Key 2 A Healthy Start

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KEY 2 a Healthy Start
A Collaborative Initiative to Reverse Childhood Obesity in West Virginia

Why?
Approximately 31.8% of children aged 2-19 are overweight or obese. The trend begins in early childhood with 27% of children aged 2-5. The Centers for Disease Control recently reported that obesity rates declined in 19 of 43 states for this age group, but WV was not one of them. By taking part in this initiative, your center can be a leader in reducing childhood obesity rates in WV and raising a healthier generation of kids.

What?
If you are accepted into the initiative, you will attend 3 one-day workshops, receive one-on-one consulting and become a part of a peer learning network. During the workshops, KEYS 4 HealthyKids staff including pediatrician, Dr. James Jeffrey, will take you through the following:

1. Self-assessment: Identify strengths and needs for improvement re: healthy eating practices and regular physical activity.
2. Goal Setting and Action Planning: Set goals for change.
3. Continuing Education for Child Care Providers: Increase staff confidence to make healthy changes through skill building activities.
4. Technical Assistance and Consultation: Link centers to resources to provide assistance.
5. Follow-up and Reinforcement: Check-in with centers to assess progress and develop plans for continuous positive changes.

The workshops are free and participants will receive STARS credit. In addition, sites will receive physical activity equipment, myPlates portion plates, and other materials to meet your healthy goals.
What do I need to do?

Your Commitment
The project includes 3 workshops and at least 3 site visits. There must be one contact person for each center that is responsible for communicating with their advisor.

- Cook must attend Workshop 1 dealing with nutrition and meal planning.
- Director or Assistant Director must attend all 3 workshop trainings.
- One teacher must attend all workshop trainings.

Our Commitment

- Receive a total of 18 hours of STARS credit per person (6 per workshop)
- MyPlates for each child
- Portable Physical Activity Equipment
- Garden - indoor garden system, outdoor raised beds (based on needs and preference)
- Parent Outreach materials
- Assistance on obtaining additional resources as needed

There are only 5 available spots per Resource and Referral Region, so sign up soon! Contact Jessica Dianellos at Jessica.Dianellos@camc.org or 304-388-3409.

This is a project administered through the non-profit, KEYS 4 HealthyKids. We do not license centers or evaluate for compliance in any way.

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