Teaching young children healthy habits gives them a good start early in life and can reduce the health risks related to obesity in later life. Child care settings, whether centers, homes, with a family member or a neighbor, are unique environments to reach many children at once with healthy options.

The Choose Health LA Child Care (CHLACC) program had a unique opportunity to work with child care providers. The program offered nutrition and physical activity training and individualized coaching to child care providers, equipping them with the knowledge and tools to introduce/encourage healthy habits to the children in their care.

“Told you so many things with my daycare. We planted a big garden, we do art, we cook together, we play all kinds of physical activities. We sit down all together and talk about the things they like and don’t like. It's so much more fun now.”

Informed 24,800 parents on healthy eating and physical activity for themselves and their children.

Created Choose Health LA Child Care to increase healthy eating and physical activity in child care settings

October 2013 - June 2016

Topics covered in training and coaching

Breastfeeding
Food and Drinks
Physical Activity
Screen Time
Environment and Policy

Trained 5,850 child care providers
Individually coached 2,320 child care providers

CHLACC trained 5,853 providers in Los Angeles County

Trained Providers

- 1 - 13
- 14 - 31
- 32 - 57
- 58 - 104
- 105 - 167

Informed 24,800 parents on healthy eating and physical activity for themselves and their children.
From October 2013 through June 2016, the Choose Health LA Child Care program:

- Trained 5,853 Child Care Providers to improve the nutritional and physical activity environments in their child care setting. Goal: 5,540.
- Coached 2,323 Child Care Providers on the nutritional and physical activity topic(s) most important to their setting. Goal: 2,210.
- Distributed information and resources to 21,734 Child Care Providers on how to improve the nutritional and physical activity environments in their setting. Goal: 8,540.
- Engaged 12,038 Parents with nutrition information and physical activities at events with their children. Goal: 4,050.
- Distributed information and resources to 24,868 Parents to educate them on healthy nutrition and physical activity for them and their children. Goal: 13,470.

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