

AB 290 (Alejo): Implementation 101

Foundations for Healthy Nutrition in Child Care

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ISSUE & NEED

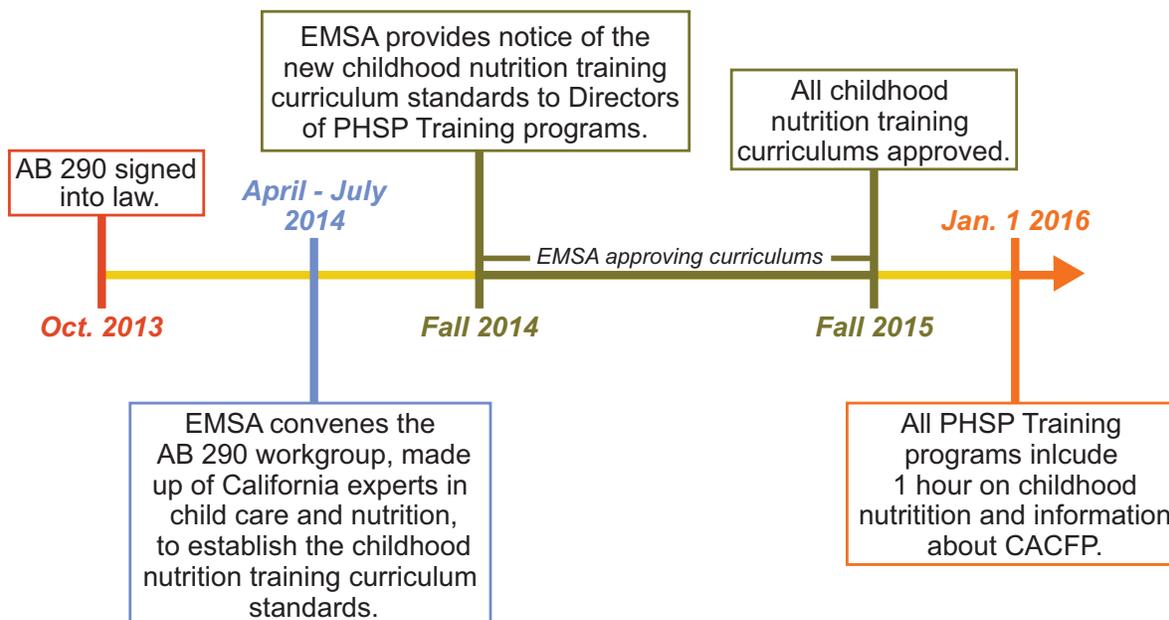
Child care providers have a unique opportunity to impact the health of California's youngest residents. Children are spending more time in child care than ever before: 80% of preschool-age children with employed mothers spend an average of 40 hours per week in some form of child care. Moreover, nearly 25% of preschool-age children in California are overweight or obese. Thousands of children face a lifetime of health challenges (e.g., diabetes) related to poor nutrition. With more than 45,000 licensed facilities in California serving over one million children, child care is an indisputable strategy for improving the health of our young children.

LEGISLATIVE HISTORY

In 2012, California Food Policy Advocates identified that California's licensing laws should be amended to include nutrition training for child care providers as a reasonable and necessary means of supporting healthy nutrition habits and quality child care programs. On February 11, 2013, Assemblymember Luis Alejo introduced AB 290, a bill that would amend California Health and Safety Code §1596.865 – 1596.866 to increase the required hours of the Preventive Health and Safety Practices (PHSP) Training for providers to include one hour on childhood nutrition. AB 290 passed through the California Legislature with broad bi-partisan support and was signed into law by Governor Jerry Brown on October 11, 2013.

IMPLEMENTATION PROCESS

AB 290 establishes that, for child care licenses issued on or after January 1, 2016, a director, teacher, or family child care provider who receives the PHSP Training as required by licensure, shall also receive at least one hour of childhood nutrition training, including information about the federal Child and Adult Care Food Program (CACFP). This training will be incorporated into the PHSP Training. In order to ensure that all new licensees, as required by licensure, receive a PHSP Training that includes one hour of childhood nutrition the Emergency Medical Services Authority (EMSA) will establish new curriculum standards and require all PHSP Training programs to update their curriculum accordingly. Accredited colleges and universities that offer the PHSP Training will also need to update their curriculum, although they are not overseen by EMSA. However, EMSA is working with these colleges and universities to ensure alignment between the two training programs.



EXPECTED OUTCOMES

The additional one hour of childhood nutrition training has two distinct goals: (1) educating child care providers about childhood nutrition, and (2) informing child care providers about the resources of the CACFP. Expected outcomes for providers include: a basic understanding of the importance of nutritious meals and snacks and age-appropriate meal patterns and serving sizes; increased awareness of the CACFP and knowledge of how the program operates; and access to nutrition resources, including contact information for the California Department of Education's CACFP Unit to obtain program information, determine eligibility, estimate the amount of reimbursement they would receive, and learn about the steps to apply for the program.

Ultimately, this one-hour training on nutrition education and financial resources is designed to support the service of healthy meals and snacks in California's child care settings and the development of healthy eating habits and preferences for California's young children. Research has also shown that child care provider training positively impacts the overall quality of care.

ADVOCACY OPPORTUNITIES

Share Nutrition Training Expertise: If you have experience developing a brief nutrition training that is evidence-based and appropriate for child care providers, you should share your resources and expertise. The lessons you've learned may be valuable information for the AB 290 training!

Align Local Initiatives: With a basic knowledge of childhood nutrition, California's child care workforce will be primed for higher level information and eager for opportunities that support the service of nutritious foods. Local groups should take advantage of this opportunity by aligning nutrition messages and promoting evidence-based practices for healthy nutrition in child care settings.

FREQUENTLY ASKED QUESTIONS

Will already-licensed child care providers need to retake their PHSP Training because of AB 290?

No, AB 290 only requires family child care providers or a director or teacher at child care centers licensed on or after January 1, 2016 to receive a PHSP Training that includes one hour of childhood nutrition.

Will child care providers licensed on or after January 1, 2016 need to do anything special to make sure their PHSP Training includes childhood nutrition?

No, the change to the PHSP Training curriculum will be universal for all PHSP Training programs in California by January 1, 2016. As before AB 290 was implemented, child care providers will need to take their PHSP Training through an accredited college or university or seek out an EMSA-approved trainer, which can be found on EMSA's website: http://www.emsa.ca.gov/child_care_school_bus_driver_first_aid_training_information

Will individuals be able to take just the one hour of childhood nutrition training?

The childhood nutrition training established by AB 290 will be incorporated into the PHSP Training and *will not* be offered as a standalone course. However, there are many other nutrition trainings available for child care providers, including annual trainings through the CACFP and local nutrition initiatives. For more information about local trainings, child care providers should contact their local Resource & Referral Agency, which can be found here: http://www.rnetwork.org/find_child_care

Who needs to offer the childhood nutrition training established by AB 290?

Only organizations that are EMSA-approved PHSP Training programs or accredited colleges or universities that offer the PHSP Training need to update their curriculum to include childhood nutrition training.

Who ensures that newly licensed child care providers will receive childhood nutrition training as part of the PHSP Training?

EMSA is responsible for setting PHSP Training curriculum standards and approving the curriculum for these programs on a bi-annual basis. Directors of the PHSP Training programs are responsible for ensuring their instructors follow program standards. The California Department of Social Services is responsible for monitoring licensees' completion of the PHSP Training.