# Eat Well Play Hard in Child Care Settings

The New York State Department of Health

**Eat Well Play Hard in Child Care Settings (EWPHCCS)** is helping New York's children become healthier...while having fun! This intervention, primarily funded by SNAP-Ed, aims to improve the healthy eating and physical activity behaviors of pre-school age (3-4 years) children. It also builds social support within the child care environment by including teachers and care providers in lessons and encouraging positive role-modeling.

**What EWPHCCS Offers:**

- 10-lesson curriculum that provides education and skill development; age-appropriate lessons for children and corresponding lessons for parents
- Parent Handouts available in English, Spanish, French, Russian, Arabic, and Chinese
- Pre- and post-assessment for child care centers and parents
- Training for child care center staff using developed modules

**Reaching Those in Need**

EWPHCCS serves children and families enrolled in Child and Adult Care Food Program (CACFP) participating child care centers. Eligible centers are those in which 50% or more of enrolled families are eligible for free or reduced-price meals. The program reaches racially, ethnically, and geographically diverse children across the state of New York.

**A Unique Model**

Child Care Resource and Referrals (CCR&Rs) are found all over the U.S. and provide resources, training, and support to child care providers. They are respected leaders in the child care community and are a natural partner for implementation of EWPHCCS. The New York State Department of Health has had much success partnering with CCR&Rs and the program continues to grow using this model!

**Eat Well Play Hard for Child Care Settings** is posted at www.center-trt.org where you will find:

- **Essential information** about the intervention
- **Tools and materials** available for download

Center of Excellence for Training and Research Translation

The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at **www.center-trt.org**

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