

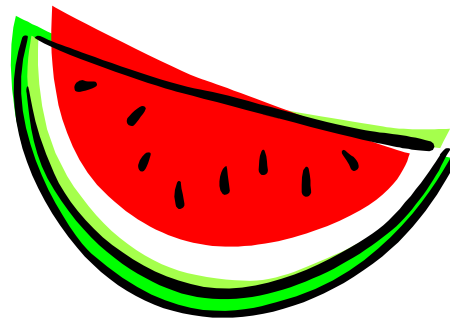


# Nutrition and Physical Activity Education Newsletter

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## Coming Soon... *The Healthy Eating for Life website*

Bright from the Start: Georgia Department of Early Care and Learning along with our partners, Georgia Department of Human Resources: Division of Public Health, The University of Georgia Cooperative Extension, and International Life Science Institute Research Foundation: Center for Health Promotion, are excited to announce that in the next couple of months the Healthy Eating for Life website will be available to the public.



The Healthy Eating for Life website will act as a comprehensive nutrition and physical activity resource for parents, caregivers, and child care development professionals of children ages birth through five.

The website will have many features including:

- A calendar of early childhood nutrition and physical activity training events that will be held throughout Georgia;
- A list of training materials relevant to children ages birth through five;
- Nutrition and physical activity related information, documents, and/or links; and
- Answers to frequently asked questions regarding nutrition and physical activity.

## *The Nutrition and Physical Activity Education Summit*

On November 15, 2005, Bright from the Start hosted a Nutrition and Physical Activity Education Summit in Atlanta, Georgia, as part of its Nutrition and Physical Activity Education Initiative.

The purpose of the summit was to share strategies and information

about existing nutrition and physical activity education programs and resources, and to identify current gaps in training opportunities and available resources.

Child care professionals who have a passionate interest in nutrition and physical activity education from

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# Nutrition and Physical Activity Education Summit

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every county in the state were invited to attend. Workshop presenters from leading organizations in Georgia shared their expertise on healthy eating and physical activity. These organizations included:

- Bright from the Start: Georgia Department of Early Care and Learning
- Children’s Healthcare of Atlanta
- Georgia Department of Human Resources, Division of Public Health
- International Life Sciences Institute: Center for Health Promotion
- The University of Georgia Cooperative Extension

Feedback from the summit was very favorable. Comments included “Great experience”, “Needed to



**Eat Healthy.  
Be Active.**

whose expertise and assistance in this endeavor was essential to the success of the event.

For more information on eating healthy and being active, visit the United States Department of Agriculture’s (USDA) My Pyramid website at [www.mypyramid.gov](http://www.mypyramid.gov). For specific information on the pyramid and kids visit <http://mypyramid.gov/kids>.

be two days to get more information” and “It was perfect.” Bright from the Start and our partners thank everyone who attended. Each attendee helped to make the summit more useful, informative, and enjoyable. We also recognize our presenters,

## About the Nutrition and Physical Activity Education Initiative

Bright from the Start’s Nutrition and Physical Activity Education Initiative is driven by a steering committee that consist of representatives from our agency and our partnering institutions, who are interested in providing training to parents and caregivers of young children about nutrition and physical activity.

This initiative also supports the Governor’s Live Healthy Georgia campaign and Georgia’s Nutrition and Physical Activity Plan.

The objectives of the committee are to:

- Increase the number of early child care centers, group day care homes, and family day care homes that implement healthy eating and physical activity programs; and

- Increase the number of early child care centers, group day care homes, and family day care homes that promote an environment conducive to eating healthy, being more physically active, and breastfeeding.

**Caregivers influence physical activity patterns in children directly by providing a supportive environment conducive to physical activity and indirectly through engaging children in a physically active lifestyle\***

\*Source: Perusse L. T and et. al. (1989). Genetic and environmental influences on level of habitual physical activity and exercise participation. *American Journal of Epidemiology* 129 (5):1012-1022.

## What’s Next on the Agenda?

In addition to launching the website, the committee will also be participating in the Bright Beginnings\* Bright Futures Early Learning Conference hosted by Bright from the Start.

Members of the committee will be presenting a nutrition workshop. The workshop will discuss eating habits, trends, and influencing factors of nutrition for children birth through five years of age.

The objectives of the workshop are to increase participants’ knowledge of accurate nutrition practices, identify ways participants can promote healthy eating in childcare facilities by using nutrition education activities and nutrition standards from resources such as the American Academy of Pediatrics, Bright Futures in Practice: Nutrition, and USDA Dietary Guidelines for Americans.

## Topic of the Month: Breastfeeding

Breastfeeding in most instances is the ideal method for feeding infants. Breast milk offers a variety of benefits to both the infant and mother that are not received from any other form of infant food such as formula.

For example, breast milk fed to infants offers:

- Nutritional, growth, and developmental benefits
- Decreased risk for chronic diseases
- Enhanced immune systems
- Resistance to infectious diseases

To the mother, breastfeeding offers:

- Improved health (i.e. lower risk for breast and ovarian cancer)
- Socioeconomic benefits (i.e. Little/no money spent on infant food)

Several major health professional organizations support and strongly recommend breastfeeding because of its health benefits to both the infant and mother; however, these organizations are also aware of the barriers that exist for working mothers who would like to initiate and/or continue breastfeeding. Bright from the Start agrees with the Department of Health and Human Services' determination that childcare institutions, in addition to the health care system and work place have an important role to play in educating and supporting expecting or breastfeeding mothers but also child care institutions. Every year a large number of children are enrolled in child care facilities; therefore, it is important that these facilities are supportive of breastfeeding if a significant increase in the number of breastfeeding mothers is going to be made.

**“Breast milk is the ideal first food for infants. No other milk or formula closely matches the human infant requirement for growth and development\*\*”**

The goal is to make breastfeeding as convenient as possible for mothers and to avoid intentionally or unintentionally discouraging them from breastfeeding. Therefore, child care facilities should make reasonable accommodations for mothers who wish to have their children fed expressed breast milk at the facility or that wish to breast feed onsite.

For more information on breastfeeding check out the following resources:

- *How to Support A Breastfeeding Mother: A Guide for the Childcare Center:* available at <http://www.dshs.state.tx.us/wichd/bf/childcare.shtm>.
- *USDA's Feeding Infants: A Guide for Use in the Child Nutrition Programs:* available at [http://www.fns.usda.gov/tn/Resources/feeding\\_infants.html](http://www.fns.usda.gov/tn/Resources/feeding_infants.html).
- *Georgia's Department of Human Resources' information on breastfeeding available at:* <http://health.state.ga.us/programs/nutrition/breastfeeding>.
- *CDC's Breastfeeding Spotlight:* <http://www.cdc.gov/breastfeeding/spotlight.htm>.
- *HHS Blueprint for Action on Breastfeeding:* available at <http://www.cdc.gov/breastfeeding>.
- *The CDC Guide to Breastfeeding Interventions:* available at: <http://www.cdc.gov/breastfeeding/index.htm>. You may also request a **free** copy of the Guide by sending an email request to [bfguide@cdc.gov](mailto:bfguide@cdc.gov).

Sources:

\*Department of Health and Human Services, Office on Women's Health- HHS Blueprint for Action on Breastfeeding

\*\*Picciano, MF. Human milk: nutritional aspects of a dynamic food. *Biology of the Neonate* 1998; 74:84-93.

## Calendar of Upcoming Events

**March 2006**—National Nutrition Month®

For more information on National Nutrition Month® visit the National Dietetics Association at <http://www.eatright.org>



**April 2006**—Month of the Young Child

Physical Wellness Month





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**April 3-9, 2006**– National Public Health Week  
Each day during National Public Health Week will focus on an aspect of children's health and the environment.

**Monday:** Designing Healthy Communities: Raising Healthy Kids

**Tuesday:** Surrounding Our Kids with Equal Opportunities

**Wednesday:** Surrounding Our Kids with Physical Activity

**Thursday:** Surrounding Our Kids with Safety

**Friday:** Surrounding Our Kids with Clean Air

For more information on National Public Health Week, please visit the website at: [www.apha.org/nphw/2006](http://www.apha.org/nphw/2006)

**April 27-29, 2006**— Bright Beginnings\* Promising Futures Conference, Atlanta, GA. The conference will address the impact of the recently released Georgia Early Learning Standards and other standards that enable child care providers and professionals to deliver high-quality care and educational experiences for children from birth through school age.

2006 Georgia Early Learning Conference

educational experiences for children from birth through school age.

The conference is designed specifically for professionals, administrators, teachers, caregivers, and staff who work with children ages 0-5 years old and after school programs. For more information, visit [www.dec.state.ga.us](http://www.dec.state.ga.us).

## Nutrition Services

*Working together with our partners to eradicate hunger and ensure nutritious meals for all Georgians!*



## Food of the Month

February is National Cherry Month. Parents and caregivers can introduce a variety of foods to young children by developing a creative way to incorporate different or unfamiliar foods into their usual activities or something they are familiar with, such as the months of the year.



For example, parents and/or caregivers, can introduce cherries to young children that are developmentally ready to eat solid foods by affiliating it with the month of February.

There are many foods that fresh cherries can be used to add flavor, to make more appealing or to

add more nutritional value.

For example,

- Oatmeal and cereals (i.e. toasted oats, cornflakes, or cream of wheat)
- Yogurt and cottage cheese
- Low fat muffins and cakes
- Smoothies or fruit juice bars

Parents and caregivers can also make introducing cherries to children in their care more interactive by incorporating it into a common activity such as coloring. A printable coloring pages relating to cherries can be accessed at <http://www.cherrymkt.org/consumers/mindchallenges.html>

## Our Sponsor



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