

## 2014-15 PSESD Early Learning Self-Assessment: Healthy Habits & 5-2-1-0 Campaign<sup>1</sup> - Staff Input

What are site staff and leadership's knowledge and supports related to the Healthy Habits initiative?

### Strengths

- **Knowledge of Healthy Choices/5-2-1-0 Campaign**
  - 84% of 224 **site staff** ( $n=187$ ) know about the 5-2-1-0 campaign to support healthy choices.
  - 68% of 44 **center leaders** ( $n=30$ ) know about the 5-2-1-0 campaign.
  - 80% of 76 **PSESD Early Learning (EL) staff** ( $n=61$ ) are familiar with the Early Learning Program's focus on healthy choices, including the 5-2-1-0 campaign for families.
- **Involvement in Promoting the 5-2-1-0 Campaign**
  - Staff shared how they have promoted the 5-2-1-0/Health Choices initiative:
    - modeling healthy choices in the classroom and providing examples of activities, such as discussing with children different fruits and vegetables that they eat in class;
    - serving healthy food and drinks in their classrooms and talking to children about choices, like why water is better than juice;
    - holding family/parent events with cooking demonstrations, or where healthy and affordable recipes are shared, or sharing information in family newsletters focused on nutrition & exercise;
    - engaging in partnerships with nursing or dental programs
- **Current Support to PSESD Early Learning Staff**
  - 74% of 38 **PSESD EL staff** ( $n=28$ ) who have been involved in promoting the Healthy Choices/5-2-1-0 campaign thought that the Puget Sound ESD training and support to promote the initiative was at least somewhat helpful.

### Challenges

- **Staff Involvement in Promoting the 5-2-1-0 Campaign**
  - 36% of 179 **site staff** ( $n=67$ ) who know about the 5-2-1-0 campaign reported being only *slightly involved* or *not involved at all* in promoting the campaign.
  - 45% of 60 **PSESD EL staff** ( $n=27$ ) who commented on their involvement with promoting Healthy Choices/5-2-1-0 reported being only slightly involved or not at all involved.
  - **Site staff** cited the following reasons for their low or lack of involvement:
    - They were not clear about expectations regarding their role in promoting 5-2-1-0.
    - They either had received only one or no training at all.
    - They needed materials to use and to share easily with families.
- **Current Support for Site Staff**
  - 41% of 179 **site staff** ( $n=74$ ) who know about the 5-2-1-0 campaign reported that support from their center leadership in promoting Healthy Choices/5-2-1-0 with children and families was only slightly helpful or not helpful at all.
  - 44% of 179 **site staff** ( $n=79$ ) who know about the 5-2-1-0 campaign thought that support from PSESD was only slightly helpful or not helpful at all.

<sup>1</sup> Data sources: Surveys from 264 site staff, 50 center directors, 81 PSESD Early Learning staff, and 15 focus groups with 115 site staff and leaders. Total N's/number of respondents for surveys may vary because not everyone answered all survey questions.

## Suggestions for Improvement

- **Site staff, center leadership, and PSESD staff** suggested improvements for Center Leadership or PSESD support to promote Healthy Choices/5-2-1-0:
  - **Clarify expectations for staff in actively promoting the initiative.**
    - Provide center leaders information about 5-2-1-0, its purpose, and how to use it.
    - Inform staff what is expected of them.
    - Specify what needs to be done, how, and why.
    - Discuss with staff why to incorporate the initiative into daily lessons and how to do it, including ideas about how best to promote the program or how to integrate with curriculum.
      - Ask sites to share at meetings or in the Connector strategies they have used to promote healthy choices.
      - Integrate practices into the day, for example minimal screen time plus physical activity. Full-day programs can adopt 1 hour exercise time.
  - **Provide training to all site staff** (i.e., Family Support staff and other staff) **as well as to parents or parent leaders.**
    - Provide trainings, preferably on days other than Friday.
    - **PSESD EL staff** suggested improvements to training and support for PSESD and site staff:
      - Offer cross-service area trainings on this topic during program planning for PSESD EL staff.
      - Increase training to Center Directors and follow-up with sites to see how they are implementing the initiative, or barriers they face in implementation.
  - **Provide more materials.**
    - Share materials in different languages such as posters, flyers, and brochures, to share with families to promote the initiative.
    - Provide kits such as the fruit and vegetable bean bag kit that used to come from PSESD.
  - **Provide reminders and examples to help promote the program.**
    - Put reminders in the Connector.
    - Provide a monthly sample article on 5-2-1-0 to use in site newsletters.
  - **Reexamine or revise features of Healthy Choices/5-2-1-0 initiative.**
    - Add 5-2-1-0 promotion to the Early Learning Program Manual.
    - Raise cultural awareness and sensitivity regarding body sizes and how to incorporate these aspects in promoting the initiative.
    - Check ECEAP BMI calculations for accuracy.
    - Shift priorities, including at the center or school district level, to allow for purchase of healthy food.
    - Reexamine food program requirements that do not seem to match focus on healthy choices.