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Sent: Friday, November 9, 2018 3:58 PM
To: PW, CC Reg Changes
Cc: Dyan Schauer; Rose Gioia.Fine
Subject: Comments on proposed changes to current Child Care Regulations
Attachments: TIU 11 CEWS Comments on Child Care Regulations.docx

Good Afternoon,

Thank you for the opportunity to submit feedback related to:

Pennsylvania Child Care Regulations No. 14-542, 55 Pa. Code Chapters 3270, 3280, and 3290, Professional Development

Attached is feedback from Tuscarora Intermediate Unit 11 Community Education and Workforce Services.

Thank you again for your consideration and please contact me with any questions.

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Comments on Pennsylvania Child Care Regulations No. 14-542**55 Pa. Code Chapters 3270, 3280, and 3290, Professional Development****Submitted for consideration by: Tuscarora Intermediate Unit 11 Community Education and
Workforce Services**

Thank you for the opportunity to submit comments on Pennsylvania's Child Care Regulations, which provide standards that protect the health, safety and rights of children in child care centers, group child care homes, and family child care homes.

Our agency, Tuscarora Intermediate Unit 11 Community Education and Workforce Services (TIU CEWS), feels encouraged by the regulations' emphasis on required health and safety topics and increase in overall annual professional development hours required. It is our request that decision makers consider extending required professional development related to health and safety topics to include obesity prevention strategies.

Rationale:

Research shows that childhood obesity "strikes at an early age, with researchers estimating a staggering 9.4 percent of children ages 2 to 5 already have obesity. The obesity rate for children ages 6-11 has more than quadrupled during the last 40 years – from 4.2 to 17.4 percent," according to the National Health and Nutrition Examination Survey.¹ Children with obesity are at higher risk for demonstrating cardiovascular risk factors, low self-esteem, and increased absenteeism from school.¹

During their early years, children establish eating habits, including volume of food intake, food preferences, and physical activity routines. Once these habits are established, they can become resistant to change and persist throughout life. Most young children spend time in care outside of their home, making the early care and education (ECE) setting one of the best places to reach young children with obesity prevention efforts. More than 11 million children under age 6 spend an average of 30

hours in non-parental care, with children of working mothers spending almost 40 hours a week in such care.²

TIU asks decision makers to consider:

- Enhancing the prescribed health and safety professional development areas to include obesity prevention, which includes nutrition, infant feeding, physical activity, and screen time within ECE settings;
- Updating licensing approved trainings with obesity prevention strategies; and
- Using licensing monitors as a technical assistant touch-point to support programs in implementing obesity prevention standards or strategies.

TIU CEWS is an active leader in the statewide Keystone Kids Go initiative, a partnership of key stakeholders which, in addition to many state agencies, includes the Office of Child Development and Early Learning, the Pennsylvania Key, and the Pennsylvania Departments of Health, Human Services and Education. Keystone Kids Go partners share a purpose of reducing childhood obesity through the development of resources, technical assistance, and professional development for ECE providers, children and families. Keystone Kids Go has built a strong foundation over the past 12 years and has existing resources in place to support implementation of obesity prevention strategies through professional development, training of coaches and technical assistants, and program-level continuous quality improvement efforts that are connected to quality rating and improvement systems.

Thank you for your time and consideration of these suggestions. We look forward to learning more about the regulation updates and partnering to support Pennsylvania's early care and education providers to ensure health, safety, and improved quality for children and families.

Sources:

¹ <https://www.ahealthieramerica.org/articles/facts-about-childhood-obesity-102>

² <https://www.cdc.gov/obesity/strategies/childcareece.html>