

Best and Promising Practices for Healthy Eating and Physical Activity

The purpose of this document is to describe the Best and Promising Practices recommended by Nemours Health and Prevention Services (NHPS). NHPS promoted Best Practices have been identified as programs for use that are evidence-based, support at least one element of our *5-2-1-Almost None* healthy lifestyle message, include a toolkit or boxed curriculum, and are tailored for certain populations. Promising Practices include at least one element of our *5-2-1-Almost None* healthy lifestyle message and are tailored for certain populations. However, they either do not include a toolkit or boxed curriculum OR are not evidence-based. In addition to programs, tools have been developed by the child care and primary care sectors that promote healthy eating and physical activity behaviors. These tools are being feasibility tested through learning collaboratives and training opportunities and are identified as Promising Practices in this document.

The HEPA team, youth serving organizations, child care, primary care, school, and built environment sectors have outlined the practices that they are currently promoting. As there is a current paucity of evidence in the field of childhood obesity, not all sectors have evidenced-based Best Practices, but all have Promising Practices or strategies to promote healthy eating and physical activity in targeted populations. This is not an exhaustive list of programs but is a list of programs that have been identified by NHPS teams as priority programs. For example, in the school sector both CATCH and SPARK have been identified as programs that can increase physical activity but for CATCH there is an existing infrastructure and momentum in our state, therefore, SPARK is not included in the list.

General HEPA

Best Practices and Promising Practices for Healthy Eating and Physical Activity

	"5" Healthy Eating	"2" Screen Time	"1" Physical Activity	"Almost None" Sugary Beverages	Birth to Five	Grades K-2	Grades 3-5	Grades 6-8	Grades 9-12	Demonstrated BMI Improvements
PROMISING PRACTICES										
Backpack Training	•	•	•	•		•	•	•	•	Not evaluated
Sugar Kit				•	•	•	•	•		Not evaluated
Portion Control Kits	•			•	•	•	•	•	•	Not evaluated
Best Practices in Healthy Eating Guidelines for Vending, A La Carte, Concession, Fundraising and Celebrations	•			•	•	•	•	•	•	Not evaluated
Growing Healthy Kids	•	•	•	•			•	•		Not evaluated
Passport to Health	•	•	•	•		•	•	•	•	Not evaluated

Youth Serving Organizations

Out of School Time Best Practices and Promising Practices for Healthy Eating and Physical Activity

	"5" Healthy Eating	"2" Screen Time	"1" Physical Activity	"Almost None" Sugary Beverages	Grades K-2	Grades 3-5	Grades 6-8	Grades 9-12	Demonstrated BMI Improvements
BEST PRACTICES									
Eat Well & Keep Moving	•	•	•	•	•	•			N/A*
Planet Health	•	•	•	•			•		•
P.H.A.T.	•		•	•		•	•		N/A*
CATCH Kids Club	•		•		•	•			•
Take 10!			•		•	•			N/A*
Stanford S.M.A.R.T.		•				•			•
PROMISING PRACTICES									
Girls on the Run	•		•			•			N/A*
ReCharge!	•		•			•	•		Conducting evaluation
Media Smart Youth	•	•	•				•		Conducting evaluation
Body Works	•		•			•	•		Conducting evaluation
We Can! Parent Curricula	•	•	•						Not evaluated

*N/A- These programs did not measure BMI in their evaluation.

Child Care

Promising Practices for Healthy Eating and Physical Activity

	"5" Healthy Eating	"2" Screen Time	"1" Physical Activity	"Almost None" Sugary Beverages	Infant	Toddlers	Preschools	Demonstrated BMI Improvements
PROMISING PRACTICES								
Healthy Habits for Life - Sesame Street toolkit	•		•	•			•	Not evaluated
Infant / Toddler Activities kit	•	•	•	•	•	•		Not evaluated
Environmental Toolkit (including DVD trainings, support materials, Best Practice for Healthy Eating and Physical Activity Guides)	•	•	•	•	•	•	•	Not evaluated
Physical activity toolkits	•		•		•	•	•	Not evaluated
Portion control kit	•			•	•	•	•	Not evaluated

Note: There are no identified currently available evidenced-based programs for the child care sector, however, NHPS has created a number of programs and tools based on the best available evidence and theory which we identify as Promising Practices.

Primary Care

Promising Practices for Healthy Eating and Physical Activity

	"5" Healthy Eating	"2" Screen Time	"1" Physical Activity	"Almost None" Sugary Beverages	Birth to Two	Age Two to Eighteen	Demonstrated BMI Improvements
PROMISING PRACTICES							
Implementation of the Expert Recommendations using the Breakthrough Series Approach	•	•	•	•		•	Not evaluated
EMR Enhancements to support the Expert Recommendations	•	•	•	•		•	Not evaluated
Toolkit including algorithm, BP charts BMI wheel	•	•	•	•		•	Not evaluated
Toolkit supporting motivational interviewing Including 5-2-1-Almost None survey, Poster, Goal setting sheet, 5-2-1-Almost None log	•	•	•	•		•	Not evaluated
Play Ball!			•		•		Not evaluated
Infant and Toddler Nutrition Tools	•	•	•	•	•		Not evaluated
Portion Control Kits	•			•	•	•	Not evaluated

Note: There are no identified currently available evidenced-based programs for the primary care sector, however, NHPS has created or adapted programs and tools based on the best available evidence and theory which we identify as Promising Practices.

School

Best Practices for Healthy Eating and Physical Activity

	"5" Healthy Eating	"2" Screen Time	"1" Physical Activity	"Almost None" Sugary Beverages	Grades K-2	Grades 3-5	Grades 6-8	Grades 9-12	Demonstrated BMI Improvements
BEST PRACTICES									
CATCH	•		•		•	•			•
Take 10!			•		•	•			N/A*
Planet Health	•	•	•	•			•		•
Eat Well & Keep Moving	•	•	•	•	•	•			N/A*
Stanford S.M.A.R.T.		•				•			•

NHPS promotes these four programs for schools because they are evidence-based, support at least one element of our *5-2-1-Almost None* healthy lifestyle message, include a toolkit or boxed curriculum, and are tailored for certain grade levels. The programs listed above are primarily focused on student education. However, there are many promising strategies and quality resources that can be used in schools to create healthy *environmental* changes. While these strategies and tools are not packaged and evaluated as programs, they are still valuable in helping schools make environmental changes in support of *5-2-1-Almost None*. For a complete listing of these strategies, programs, and resources, please see "2.1a - Programs & Resources for Wellness Policy Implementation," a component of the school policy toolkit.

*N/A- These programs did not measure BMI in their evaluation.

Built Environment

Best Practices and Promising Practices for Healthy Eating and Physical Activity

A collection of NHPS recommended Best and Promising Practices is pending. The Built Environment sector is still in early development and has yet to identify Best Practices, but Promising strategies for creating healthy eating and active living environments have been identified. Please see attached document.