

***Goal: Improve and Support early childhood environments that promote healthy, active children.***

### Background:

LiveWell Greenville is a partnership of dozens of public and private organizations that aims to make Greenville County a healthier place to live, learn, work, and play. Formed in 2010 by the Piedmont Health Care Foundation and hosted by the YMCA of Greenville, the coalition has engaged more than 100 key partners in crafting plans to create policies, systems, and environments in our community to make living well easier. Safe places to walk and bike, healthier foods in schools and workplaces, nutritious food in child care centers, better access to parks – these and other positive initiatives will be shepherded by the partners of LiveWell Greenville.

LiveWell Greenville's **mission** is to make the healthy choice the easy choice by creating and maintaining a community that supports healthy eating and active living.

### Initiative Description

LiveWell Greenville in Early Childhood is a multi-component intervention that focuses on improving the nutrition and physical activity environments serving infant, toddler and preschool children, their staff and families. This will be implemented by using healthy eating and physical activity skill building activities to promote healthy behavior change. The intervention also builds social support within the early childhood environment by including teachers, care providers and families in educational and interactive networking sessions to encourage positive role-modeling and reinforcement of nutrition and physical activity messages. Creating policies, systems and environments to promote healthy behavior will lead to sustainable impact on childhood obesity.

### Early Childhood Workgroup Partners

Linda Doherty, SC CCR&R Network

Susan Kear, Pelham Road Baptist Church CDC

Stephanie Knobel, YMCA Judson Community Center

Leslie Latimer, Greenville First Steps

Kerri McKenzie, Greenville Health System

Jamie Moon, Institute for Child Success

Misty Pearson, SC DHEC

Meghan Slining, Furman University

Melissa Starker, Lifelong Learning, Greenville County Schools

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### Community Action Plan

The LiveWell Greenville Early Childhood Initiative supports policy, environment and culture change by the following Objectives:

- 1 *Determine* best practices and resources for early childhood providers committed to supporting the health in early childhood programs to include children, staff, and families.
- 2 Pilot a process for LiveWell Early Childhood Initiative
- 3 Collaborate with existing organizations offering trainings and networking opportunities to promote LiveWell Early Childhood initiative
- 4 Evaluating effectiveness of interventions

*\*Note: As of Jan 2016, The LiveWell Greenville (LWG) Specialist is able to provide x hours per month. Financial resources will determine hour increase.*

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**Objective 1: Determine best practices and resources for early childhood providers committed to supporting health of preschool children, staff and families.**

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
1. Foster early childhood provider's comfort, knowledge and implementation of physical activity, nutrition and policy best practices	1.1 Utilize GONAPSACC and ABC level A (Gold), Level B (Silver), Level 3 (Bronze) standards to determine core principles	PAN (Physical Activity and Nutrition) and policy core principles	February 2016	Workgroup: specifically DHEC and CCR&R	First steps partners and pilot sites
	1.2 Develop one page resource to communicate core principles <ul style="list-style-type: none"> <li>Hard lamination of this one pager with "check boxes"</li> <li>Make copies of DHEC's Physical Activity cards from Grow Healthy toolkit</li> </ul>	One pager with lamination	March	Workgroup  LWG Communications Team	
	1.3 Develop a survey for front line staff and directors to establish/determine: <ul style="list-style-type: none"> <li>Perspectives of Core Principles</li> <li>Incentives/wish list to participate in pilot and wish for celebration/recognition</li> </ul>	Survey	March 12 2016 (use GCCA conference)	Workgroup: specifically Dr. Slining and Furman students	First steps partners and pilot sites

**Objective 2: Pilot a process for implementing GoNAPSACC**

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Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
2.1 Establish budget	2.1.1 Determine cost of GONAPSACC for <ul style="list-style-type: none"> <li>Ongoing use</li> <li>Multiple sites</li> <li>Train the Trainer</li> </ul>	Budget	Jan16	LiveWell Spec, Meghan Slining	Foundations and First Steps
	2.1.2 Include cost of: <ul style="list-style-type: none"> <li>Part Time specialist or TA</li> <li>trainer</li> <li>evaluation</li> <li>award system/incentives</li> </ul>				
2.2 Implement GONAPSACC <b>without specialist</b>	2.2.1 Identify early childhood programs to participate in “cohort”. Consider diversity of programs: faith based, government, rural, urban, etc.	List of programs with “waiting list”	March 2016	Workgroup	Pilot sites
	2.2.2 Invite 5 programs to participate in pilot process. Invite programs via formal invitation.	Invitation & Confirmation	April 2016	LWG Specialist & Facilitator	
	2.2.3 Schedule and invite programs to attend Orientation meeting and include training on GONAPSACC		August 2016	Workgroup	
	2.2.4 Determine and communicate timeline programs complete GONAPSACC. Pilot begins!	Timeline established	August 2016	workgroup	

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**Objective 2: Pilot a process for implementing GoNAPSACC**

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
2.3 Implement GONAPSACC with specialist/Technical Assistance	2.3.1 Identify early childhood programs to participate in “cohort”. Consider diversity of programs: faith based, government, rural, urban, etc.	List of programs with “waiting list”	March 2016	workgroup	
	2.2.2 Invite 5 programs to participate in pilot process. Invite programs via formal invitation.	Invitation & Confirmation	June 2016	LWG Specialist and Facilitator	Pilot sites
	2.2.3 Schedule orientation meeting to begin pilot utilizing LiveWell’s 5 step process: <ul style="list-style-type: none"> <li>Assess with GONAPSACC</li> <li>Plan</li> <li>Implement</li> <li>Evaluate</li> <li>Celebrate</li> </ul>	Attended Orientation Meeting	August 2016  Celebration: June 2017	Workgroup	Pilot sites

**Objective 3: Collaborate with existing organizations offering trainings and networking opportunities to promote LiveWell Early Childhood process.**

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Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
3.1 Integrate into currently existing training systems.	3.1.1 speak in Lifelong Learning "Share and Care"		March 23 and May 18	LWG Specialist & Melissa Starker	Lifelong Learning and GCCCA
	3.1.2 Attend Train the Trainer in Columbia		September 2016	DHEC-Misty Pearson	
	3.1.3 use Faith Based Round Table's to Introduce LiveWell Greenville Early Childhood process		May 10	Leslie Latimer and LWG Spec.	Leslie Latimer
3.2 LiveWell hosts Networking sessions for pilot sites only.	3.2.1 Register all sessions/trainings at Center for Child Care Career and Development (4C's and D) <ul style="list-style-type: none"> <li>Training can be 2.5 hours (1hr for 4C's D requirements)</li> <li>Ask 4Cs and D list of trainers on PA and Nutrition</li> <li>Ensure sessions/trainings are based on established core principles</li> </ul>	Registered trainings	June 2016	Workgroup	4C's and a D
	3.2.2 Invite Directors and communicate these 3 sessions are required pilots sites (Director will encourage staff to participate )	Saturday or evening trainings	Fall 2016 Feb 2017 May/June 2017		Directors and identified staff from pilot sites

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**Objective 3: Collaborate with existing organizations offering trainings and networking opportunities to promote LiveWell Early Childhood process.**

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
3.3 Offer Networking sessions to Greenville County Early Child care programs	3.3.1 Offer 2 trainings per year per topic (Nutrition and Physical Activity) <ul style="list-style-type: none"> <li>• Offer 4 trainings per year: 2 for each topic</li> <li>• Ensure pilot sites are registered</li> <li>• trainings are based on GONAPSACC results (post year 1)</li> </ul>		Spring 2017  Fall 2017		GCCCA  Lifelong Learning

### Objective 4: Evaluating

Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
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Objective 4: Evaluating					
Strategy	Actions/Tasks	Performance Target/Indicator	Timeline	Who to Lead	Who to Engage
4.1 Obtain Institutional Review Board Approval through Furman Univ	4.1.1 Get permission from parents		July 2016	Meghan Slining	Workgroup members
4.2 Conduct baseline and follow-up assessments	4.2.1 Finalize objective assessment tool (selecting either Environmental Policy Assessment Observation or Early Childhood Environmental Rating Scale-Revised)	Selection of tool		Meghan Slining	Diane Ward, Sarah Neelon, Karen Kemper, and Workgroup Members
	4.2.2 Develop protocol for accelerometer data collection	Protocol	Summer 2016	Meghan Slining	Workgroup members, LWG Fellows
	4.2.3 Collect data in pilot sites <ul style="list-style-type: none"> <li>Physical Activity (Accelerometers)</li> <li>Site factors related to PA and Nutrition (EPAO or ECERS-R)</li> <li>GO-NAPSAAC</li> </ul>		Fall 2016	Meghan Slining	
4.3 Analyze results and utilize data for continued improvement	4.3.1 Analyze baseline and subsequently follow-up assessments		Fall 2016, May 2017	Meghan Slining	
	4.3.2 Develop goals and action plans based on assessments	Goals and Action Plan	Fall 2016	TA	
	4.3.3 Analyze results and Share				



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