

# Successes Creating the Healthiest Next Generation

## July 2014 – January 2016

**VISION:** Make our next generation the healthiest ever.

**GOAL 1:** Help our children maintain a healthy weight, enjoy active lives and eat well by creating healthy early learning settings, schools and communities.

The initiative is the product of partners in communities across Washington, with the support and leadership of Governor Jay Inslee and First Lady Trudi Inslee and the Washington State Legislature, the departments of Health and Early Learning and Office of Superintendent of Public Instruction.

**Below is a summary of successes aligned with Goal 1 of the initiative.**

### Current status

- 49% of infants breastfed for at least six months served by Women, Infants and Children (WIC) in 2014.
- 71% of 10th graders had a healthy weight in 2014.<sup>3</sup>

### Key steps forward

- Number of schools registered as *Let's Move!* Active Schools increased from 334 in October 2014 to 1,450. Ten received national recognition.
- Number of school districts serving nutritious, Washington-grown foods increased from 46 in 2012 to 179.<sup>4</sup>
- Public participation in outdoor experiences increased from 781,790 Discover Passes and daily permits sold in 2014 to 914,514.<sup>5</sup>
- Number of birthing hospitals recognized as a *Breastfeeding Friendly Washington Hospital* for changing maternity care practices increased from zero in 2014 to seven.

### 2015–2017 budget investments aligned with Healthiest Next Generation recommendations

- \$52.7M for preservation and enhancement of state parks to promote outdoor activity.
- \$20M for *Safe Routes to School* to promote walking and biking to school.
- \$10M for new or improved outdoor facilities for youth.
- \$5M for school improvements to support healthy eating, physical activity and water consumption.
- \$3.3M for complete streets to improve walking and biking in communities.
- \$1M for outdoor environmental, ecological, agricultural or other natural resource-based education and recreation programs for youth.

### Agency improvements

#### Revised! Child Care Basics Curriculum

Training now includes national best practice standards for healthy eating, infant feeding, physical activity and screen time reduction. All new child care center directors, supervisors and lead teachers and all family home child care providers must complete this training within six months of employment.

#### Revised! Early Childhood Education and Assistance Program

Contract language now includes nutrition and physical activity.

### Children in Washington<sup>1</sup>

- 88,561 births<sup>2</sup>
- 157,000 children in licensed child care settings
- 10,091 children in the Early Childhood Education and Assistance Program (ECEAP)
- 1 million students in K-12 public schools
- 81,000 students in private schools

### Environments that impact children's health<sup>1</sup>

#### Early learning settings

- 3,832 licensed family home child care providers
- 1,977 licensed child care centers
- 336 ECEAP sites

#### Schools

- 295 public school districts
- 2,300 public schools
- 523 private schools

#### Communities

- 186 state parks
- 60 birthing hospitals
- 200 WIC clinics



## Agency improvements (continued)

### Revised! Health and Physical Education K-12 Learning Standards

Revised statewide guidelines for health and fitness education to help children be more active at school and establish the concepts and skills necessary for safe and healthy living.

### New! Breastfeeding Friendly Washington Hospitals

Created to recognize hospitals improving maternity care practices to support breastfeeding.<sup>6</sup>

## Funding opportunities

### New! Healthy Kids – Healthy Schools grants

\$5M for school improvements to support healthy eating, water consumption and physical activity. State funding managed by Office of Superintendent of Public Instruction.

### Refunded! No Child Left Inside grants

\$1M for outdoor environmental, ecological, agricultural or other natural resource-based education and recreation programs for youth. State funding managed by the Recreation and Conservation Office.

### New! Food Insecurity Nutrition Incentives grants

\$5.86M, plus \$5.86M in matching funds from public and private partners, to promote purchase of vegetables and fruits by clients of the Supplemental Nutrition Assistance (SNAP) program. Federal funding from the U.S. Department of Agriculture to the Department of Health.

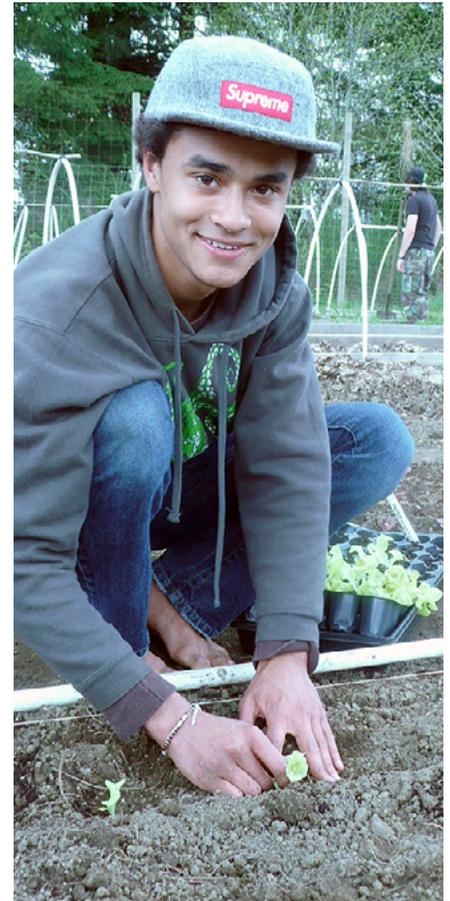
## Professional development

### Early Learning

- 4,444 online trainings, developed and created by the University of Washington's Center for Public Health Nutrition, completed by child care providers on breastfeeding support, healthy eating, media awareness and physical activity.<sup>6</sup>
- 97 Department of Early Learning licensors, licensing supervisors and health specialists trained on national best practice standards for healthy eating, physical activity and screen time reduction.
- 78 early development trainers trained to deliver "Active Play! Preschool Physical Activity" by Diane Craft, PhD, a nationally-renowned expert in early childhood physical activity with a specialty in creating activities and environments accessible to all children.<sup>6</sup>

### Schools

- 800 school professionals and community partners trained in nutrition, physical education and physical activity.<sup>6</sup>
- 500 teachers and community partners completed the Physical Activity Leader (PAL) training.<sup>6</sup>
- Seven school districts (Bellingham, Easton, Federal Way, Moses Lake, Seattle, Steilacoom and Tahoma) received assistance to promote a Comprehensive School Physical Activity Program. This program focuses on quality physical education; increasing physical activity before, during and after school; and creating a healthy school nutrition environment.<sup>6</sup>



<sup>1</sup> All numbers are approximations

<sup>2</sup> Number of live births in 2014

<sup>3</sup> Results Washington Goal 4 indicator led by Department of Health

<sup>4</sup> Results Washington Goal 4 indicator led by Department of Agriculture

<sup>5</sup> Results Washington Goal 3 indicator led by State Parks, Department of Fish and Wildlife and Department of Natural Resources

<sup>6</sup> Includes funding from the Centers for Disease Control and Prevention (CDC)



Washington State Department of  
**Early Learning**



DOH 120-046 February 2016

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 711).

Photos: Students from Ilalko Elementary's PE Everyday Class and Olympia High School's Freedom Farmers program

Join us at [#HealthiestNextGen](https://twitter.com/HealthiestNextGen)