



NATIONAL CENTER ON  
Early Childhood Health and Wellness

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## **Early Care and Education Healthy Active Living Learning Collaborative APPLICATION OVERVIEW**

### **Introduction:**

One in four US children under age 5 is either overweight or obese. Children with overweight or obesity, especially those with comorbidities, experience greater school absenteeism, missed academic opportunities, and increased medical costs. Children with overweight or obesity are also developing chronic diseases such as diabetes and have greater risk of obesity in adulthood. In fact, preschool-aged children with overweight or obesity are 5 times more likely to be overweight during adolescence when compared to their normal weight counterparts. With 61% of US children younger than 6 years old (or 12 million children) in non-parental care, early childcare centers have an opportunity to lead national obesity prevention efforts. Significant improvements in the eating and activity behaviors of preschool children will most likely depend on the combined strength of interventions and supportive policies. To facilitate some of these changes, the National Center on Early Childhood Health and Wellness (NCECHW) has made a commitment to support a learning collaborative that will give 10 teams the opportunity to implement healthy active living programmatic and policy interventions.

### **About the Learning Collaborative:**

The Learning Collaborative will include 3 separate in-person learning sessions to provide opportunities to build fundamental knowledge and skills as well as team building and peer to peer learning for healthy active living initiatives within:

- staff wellness,
- nutrition education,
- physical activity, and
- family engagement.

Virtual training and technical assistance will be held quarterly between learning sessions. Most of these virtual trainings will include a peer-to-peer component, where participating programs will share their successes and challenges. Other virtual opportunities will include training for specific staff members in the program such as menu development for food service staff. Teams will make systematic changes to improve their program and measure progress. An evaluator will assist teams to capture meaningful data and outcomes. The teams will participate in a final in-person session in order to document successes, best practices, barriers, and implementation strategies; teams should be prepared to share the outcomes of their action plans at this meeting.

The Learning Collaborative provides an opportunity to address considerable gaps in policy and programmatic approaches and further inform how healthy active living policies are properly

implemented and influence behaviors of staff, children, and families within the early child education setting. The Learning Collaborative will provide extensive opportunities to receive support from NCECHW staff, subject matter experts, and the evaluator for ongoing program implementation.

Please see table at the end of this document for tentative learning session/virtual training dates. Travel for the learning sessions will be arranged and expenses covered by the National Center on Early Childhood Health and Wellness.

**Learning Collaborative Teams – Composition and Expectations:**

The learning collaborative teams must have 2-3 representatives\* from the ECE program, comprised of staff representing these areas (\*funds are available to support 2 representatives in attending the in-person learning sessions):

- 1) education
- 2) health
- 3) administrative/leadership

For example, from a Head Start perspective, the team may be comprised of the health specialist, teacher or ECE specialist, and program director. These individuals will be considered the core leadership team.

Two representatives from the core leadership teams will:

- attend 2 in-person learning sessions over the 2 year collaborative,
- attend virtual trainings held quarterly,
- attend one final in-person gathering
- organize activities in their program, disseminate resources and training, and partner with the NCECHW evaluator
- strengthen linkages to community members who provide services to families and can provide crucial insight into the needs of your community.

Programs will develop their own action plan with measurable goals and objectives based on their program interest and capacity. All programs will be asked to complete a pre-assessment of current healthy active living practices in preparation for the first in-person learning session. All programs will be expected to create at least 1 staff wellness; 1 family engagement; 2-3 nutrition and physical activity goals.

**Who should apply?**

Early Head Start, Head Start, child care, family child care, and preschool programs are eligible to apply. This opportunity is open to programs with previous experience in implementing healthy active living related policies and programs as well as those seeking to begin this work.

**The Application Process:**

Teams will have until **3:00 p.m. CT on Wednesday, November 9, 2016** to submit their applications.

Selected programs will receive \$3,000 each to assist with the costs of facilitating activities that focus on programmatic and policy interventions. This support will be awarded in installments. The first installment will be released following attendance at the first in-person learning session with the final installment provided after completion of the third learning session. Acceptable expenses include securing meeting space, staff time to facilitate collaboration, general meeting supplies, etc. Applicants are asked to provide a brief budget narrative using the budget template provided.

**Important Dates and Deadlines:**

Below are important dates for potential applicants.

Date	Activity
Wednesday, October 12  Thursday, October 13	Interested in applying for the Learning Collaborative but have questions? Join us for one of the informational webinars:  <b>Wednesday, October 12 at 10:00am PT/ 12:00pm CT/ 1:00pm ET</b> Registration link: <a href="https://cc.readytalk.com/r/tsb787nnxxou&amp;eom">https://cc.readytalk.com/r/tsb787nnxxou&amp;eom</a>  <b>Thursday, October 13 at 10:00am PT/ 12:00pm CT/ 1:00pm ET</b> Registration link: <a href="https://cc.readytalk.com/r/hv1y37ku7x4r&amp;eom">https://cc.readytalk.com/r/hv1y37ku7x4r&amp;eom</a>
3:00 p.m. CT Wednesday, November 9	Applications due (Includes: Online application and budget narrative).
Week of November 21	Applicants notified of award decision
December 2016	Learning Collaborative Virtual kick-off meeting
February 16 & 17, 2017	In-person Learning Session #1 (held at AAP headquarters in Elk Grove Village, IL)
August 17 & 18, 2017	In-person Learning Session #2 (held at AAP headquarters in Elk Grove Village, IL)
November 2017	Final in-person gathering (held at AAP headquarters in Elk Grove Village, IL)

If you have any questions, please contact Florence Rivera, MPH at [frivera@aap.org](mailto:frivera@aap.org) or 847/434-4790.