



Continuous Quality Improvement in PA

Promoting an environment for healthy children/families/ practitioners (K7)

The purpose of this form is to provide information about initiatives that could support programs in addressing CQI after needs are identified through examination of relevant sources of evidence.

Title of initiative:	I Am Moving, I Am Learning
Purpose, goal and expected outcomes of the initiative. How is this activity important to program quality?	<p>I Am Moving, I Am Learning (IMIL) is a proactive approach for addressing childhood obesity while enhancing school readiness in young children birth to five within Early Care and Education settings. IMIL has 3 overall goals for building lifelong healthy preferences in young children:</p> <ol style="list-style-type: none"> 1. Increase the quantity of time spent in moderate to vigorous physical activity (MVPA) within daily routines to meet national guidelines (a total of 120 minutes daily for preschool children) 2. Improve the quality of movement experiences intentionally planned and facilitated by informed and participating adults, including teachers and parents 3. Promote healthy food choices every day for children, teachers, and parents <p>IMIL is sponsored by the Pennsylvania Departments of Education, the Pennsylvania Department of Welfare, the Pennsylvania Office of Child Development and Early Learning, Keystone Kids Go!, the Head Start State Collaboration Office, and the Administration for Children and Families, Office of Head Start.</p> <p>IMIL offers fun strategies to promote early brain development and targeted enhancements for Pennsylvania’s Learning Standards for Early Childhood. The interactive and high-energy training is infused with ideas, strategies, lively music, and resources for embedding quality physical movement experiences and healthy nutrition choices within the existing curricula of Early Care and Education programs.</p> <p>I Am Moving, I Am Learning supports and complements the Keystone Kids Go! initiative http://panen.org/keystone-kids-go, the Let’s Move! Child Care initiative, as well as local and community-based obesity prevention efforts.</p>
Description of initiative and any component parts (Technical assistance available, professional development, program assessment inventories, etc.)	<p>A 3-day I am Moving, I am Learning Professional Development Instructor Institute (PDII) was offered to 62 selected PQAS instructors April 13 – 15, 2011.</p> <p>Pennsylvania’s goal for 2011-2012 is to offer direct service practitioners two days of IMIL professional development in each of the 6 Regional Keys reaching at least 300 participants across the Commonwealth.</p> <p>After attending IMIL trainings in their local areas, Directors and Center Staff as well as Home/Group Providers will develop an action plan including goals, outcomes and follow up. Follow up will be provided by each Regional Key to check for progress and whether targeted goals are met.</p>

Program eligibility criteria or recommended programs for initiative	<p>Age Group Serving: <input type="checkbox"/> Infant/Toddler <input type="checkbox"/> Pre-K <input type="checkbox"/> SACC <input checked="" type="checkbox"/> All</p> <p>Program Type: <input checked="" type="checkbox"/> All <input type="checkbox"/> Head Start <input type="checkbox"/> Early Head Start <input type="checkbox"/> PA Pre-K Counts <input type="checkbox"/> Early Intervention Providers <input type="checkbox"/> School District <input type="checkbox"/> PCHP <input type="checkbox"/> NFP <input type="checkbox"/> Keystone Babies</p> <p>Other: IMIL is targeted towards early childhood practitioners from childcare, Head Start, early intervention, family literacy, and pre-kindergarten programs.</p> <p>Child Care: <input checked="" type="checkbox"/> All <input type="checkbox"/> STAR 1 <input type="checkbox"/> STAR 2 <input type="checkbox"/> STAR 3 <input type="checkbox"/> STAR 4 <input type="checkbox"/> Center <input type="checkbox"/> Group <input type="checkbox"/> Family</p>
Website(s) for initiative	<p>www.pakeys.org www.ocdelsas.org/ocdel</p>
Identify focus areas the initiative addresses	<p><input checked="" type="checkbox"/> Administrative Competencies <input checked="" type="checkbox"/> Best Practice in Teaching and Learning <input type="checkbox"/> Cultural Competence and Supporting Diversity <input checked="" type="checkbox"/> Engaging Families <input checked="" type="checkbox"/> Healthy Children/Families/Practitioners <input type="checkbox"/> Social Emotional Competence and Challenging Behavior <input checked="" type="checkbox"/> Other (list): Science, technology, math, arts, homework _____ <input checked="" type="checkbox"/> Other (list): early childhood brain development</p>
Other initiatives, resources, organizations or professional development that support or enhance the initiative	<p>Supported by the Regional Keys and the federal Office of Head Start; enhanced by Keystone Kids Go! and Let's Move! Child Care resources.</p>
Audiences for direct participation in the initiative, list all that apply	<p><input checked="" type="checkbox"/> Directors <input checked="" type="checkbox"/> Management/Leadership Teams <input checked="" type="checkbox"/> Teachers <input checked="" type="checkbox"/> Assistant Teachers <input checked="" type="checkbox"/> All Staff <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Board Members <input checked="" type="checkbox"/> Community Stakeholders <input checked="" type="checkbox"/> Children</p> <p>Is a component of the initiative that information be brought back to the program and intentionally shared with other s? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> Not necessarily</p>
Research or national context to support the initiative	<p><i>"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."</i> - First Lady Michelle Obama at the Let's Move! launch on February 9, 2010</p> <p><i>"Obesity rates have increased sharply in the United States over the past 30</i></p>

	<p><i>years, and today, nearly one-third of children and adolescents are overweight or obese. These children are developing “adult” diseases, such as type 2 diabetes and hypertension, and are at increased risk for heart disease, stroke, certain types of cancer and other serious chronic conditions.”</i></p> <p>-Accessed from Robert Wood Johnson Foundation Center to Prevent Childhood Obesity website on 12/23/10</p> <p>White House Task Force on Obesity Report to the President http://www.letsmove.gov/white-house-task-force-childhood-obesity-report-president</p> <p>Preventing Childhood Obesity in Early Care and Education Programs (AAP) http://ebooks.aap.org/product/preventing-childhood-obesity-in-early-care-education-programs or http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf</p> <p>Healthy Hunger Free Kids Act 2010 http://www.whitehouse.gov/sites/default/files/Child_Nutrition_Fact_Sheet_12_10_10.pdf</p> <p>Early Childhood Obesity Prevention Policies, Institute of Medicine (2011) http://www.iom.edu/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx</p>
<p>Keystone STARS or Program Standards addressed and CBK Topic Codes (if applicable)</p>	<p>K1C101; K1C103; K1C104; K2C113; K2C119; K7C176; K7C179; K7C184; K8C196</p>
<p>Additional information or materials</p>	<p>I Am Moving, I Am Learning Report (2006) posted on Early Childhood Learning and Knowledge Center: http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/imil_report.pdf</p> <p>Ms. Obama’s website for the Let’s Move initiative: http://www.letsmove.gov/</p> <p>Let’s Move! Child Care Initiative: http://healthykidshealthyfuture.org/welcome.html</p> <p>Child and Adult Care Food Program (CACFP) http://www.portal.state.pa.us/portal/server.pt/community/pa_food_and_nutrition_programs/18762/pa_food_and_nutrition_-_child_and_adult_care_food_program/646163</p> <p>US Department of Agriculture site: http://www.mypyramid.gov</p> <p>American Academy of Pediatrics site: http://www.aap.org/healthtopics/overweight.cfm</p>
<p>Contact person for questions about this Initiative</p>	<p>Donna Wennerholt, donwen@Berksiu.org Tracey Campanini, tracam@Berksiu.org Maryanne Olley, molley@pa.gov</p>