

# Philadelphia Early Childhood Education Centers' Health and Wellness Snapshot

A COLLABORATION WITH THE PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH'S GET HEALTHY PHILLY, HEALTH PROMOTION COUNCIL AND PUBLIC HEALTH MANAGEMENT CORPORATION

A quality early childhood education equally values healthy physical, cognitive, social and emotional development. To learn more about whole child practices related to nutrition and physical activity, a survey was conducted from October 2016 to February 2017 and garnered 161 responses from licensed child care centers in Philadelphia.

## CHARACTERISTICS OF CENTERS AS REPORTED BY SURVEY RESPONDENTS



Here's what we learned:

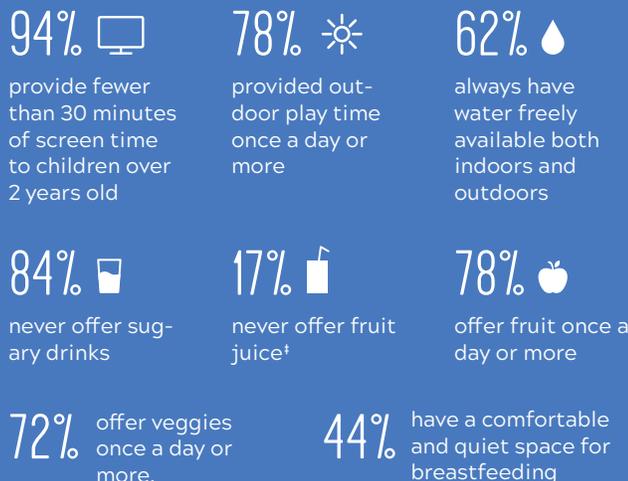
**CACFP** participation was related to higher levels of some healthy nutrition practices (fruits and vegetables being served more often).

CACFP participation was also related to juice being served more often (something we'd like to see happen less).

A **Keystone STARS** rating of 3 or 4 was related to some healthier physical activity practices, more outdoor play time, and less screen time provided to children.



Many centers are making great **progress** on helping children learn healthy habits for life:



The survey also highlights some areas for **improvement** for centers:



\* CACFP = The federally-funded Child and Adult Care Food Program

\*\* Keystone STARS = Pennsylvania's quality rating system for early learning providers. Programs earn a STAR 1 to STAR 4 rating based on a variety of quality standards.

† For optimal nutrition and dental health, juice (including 100%) should not be served at childcare centers.