

ADHS Empower Program Evaluation of First Four Years

August 29, 2017

First Things First Summit

Joan Agostinelli,
Amanda White, and Bonnie Williams



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Empower

- Developed as a pilot program in January 2010 to promote healthy environments for children in licensed childcare facilities.
- Requires facilities to follow 10 standards in exchange for discounted licensing fees.
- As of June 30, 2017, almost 3,000 facilities are participating, with over 200,000 children enrolled.

Empower Standards



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

1. Physical Activity

Provide at least 60 minutes of daily physical activity, including adult-led and free play.

Limit screen time to three hours or less per week and no more than 60 minutes of sedentary activity at a time.

2. Practice Sun Safety

3. Provide a breastfeeding-friendly environment

4. CACFP

Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.

5. Fruit Juice

Limit serving fruit juice to no more than two times per week.

6. Family-style meals

Serve meals family style and do not use food as a reward.

7. Oral Health

Provide monthly oral health education or implement a toothbrushing program.

8. Staff Training

Ensure that staff members and child care providers receive three hours of training annually on Empower topics.

9. ASHLine

Make Arizona Smokers' Helpline (ASHLine) education materials available at all times.

10. Maintain a smoke-free environment.

ADHS Resources

- Empower Guidebook
- Tools/materials
- Education and technical assistance
- Empower Website –
www.theempowerpack.org
- Empower Monthly Newsletter

Evaluation



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Evaluation Methodology

- Beginning in June 2013, a tool was used to measure specific observable components for each standard.
- During annual site inspections, ADHS licensing staff obtain self-reports of levels of implementation of each component.
- Staff also provide education and technical assistance on standards.

Surveys Analyzed

(Selected first survey in year for each facility, when multiples)

Year	State Fiscal Year	N
1	July 1, 2013 – June 30, 2014	1,527
2	July 1, 2014 – June 30, 2015	1,109
3	July 1, 2015 – June 30, 2016	1,667
4	July 1, 2016 – June 30, 2017	2,100

Evaluation Designed to

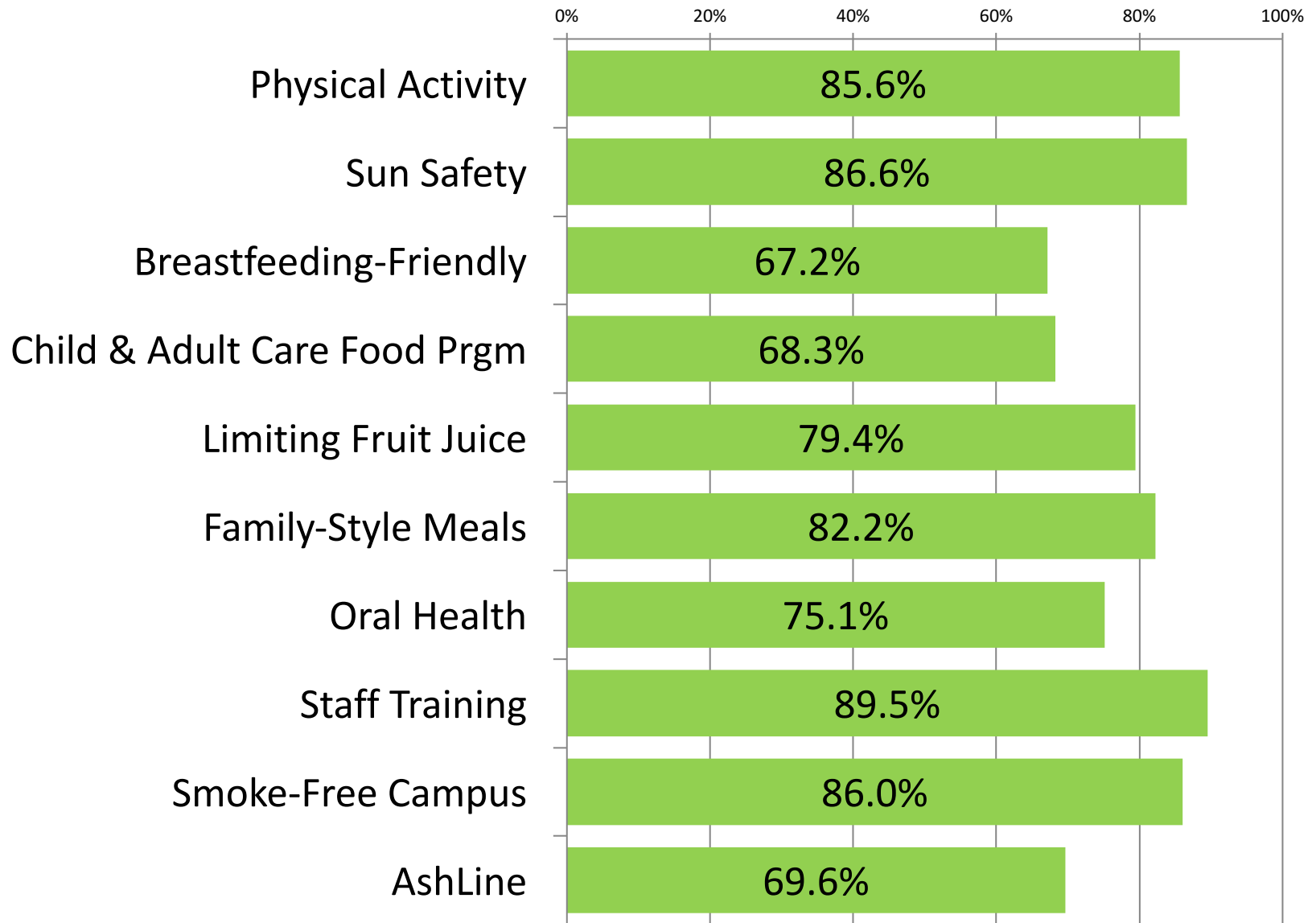
- Track levels of compliance with policies.
- Monitor self-reports of implementation (none, partial, full).
- Identify barriers to implementation.
- Identify successful strategies and best practices.

Two Kinds of Questions

- Do you have a policy for each standard?
- Rate your level of implementation for each component of each standard:
 - Fully implemented
 - Partially implemented
 - Not at all implemented
 - Don't know
- Also collect comments when given

Written Policies: 2017

(Includes 1,923 surveys completed after 8/15/2016)



Changes to Tool

- Comments from field lead to some changes to components:
 - Made wording changes to clarify some.
 - Some retired and/or replaced.
- All changes effective August 15, 2016.
- Caution: Changes affect comparability of results before and after changes.

Levels of Implementation



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Physical Activity Changes (1 of 2)

Years 1-3

Year 4

Includes teacher-led activities

Includes adult-led activities

Includes outdoor physical activity

Includes outdoor and indoor physical activity

Includes moderate physical activity

Includes moderate physical activity (for example: dancing, bouncing a ball)

Includes vigorous physical activity

Includes vigorous physical activity (for example: running, skipping)

Limits sedentary activity to no more than 60 minutes at a time not including nap time

Limits sedentary or non-moving activity to no more than 60 minutes at a time not including nap time

Physical Activity Changes (2 of 2)

Years 1-3

Limits screen time to 3 hours or less per week

Prohibits use of physical activity as punishment

Provides information on screen time to families

Provides information on screen time to families

Year 4

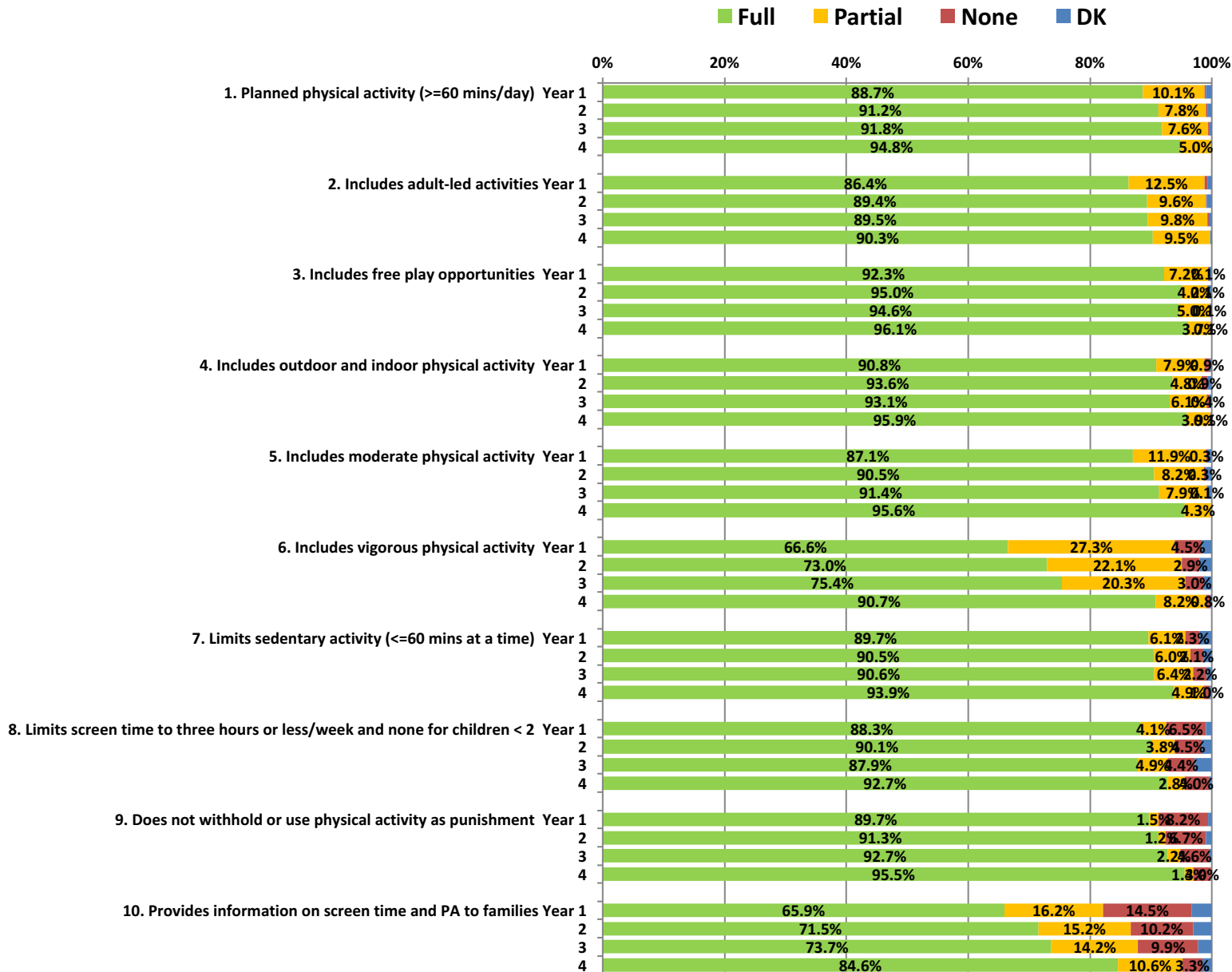
Limits screen time to 3 hours or less per week and no screen time for children under age 2

Does not withhold or use physical activity as punishment

Provides information on physical activity and screen time to families at least annually

Provides information on physical activity and screen time at least annually

Physical Activity



Sun Safety Changes

Years 1-3

Checks intensity of sun's rays (UV index) in planning outdoor activity

Limits sun exposure in peak hours (10am to 4pm)

Protects skin from sun exposure during outdoor activities.

Obtains permission from families before applying sunscreen

Encourages families to apply sunscreen to children prior to arrival at site

Added component

Year 4

Monitors intensity of sun's rays (UV Index) in planning outdoor activity

Limits sun exposure during peak hours (10am to 4pm)

Protects skin from sun exposure during outdoor activities (for example: hat, sunglasses, protective clothing)

Obtains permission from parent(s) before applying sunscreen

Encourages parent(s) to apply sunscreen to children prior to arrival at facility

Provides sun safety information to families at least annually

Sun Safety



* Year 4 results include 1,923 surveys from 8/15/2016 through 6/30/2017.

Sun Safety Comment Themes

- Outdoor playgrounds were shaded.
- An indoor only facility.
- Unaware of a UV index
- Wanted to learn more about UV index
- Does not apply sunscreen on children at all.
- What was meant by the age-specific recommendations?

Breastfeeding Changes

Years 1-3

Provides a refrigerator for milk storage

Displays breastfeeding promotion information

Provides breastfeeding information to families

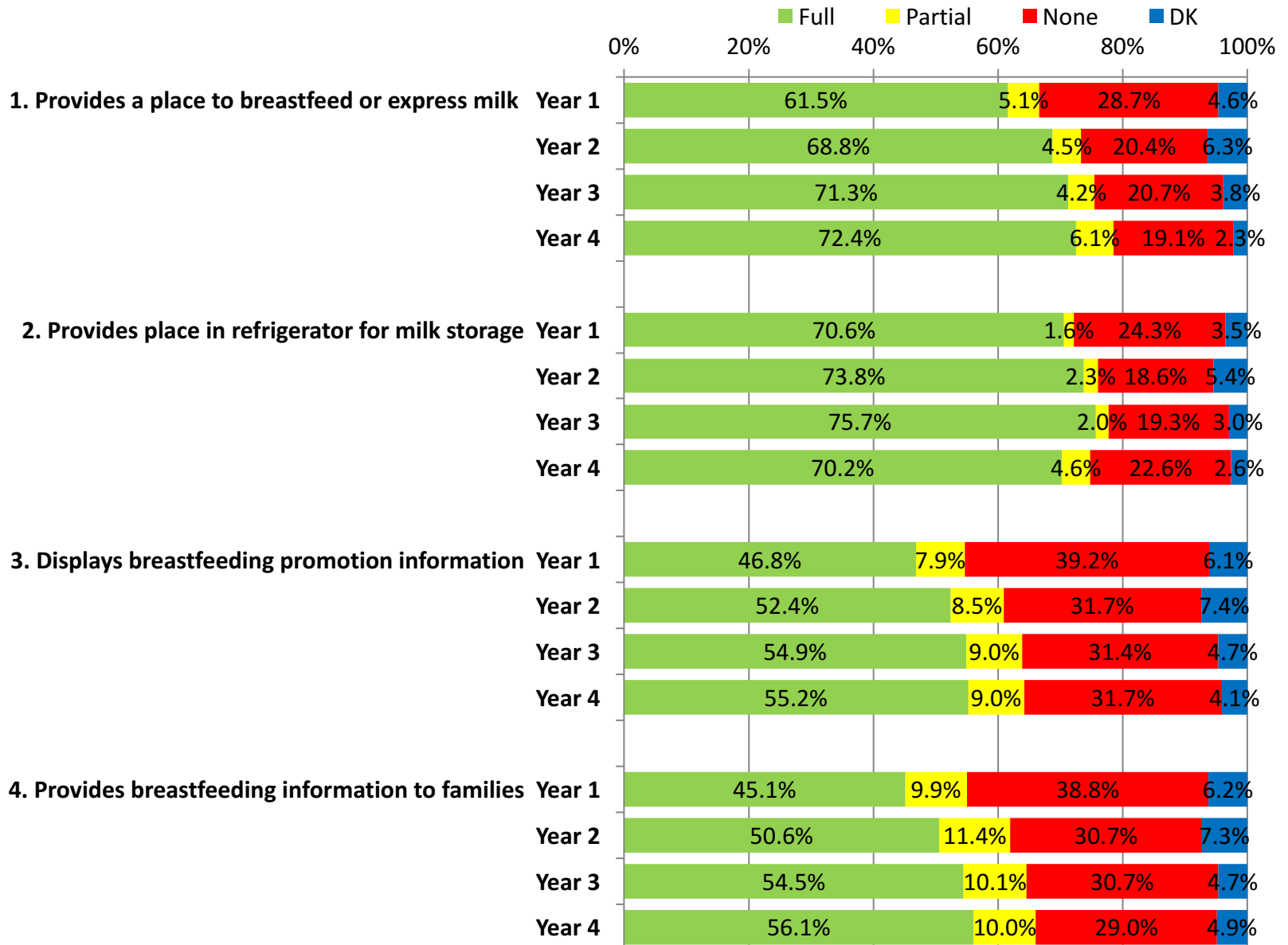
Year 4

Provides a designated space in refrigerator or freezer for breast milk storage

Displays breastfeeding promotional materials such as posters

Provides breastfeeding information to families at least annually

Breastfeeding

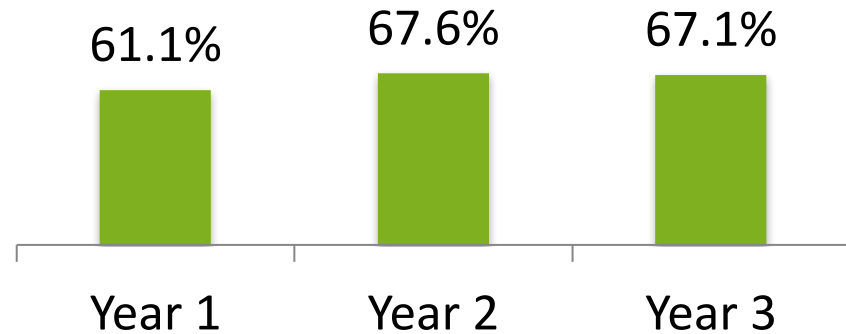


Breastfeeding Comments

- Many comments indicated confusion over to whom the policy applies.
 - Large majority of comments mentioned having no infants in facility.
 - Many stated this standard was not applicable to their facility.
 - Several explained what ages of children their facility did serve such as pre-school aged kids or after school programs for school aged children.
- Several said they did not have infants in their facility but were able to accommodate breastfeeding mothers if necessary.

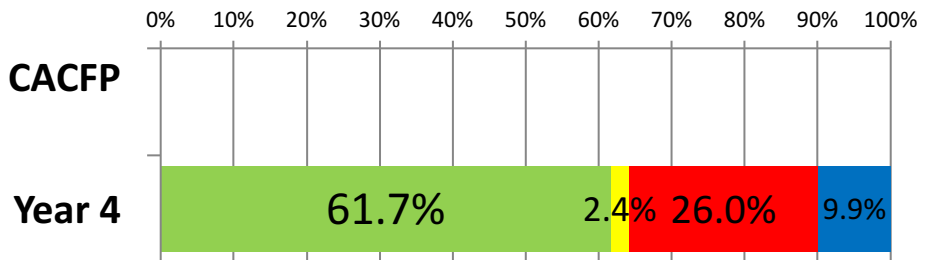
Child and Adult Care Food Program (CACFP)*

Year 1-3:
Is there a policy for determining eligibility status for the USDA Child and Adult Food Program (CACFP)? Yes or no.



■ Full ■ Partial ■ None ■ DK

Determines eligibility status for CACFP annually



* Year 4 results include 1,923 surveys from 8/15/2016 through 6/30/2017.

CACFP

Child and Adult Care Food Program

- Comments

- Several said they do not participate in the program.
- Some said it was because their program and families were ineligible.
- A few facilities stated that their children received free or reduced lunch.

Fruit Juice Changes

Years 1-3

Year 4

Offers water throughout the day

Offers water throughout the day both inside and outside

Prohibits serving fruit juice more than twice/week for 1 year and older (or never serves fruit juice)

Does not serve fruit juice more than twice per week for children 1 year and older

Prohibits serving more than 4-6 ounces of fruit juice at one time (or never serves fruit juice)

Limits serving more than 4-6 ounces of fruit juice at one time

Serves juice that is only 100% fruit juice with no added sugar (or never serves fruit juice)

Serves only 100% fruit juice with no added sugar

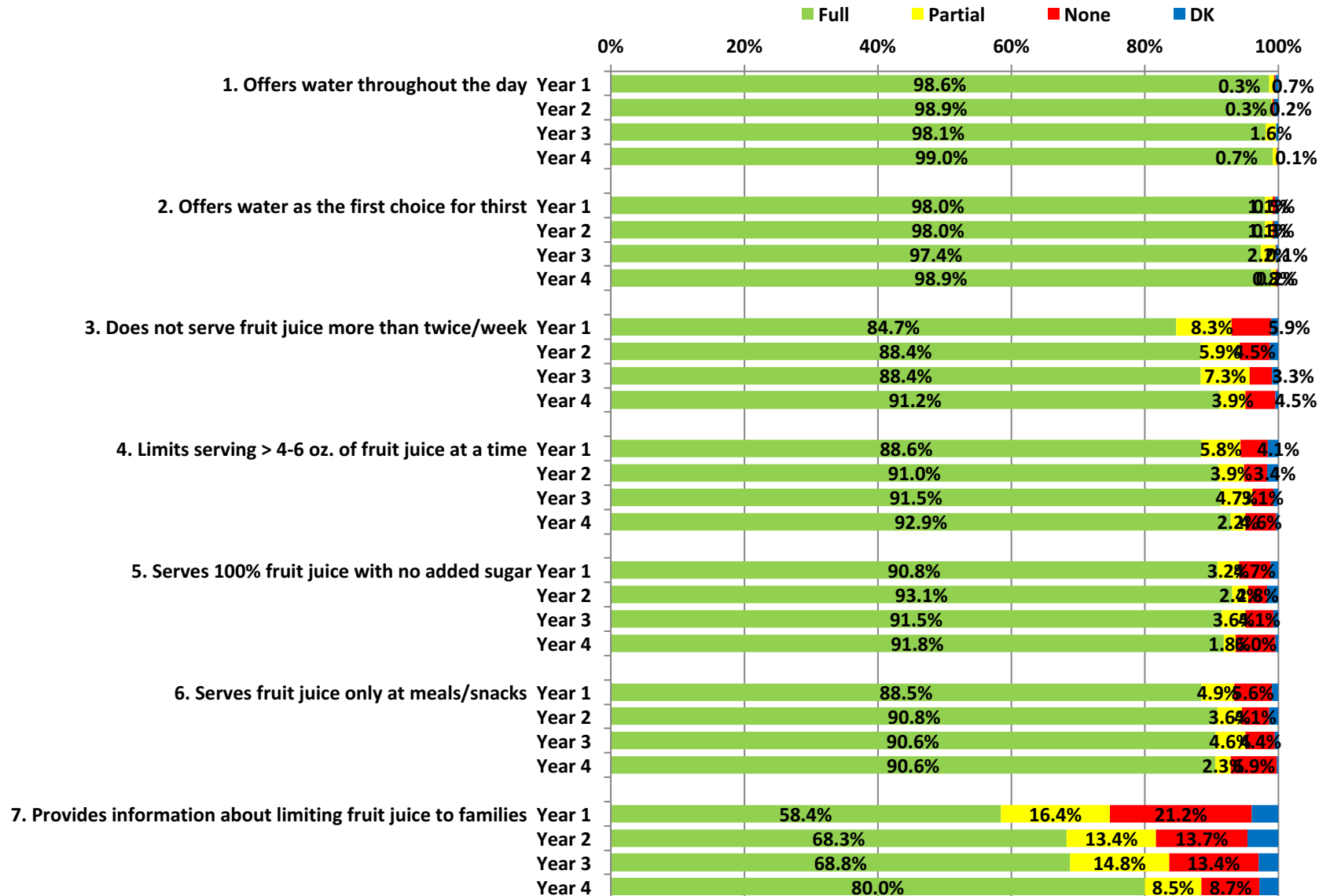
Serves fruit juice only at meal or snack times (or never serves fruit juice)

Serves fruit juice only at meal or snack times

Provides information on fruit juice to families

Provides information about limiting fruit juice to families at least annually

Fruit Juice



Fruit Juice Comment Themes

- Serving juice is not allowed.
- Parents give the child juice for lunch or snack.
- Only provide milk or water at their facility.

Family-Style Meal Changes

Years 1-3

Year 4

Uses child-friendly serving utensils

Uses child-sized serving utensils

Requires staff participation in meal time with children

Requires staff to sit, participate, and interact with children during meal time

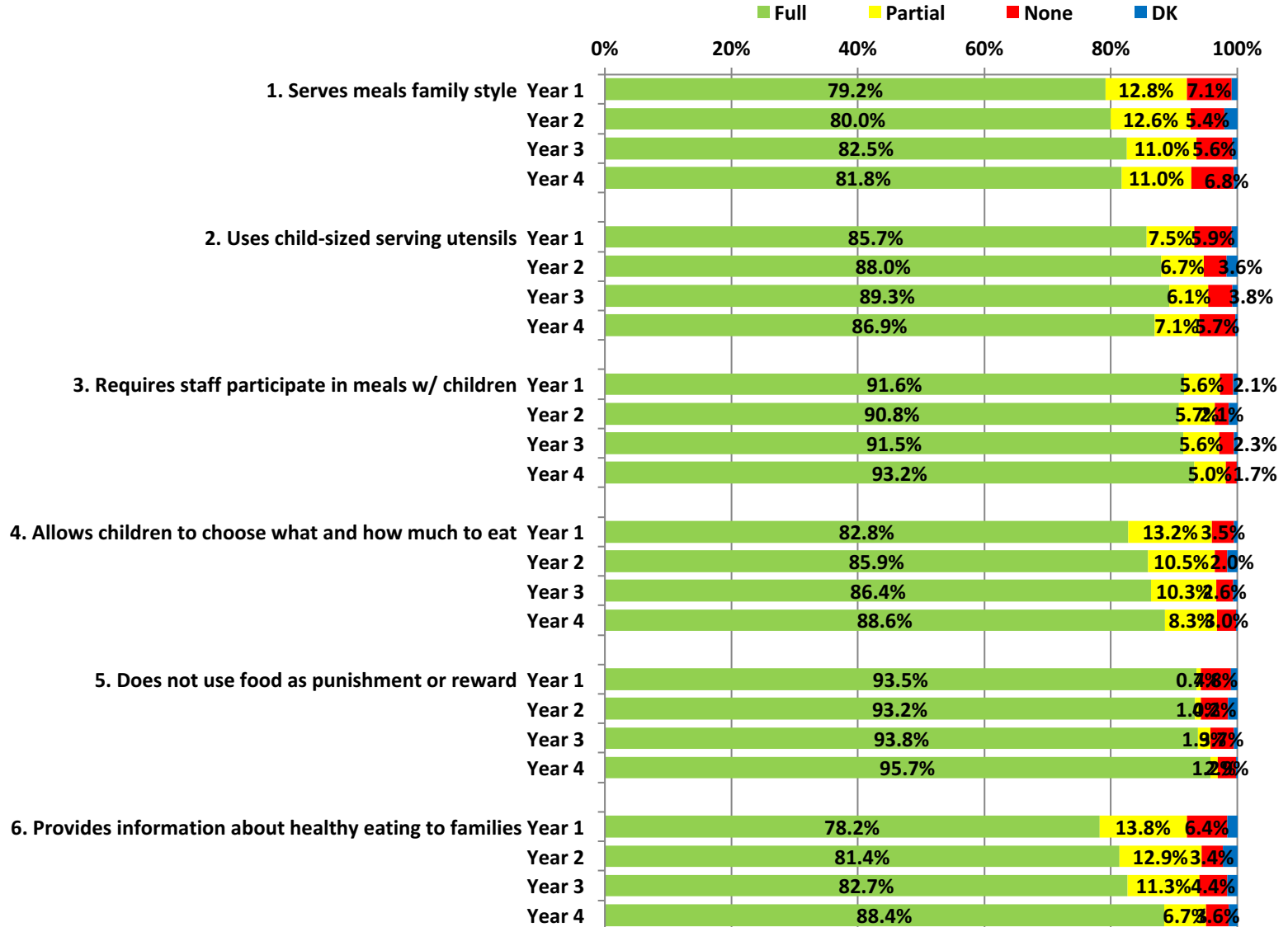
Prohibits using food as a punishment or reward

Does not use food as a punishment or reward

Provides information on healthy eating to families

Provides information about healthy eating to families at least annually

Family Style Meals



Family-Style Meals Comments

- Facility does not serve meals.
- Children bring their own lunch and snacks.
- Food allergies and other limitations.
- Prepackaged foods are served.

Oral Health Changes (1 of 2)

Years 1-3

Year 4

Provides monthly oral health education

Provides monthly oral health education and/or implements a daily tooth brushing program

Prohibits putting children to sleep with a bottle

Does not put children to sleep with a bottle

Limits serving of snacks to scheduled times

Limits serving of meals and snacks to scheduled times

Informs parents about cleaning teeth at home

Educates parents about cleaning teeth and oral hygiene at home

Provides information on tooth decay to families

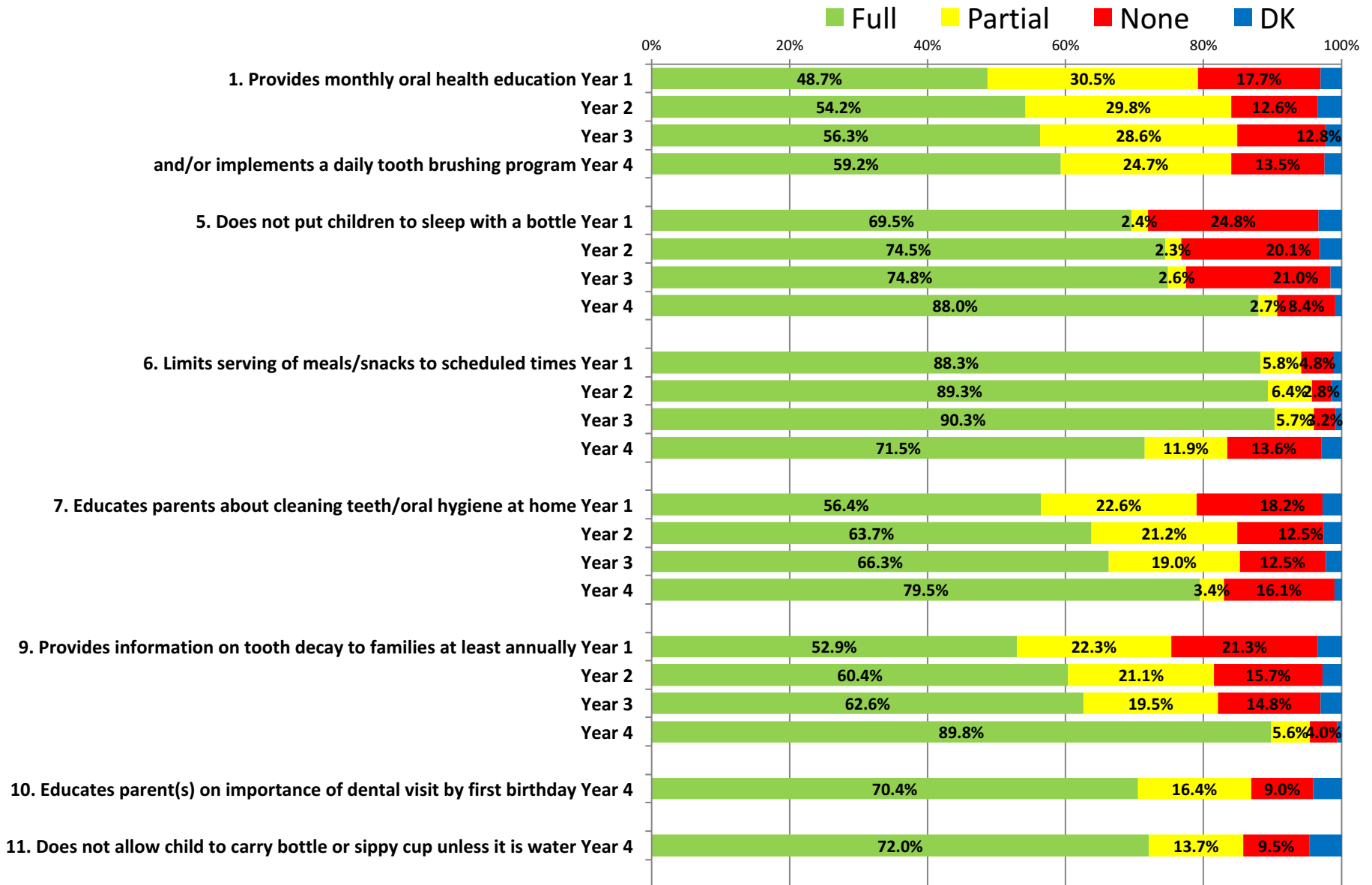
Provides information on tooth decay to families at least annually

Oral Health Changes (2 of 2)

Years 1-3	Year 4
Includes a tooth brushing program	<i>Discontinued</i>
Prohibits sharing utensils with a child	<i>Discontinued</i>
Prohibits licking a pacifier to 'clean' it	<i>Discontinued</i>
Educates parents on oral hygiene	<i>Discontinued</i>
<i>Added</i>	Educates parents on the importance of a dental visit by their child's first birthday
<i>Added</i>	Does not allow children to carry a bottle or sippy cup during the day unless it is water

Oral Health

(Discontinued components not presented)

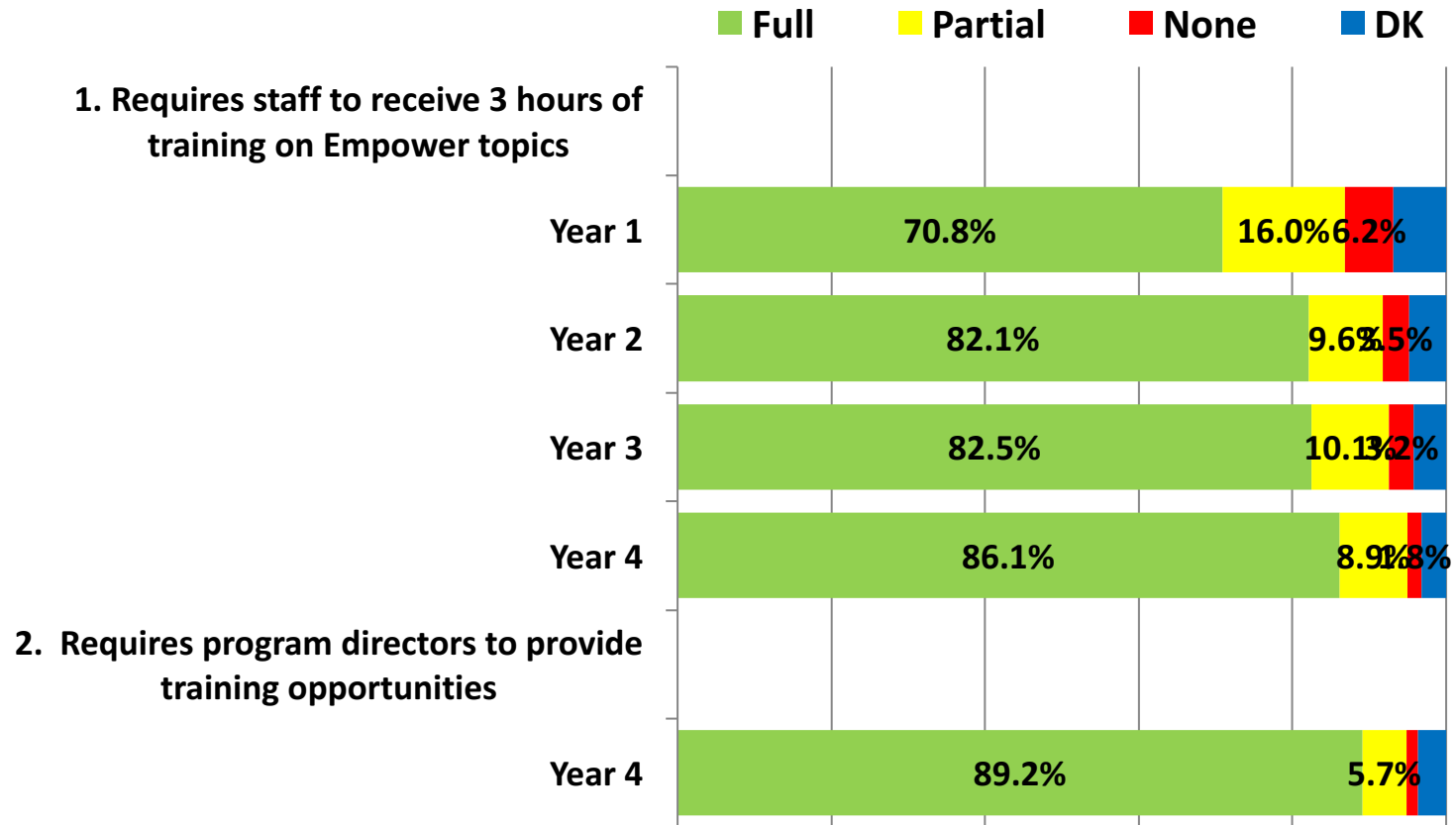


* Year 4 results include 1,923 surveys from 8/15/2016 through 6/30/2017.

Oral Health Comments

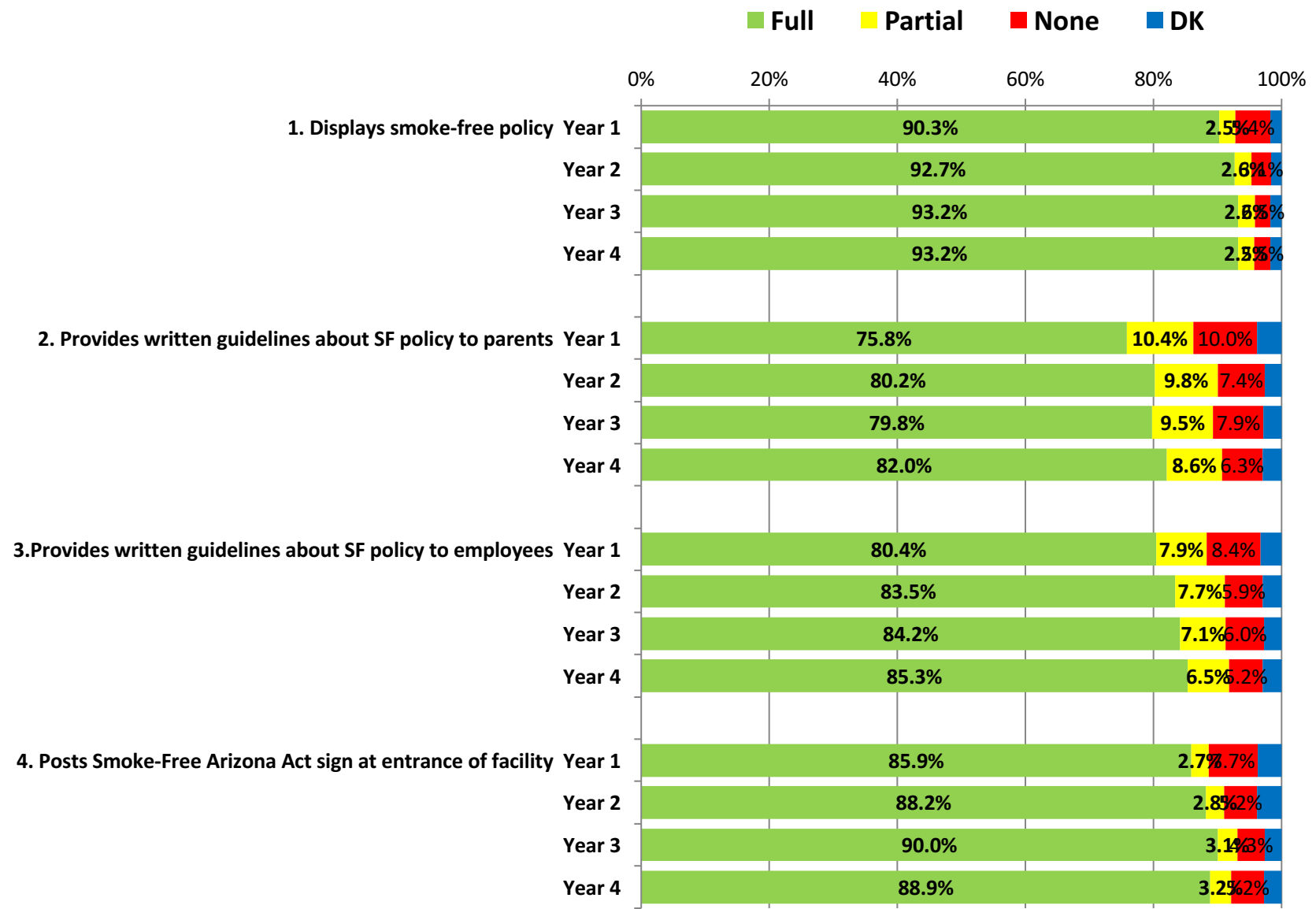
- Does not serve children that use pacifiers or bottles.
- Does not have nap time.
- Facility only a before or after school program

Require Training for Staff



* Year 4 results include 1,923 surveys from 8/15/2016 through 6/30/2017.

Smoke Free Campus



ASHLine Changes

Years 1-3

Year 4

Does facility have a policy on providing ASHLine materials on dangers of second and third hand smoke?

Provides information on the dangers of second and third hand smoke to families

Does facility participate in ASHLine Referral Training pilot?

Discontinued

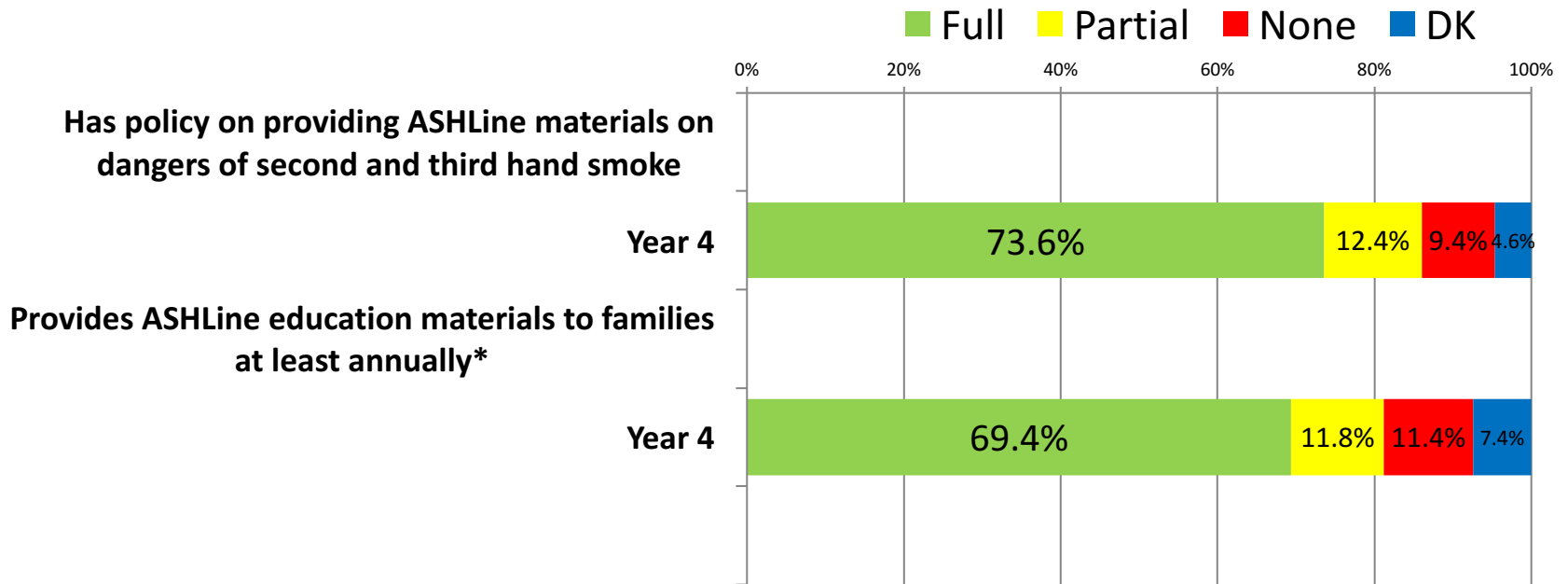
If yes, was any staff trained by ASHLine Referral Coordinator?

Discontinued

Added

Provides ASHLine education materials to families at least annually

ASHLine



* Year 4 results include 1,923 surveys from 8/15/2016 through 6/30/2017.

ASHLine Comments

- Did not know whether or not they participate in the ASHline.
- Were not familiar with the program however, they were interested in participating.

Summary and Conclusions



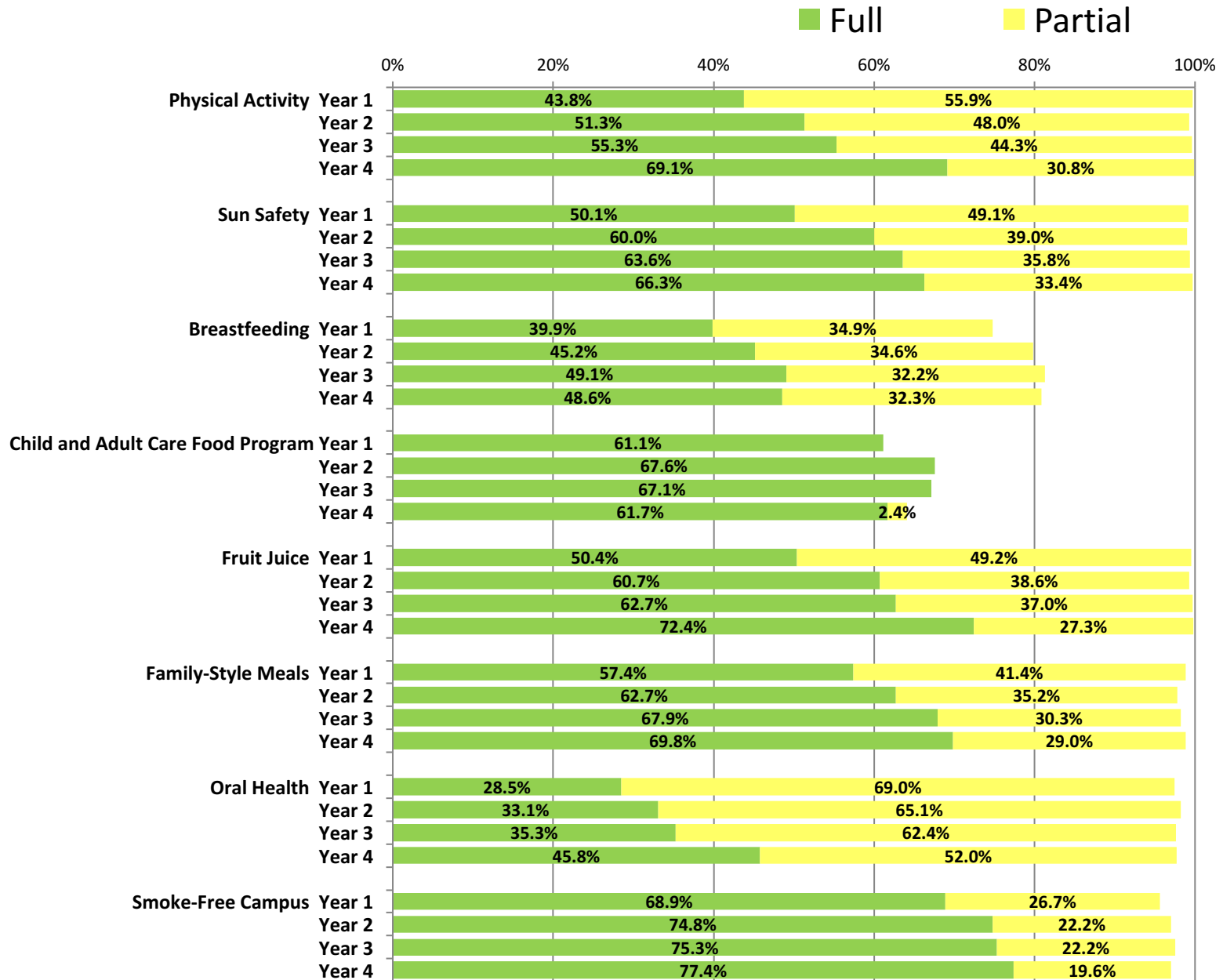
ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Status

- One in four sites report full implementation of all standards since changes implemented on 8/15/2017.
- All sites report some level of implementation of standards.
- Program is still in capacity-building phase.

All Standards: Level of Implementation



Strengths

- Close to 100% of facilities report full implementation of two components of fruit juice standard:
 - Offering water throughout the day, and
 - Water as the first choice for thirst.
- Probably due to emphasis in training, since extreme temperatures in Arizona can lead to dehydration.

Opportunities

- Family education components often had lowest levels of implementation.
 - Need to develop standardized educational materials for families.
- Breastfeeding-friendly facility
 - Some believe the standard does not apply to them if they do not enroll infants.
 - Staff may be breastfeeding.
 - Mother of an older enrolled child may need privacy to breastfeed a younger sibling

Methodological Strengths

- Large sample of childcare facilities
- Collaboration with licensing allows for efficient data collection

Methodological Limitations

- Licensing staff represent the State, which may provide incentive to over-report implementation levels.
- Need to give permission to admit when not fully implementing a component so that we can help.

Licensing Staff Multiple Roles

- Audit vs. Evaluation vs. Technical Assistance
- Presents both unique opportunities and challenges.

Upcoming Publication

Papa J, Agostinelli J, Rodriguez G, Robinson D.

Implementation of Best Practices in Obesity Prevention in Child Care Facilities: The Arizona Empower Program, 2013-2015

Preventing Chronic Disease

Questions?



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

For more information

Please contact:

Amanda White, Acting Chief,

Office of Research and Development

Bureau of Nutrition and Physical Activity

Amanda.White@azdhs.gov

Complete the Breakout Session Evaluation on the Mobile App

