Collaborative State Policy Development to Improve Healthy Child Weight Status

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March 29, 2019
What is a CollIN?

Collaborative Improvement & Innovation Network

- Coordinated Strategies
- Collaborative learning
- Common benchmarks
PDSA Cycles

**Plan**
- Objective
- Questions & Predictions (why)
- Plan to carry out the cycle (who, what, where, when)

**Do**
- Carry out the plan
- Document problems and unexpected observations
- Begin analysis of data

**Act**
- What changes are to be made?
- Next cycle?

**Study**
- Complete the analysis of the data
- Compare data to predictions
- Summarize what was learned
Increasing the proportion of children ages 2-5 within a healthy weight range by Dec 2015: 2014-2015 Pediatric Obesity Mini-CoIIN

Increasing the proportion of children ages 2-5 within a healthy weight range by Dec 2016: 2016 Pediatric Obesity CoIIN

Facilitating the development, implementation, and evidence-informed policies and practices to support State Title V programs to improve health behaviors related to breastfeeding...by August 2019: 2017-2019 Children’s Healthy Weight CoIIN.
Making the Case for the CoLLIN in Louisiana
311,474 children age birth to 4 in Louisiana
241,755 children age 0-6 who potentially need child care in Louisiana
4,000 school buses

26 miles
42% children age 0-6 who spend 35 hours or more per week in child care settings (nationally)
1,470 licensed child care centers in Louisiana
7,840 child care workers in Louisiana
26%
Children age 2-5 enrolled in WIC in Louisiana who are obese or overweight
36%
Children age 10-17 in Louisiana who are obese or overweight
What this means...

- There are a lot of children in child care centers in Louisiana or who need child care
- Children are spending a lot of time in child care
- Children of all ages in Louisiana are struggling with obesity

Child care centers have an opportunity to make a difference!
The State of Early Childhood in LA in 2015

- NAP SACC
- Well-Ahead Louisiana
- Child Care Health Consultants
- Early Childhood Care and Education Advisory Board
- DCFS → LDE
  - Newly revised licensing standards
  - QRIS system
  - Accountability measures
  - Coordinated enrollment
Pediatric Obesity (Mini) CoIIN

April 2015 – June 2018

Project Team

- Leslie Lewis, MPH, LDN, RD (team lead)
  - LA Department of Health and Hospitals
- Kate Holmes, MPH
  - LA Department of Health and Hospitals
- Amanda Staiano, Ph.D., M.P.P.
  - Pennington Biomedical Research Center
- Jeanette Gustat, PhD, MPH
  - Tulane School of Public Health
- Lisa Brochard
  - LA Department of Education
- Emily Pineda
  - LA Department of Health and Hospitals
- Maura Kepper, PhD
  - Pennington Biomedical Research Center

Aims/Objectives:

- Increase the proportion of children ages 2-5 within a healthy weight range by Dec. 2015

Key Strategies:

- Adopt policies and practices in early care education settings that support healthy weight behaviors, specifically:
  - Technical assistance with child care centers via CoIIN team
  - Offering playground stencils to increase outdoor play space
Opportunities

• New licensing regulations around physical activity and screen time
  – PA for at least 1 hour/day (mix of teacher-led and child-led)
  – Screen time limited to 2 hours/day (none for infants)
  – Guidance document for centers

• Go NAP SACC Pilot Project
• “Pause and Play” Grant
• Dianne Craft Trainings
Year 1 Project

- 6 child care centers
- Focus on reducing screen-time and increasing physical activity through PDSA cycles...
  - Policy development
  - Posters
  - Newsletters
  - Parent meetings
  - Education of older children (3-4 year olds)
  - Alternative transition time practices
  - Screen free week in May
Year 2 Project

• Toolkit dissemination
• Childhood obesity conference
  • Preconference/main conference theme
• Research project to interview child care center directors
  • Data for larger grant submission
Year 2 Project

- Louisiana- Screen Time Toolkit

**Contents**

- Part 1
  - Introduction to Screen Time
  - Establishing Device Policy in Louisiana

- Part 2
  - Creating a Screen-Free or Smart Screen Policy
  - Assessing Your Current Policy
  - Writing Your Policy

- Part 3
  - Tools and Resources to Put Your Policy in Action
  - Screen-Free Policy
  - Smart Screen Policy
  - Newsletter Sample for Parents and Staff
  - Children's Lesson Plan
  - Families' Monthly Parent Workshop
  - Further Links
Successes

- Worked with 5 ECE
- Creative design from Pennington
- Childhood obesity conference- early childhood focus
- Publication in several manuscripts
- Strengthened relationships between partners
- DOE policy changes at licensed child care centers re: screen time & physical activity

Challenges

- Center availability
- Low attendance of providers at conference
- Dissemination
Year 3 Project

- Playground Stencils
About the Stencils

• Playground stencils are designed to create painted playgrounds and increase physical activity.
  – Playground stencils were purchased to improve and enhance outdoor play spaces at early childhood education centers, schools, and community spaces.

• Stencils are reusable and have the potential to impact thousands of Louisiana children.
Adding a Splash of Color to St. Helena

- 3 sites were painted
  - Audubon Regional Library
  - St. Helena Early Learning Center
  - St. Helena Arts and Technology Academy
- Painting was completed in a day.
- LSU Ag. extension agents assisted with logistics and communication with sites.
Since then....
Developed Resources

- One pager
- Shopping List
- Playground Stencil Request Form
- Playground Stencil Tracking Form
- Toolkit developed by Pennington Biomedical Research Center*
- Video*

*Supported by a grant from BCBS of LA
Toolkit Coming Soon!
Our Action Steps

✓ At least an 8 hour day
✓ A team of 5-10 people
✓ Drawing of playground design
✓ Playground
✓ Asphalt or curb-marking paint
✓ Materials (i.e. paintbrushes, mixing cups, cardboard, tape, etc.).
Our Notes

• Start small
• Don’t be intimidated by the painting
• Think about system wide sharing
Successes/Challenges

**Successes**

- Funding from BCBSLA to (1) pilot changes in physical activity after implementing painted playgrounds (stencils) and (2) make a toolkit and video on how to use the stencils
- Everyone loves them!

**Challenges**

- Size of the stencils
- Time
Children’s Healthy Weight CoILIN

October 2017 – July 2019

Aims/Objectives:
• Establish new policies or practices that address social and ecological barriers to breastfeeding
• By August 2019, Build capacity and expand the Louisiana Workplace Breastfeeding Support program to develop workplace cultures that support employees who choose to breastfeed upon returning to work

Team Members
• Leslie Lewis
  – Bureau of Family Health
• Marci Brewer
  – Bureau of Family Health
• Betsy Dancisak
  – Bureau of Family Health
• Caitrin Alb
  – Louisiana Breastfeeding Coalition
• Rebecca Guidroz
  – Bureau of Chronic Disease
• Nick Rees
  – Bureau of Chronic Disease
The state of workplace support in Louisiana

- Louisiana Workplace Breastfeeding Support Program
- 400 designated sites
Key Strategies

• Establish a breastfeeding in the workplace team
• Simplify the current designation process
• Develop a TA database to track reported barriers and solutions
Successes/Challenges

Successes
• Improvement team has been established and met three times
• Partnership development
• Core team
• Streamlined designation process
• Started the conversation for new policies

Challenges
• Engaging mothers
• Team capacity
Putting it all together...
Resources

• AMCHP: Collaborative Improvement and Innovation Networks – MCH Landscape (July/August 2016)

• HRSA: Collaborative Improvement & Innovation Networks (CollNs) (March 2018)
Questions?

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http://wellaheadla.com

http://www.louisianabreastfeeding.org/projects/workplace/