

Childhood Obesity Prevention Project

Prevention through Preschool Movement

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Center for Nutrition & Activity Promotion



Preventing Childhood Obesity in Early Care and Education Programs

Selected Standards from
Caring for Our Children: National Health and Safety Performance Standards



American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



American
Public Health
Association



National Resource Center
for Health and Safety
in Child Care and
Early Education

Active Opportunities for Physical Activity

The facility should promote children's active play every day. Children should have ample opportunity to do vigorous activities such as running, climbing, dancing, skipping, & jumping.



Playing Outdoors

Children should play outdoors daily when weather and environmental conditions do not pose a significant health or safety risk. Outdoor play for infants may include riding in a carriage or stroller; however, infants should be offered opportunities for gross motor play outdoors, as well.



Teachers' Encouragement of Physical Activity

Caregivers/teachers should promote children's active play, and participate in children's active games at times when they can safely do so.



Policies and Practices that Promote Physical Activity

The facility should have written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation.



For more information:

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