite. Don't give up! Keep trying.



Have a picky eater?

Remember...if you are concerned about your child's diet, talk with your pediatrician, who can help troubleshoot and make sure your child is getting all the necessary nutrients to grow and develop. Also keep in mind that picky eating usually is a normal developmental stage for toddlers. Do your best to patiently guide them on their path toward healthy eating.

Creating your healthy plate is fun! Point to what you want!



Broccoli



Carrots



Corn



Tomato



Cheese



Chicken



Egg



Apple



Banana



Berry



Kiwi



Bread



Cereal



Crackers

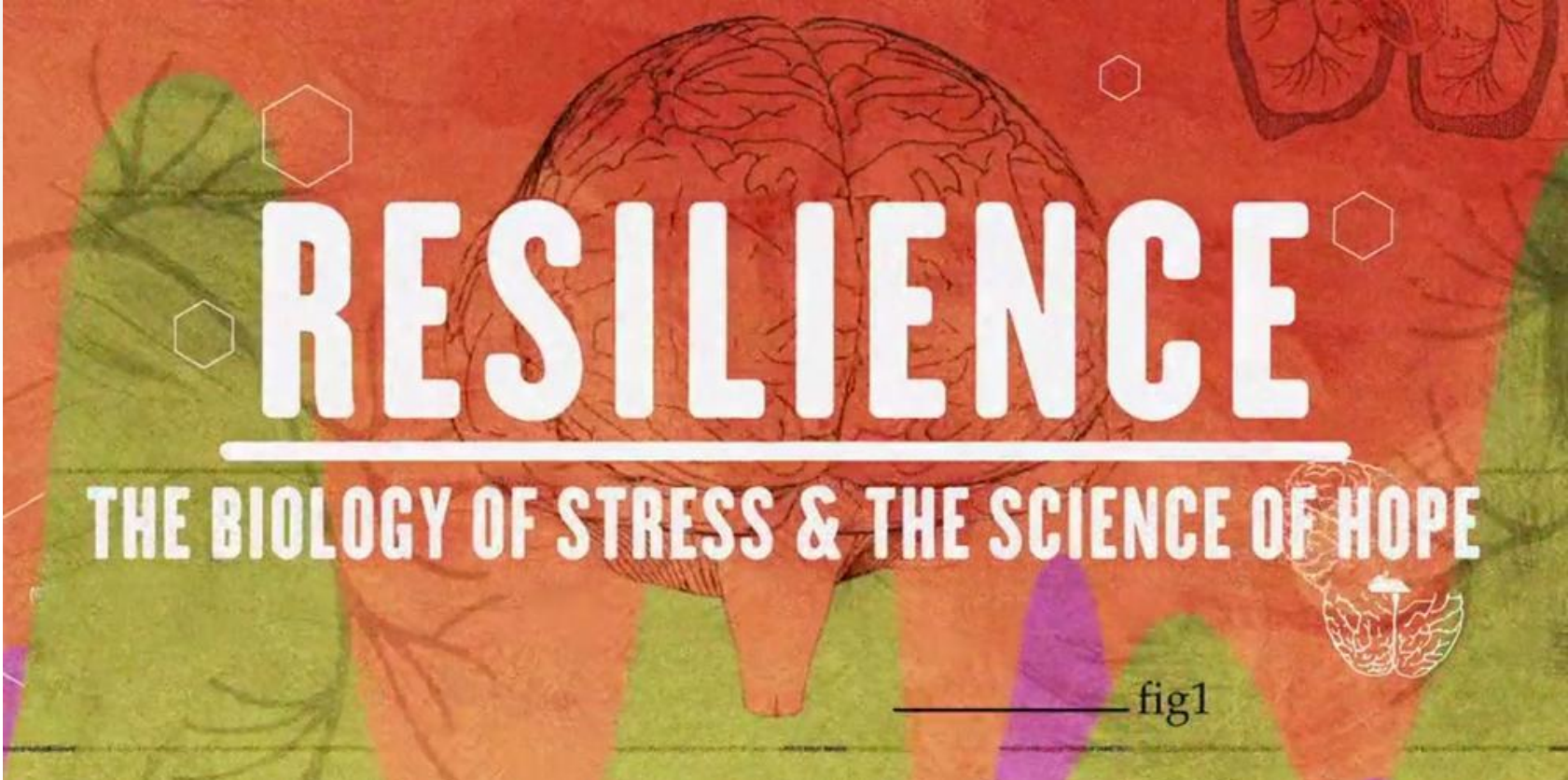


Milk

Health Champions

Our Goal: To build healthier early learning environments where staff, children, and families can be engaged in healthy opportunities within a defined community.

- Eligible participants are those that work at a currently designated Ohio Healthy Program
- Application will be posted soon!



Discussion

- From your perspective or profession, what stood out?
- What is one thing you heard or saw that touched you?
- How might EAHS play a role in addressing ACEs in early childhood?

Next Meeting

TBD

- Agenda:
 - Working groups: Taking stock of our progress on the strategic plan
 - Update: EAHS Project with Tufts University