

Come Together for Healthy Kids

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Now that the Healthy, Hunger-Free Kids Act has been enacted, it time to thank Congress, including bill champion Sen. Kirsten Gillibrand, and the Obama administration for addressing the childhood obesity epidemic in America. Read more...

The legislation focuses on increasing the amount of healthy food available to children and parents. For the first time in our history, children may have shorter life expectancies than their parents, according to the New England Journal of Medicine. The obesity problem often begins in the younger years.

In 2008, 14.6 percent of low-income children ages 2 to 5 were obese (defined as a body mass index at or more than the sex- and age- specific 95th percentile on the 2000 Centers for Disease Control growth charts).

Studies suggest the significant role child care settings could play regarding childhood obesity. The field of early care and learning is recognizing the importance of supporting child care providers in creating environments that foster healthy eating and increased activity.

The Early Care & Learning Council, New York's child care resource and referral network, is committed to promoting the health and wellness of children through the Nutrition and Physical Activity Self Assessment for Child Care project. Funded by the state Health Department, the project is designed for child care centers to improve their nutrition and physical activity environments, policies and practices. The program is one of just three innovative early childhood programs recognized by the White House Task Force on Childhood Obesity.

It is only when the efforts of bipartisan government and experts in health and education come together that we will continue to make progress toward teaching healthy habits and creating healthy lives for the next generation.