

A-B-C-1-2-3 HEALTHY KIDS IN TENNESSEE
*LET'S EAT WELL, PLAY, AND BE
AWARE, EVERY DAY!*
AND
GOLD SNEAKER



A winning combination for promoting healthy lifestyles in childcare facilities through individual and family-based activities in the classroom for children ages 3-5, and policy-based initiatives .



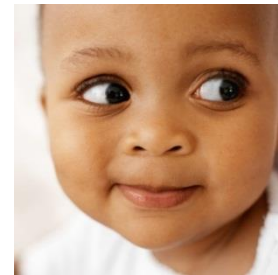
Why Target Preschool Children and Their Families?

- **Statistics are unfavorable for childhood obesity, health issues due to secondhand smoke, low consumption of fruits and vegetables, lack of physical activity, and other chronic health conditions and unhealthy behaviors.**
- **Health habits are instilled at an early age and are much harder to change when we become adults.**
- **In Tennessee, the Coordinated School Health Program does an excellent job with children of school-age, but there are limited resources for the preschool ages – until NOW!**
- **Starting education early makes sense and we have two resources to help make it easier.**



A-B-C-1-2-3 Healthy Kids in Tennessee, Let's Eat Well, Play, and Be Aware, Every Day!"

- Goal is to provide education and increase awareness in: childcare providers, children ages 3-5, and their families in the areas of healthy eating, active play, and overall health awareness, ultimately resulting in behavior change;
- Program is designed to be implemented over a 12-week period, and provides classroom activities as well as take-home resources for parents along with activities that may be done as a family; Activities can be done in as little as 30-45 minutes per day and can be tailored to each teacher's individual lesson plan.
- Online training and materials will be available electronically via an A-B-C-1-2-3 website, which will be available late summer/early fall 2011.
- Department of Human Services approved training hours will be available for providers participating in the online training.



A-B-C-1-2-3 Healthy Kids in Tennessee, Let's Eat Well, Play, and Be Aware, Every Day!"

- Project is implemented through Middle Tennessee State University's (MTSU) Center for Health and Human Services
- Project originally developed with support by the Tennessee Cancer Coalition volunteers





Gold Sneakers



- Goal is to enhance policy related to physical activity, nutrition, and tobacco avoidance within licensed childcare facilities in Tennessee
- The program is a collaborative effort between the Tennessee Department of Health, Department of Human Services, the United Way of Greater Chattanooga, and funded through a cooperative agreement with the Centers for Disease Control and Prevention.
- Facilities that implement the proposed policy will receive the “Gold Sneaker designation and numerous incentives that go along with that award (i.e., incentive package to support implementation of policies, certificate of achievement, stickers to be used in facility for promotional purposes, recognition on TDH and GS websites, resources for parents, and technical assistance.



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For more information on A-B-C-1-2-3 Healthy Kids in Tennessee, Let's Eat Well, Play, and Be Aware, Every Day", contact:

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Gold Sneaker Initiative

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