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health **M** powers[®]

Make a Difference with Effective Actions for Healthy Children-

The New Georgia Nutrition and Physical Activity Assessment

WELCOME! Write in the CHAT

- **Your Name**
- **Where You Are From**
- **Your Role**

Objectives

- Share with others the purpose and possibilities of a state-wide assessment for nutrition and physical activity.
- Describe the Georgia Nutrition and Physical Activity Assessment Tool and how it can help assess programs, select priority actions and write realistic action plans.
- Identify 3 effective actions to take to nurture healthy children in early education programs.

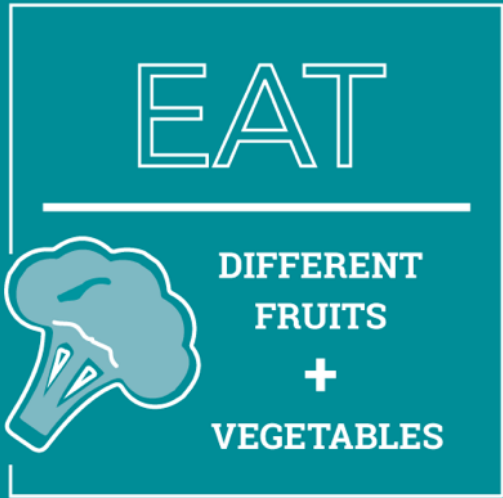
Agenda

- What you are already doing in healthy eating and physical activity!
- Why is healthy eating and physical activity important?
- A tour: The GA Nutrition and Physical Activity Assessment
- Your thoughts and ideas on the pilot!
- Next Steps – how to get involved

Warm-up Activity

Use the CHAT to share:

1. One thing you are already doing to promote *healthy eating*
2. One thing you are already doing to promote *physical activity*



Why is Healthy Eating Important?

- *Use the CHAT*
- Write down all the ideas you can to describe the benefits of healthy eating behaviors.
- Why are these behaviors so important for the children in your care?

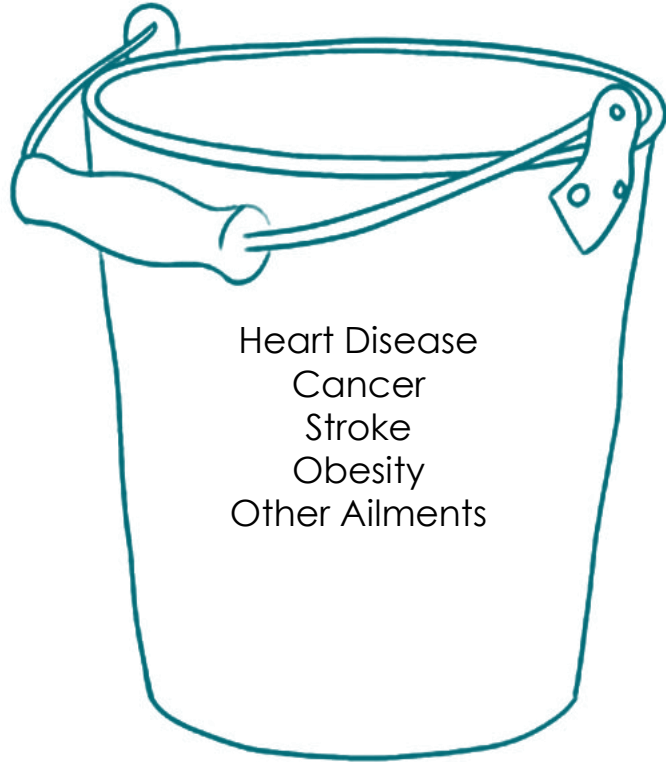


Why is Physical Activity Important?

- *Use the CHAT*
- Write down all the ideas you can to describe the benefits of physical activity behaviors.
- Why are these behaviors so important for the children in your care?



Impact



Physical Health



Social and Mental Health



Growth and Development

You Are Powerful!

- YOU are in a unique position to:
 - Impact children and their families.
 - Influence their knowledge, attitudes and healthy habits.
 - Create healthier environments.
 - Serve as a resource and role model for families.
- YOU can make a difference!
 - Because...YOU can change lives now – and impact the future.

Physical Activity FUN!

with
Chair Exercises



Georgia Nutrition and Physical Activity Assessment

Feedback for the Pilot

- What do you like most about the Assessment and the Assessment process?
- How would you improve the Assessment?
- How do we get the word out about the Assessment to child care learning centers and family homes?

Get Health-Empowered to:

EAT

different fruits
+ vegetables



DRINK

water or milk-
no sugary drinks



MOVE

as a family



EVERY DAY !



Where can you go from here?

- Write your name and email in the chat to get involved!
- Follow-up trainings and support:
 1. Learning Collaboratives (starting this spring) –
Five virtual training sessions, Free educational materials, \$200 mini-grant for resources
 2. SNAP-Ed (starting in the fall) –
Multi-year trainings, Free educational materials and services
 3. Eat, Move, Talk (ongoing) –
Virtual trainings

Closing

In the CHAT write:

One thing you will take away from our time today...

*Thank you for sharing in the new learnings!
Beth and Suzanne*