

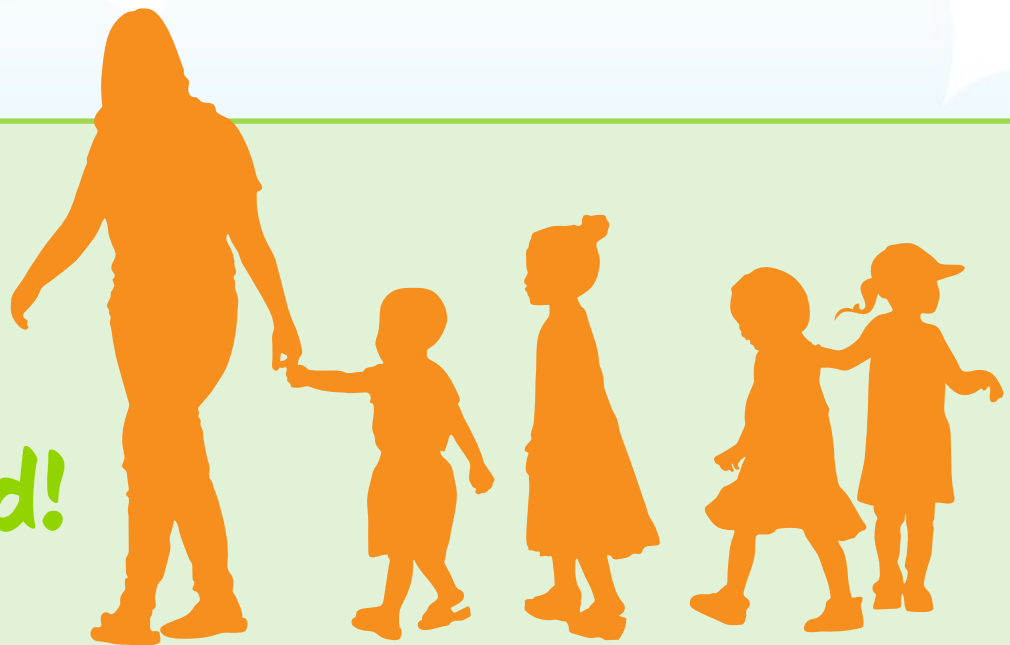
# Let's work together to prevent childhood obesity!

## What is Ohio Healthy Program?

Ohio Healthy Program is a voluntary, statewide designation for early care and education programs in the State of Ohio.

- Up to 15 Ohio approved professional development hours
- Training for staff on healthy habits, menus, and policies
- Technical assistance (in-person and remote) on policies, menu changes, family engagement, and submitting the application
- Includes \$500 (or \$250 for renewal) in incentives to support physical activity and nutritional programming within the early care and learning setting.

**Get  
involved!**



# Ohio Healthy Program makes a difference

## Accomplishments between 2015-2019

Serving early care and education  
programs in Cuyahoga County



Trained  
over  
**1,200**  
professionals



Delivered  
**1,500**  
technical  
assistance  
interactions



Supported  
**8,240**  
family  
engagement  
activities



Worked with  
**437**  
programs

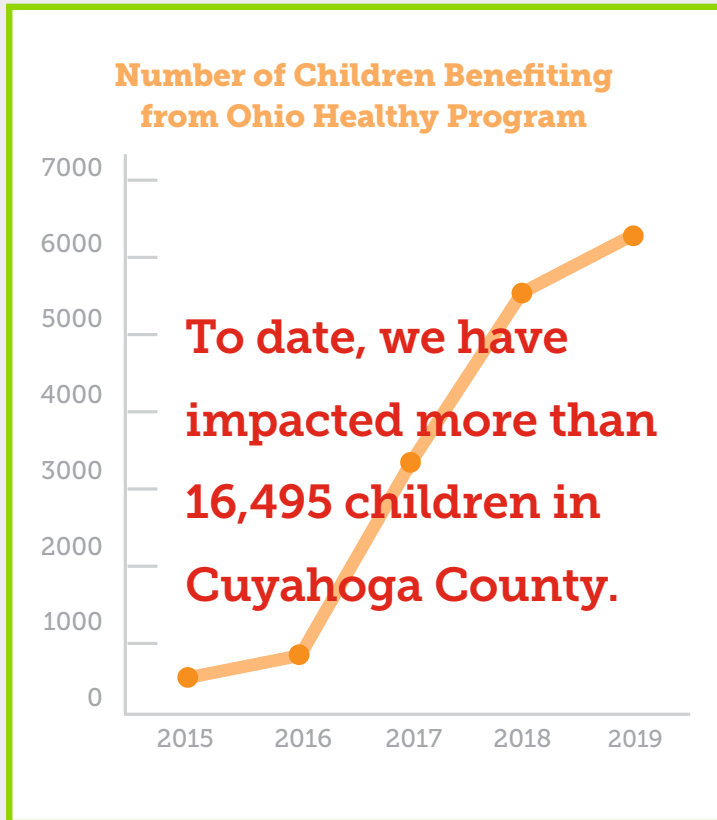


Technical  
assistance  
occurred at  
**317 sites**



Engaged  
**13,378**  
families

# Our Impact



## Overall Policy Change

Since 2015 there have been:

**1,227**

policy changes, an average of 5.5 policies per site

- Policies related to nutrition were the most prevalent
- This includes policies related to *healthy menus* and beverages

## Nutrition Subcategories

**3**

of these nutrition policy changes are in the subcategory of healthy menus and an average of 1 policy surrounding healthy beverages.

## Overall Nutrition

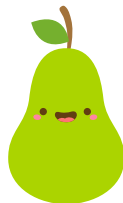
**857**

nutrition policies changes, an average of 4 per site

## Results of Policy Changes = NEW Menu Standards

### Adding Healthy Options

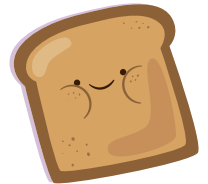
Access to whole fruit has increased by 1 serving per week.



Access to non-fried vegetables has been increased by 0.5 serving per week.

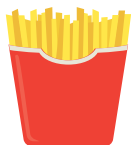


Access to whole grains increased by an average of 2.5 servings per week.



### Decreasing Unhealthy Options

Access to fried foods have decreased by an average of 1 serving per week.



100% juice servings have decreased by approximately 6 servings per week!



The amount of sweetened cereals, highly processed meats, and sugar dense carbohydrates have decreased to almost 0 servings per week.



# Become part of Ohio Healthy Program

## Advocate for Ohio Healthy Program!

Promote the designation through your network of early care and education professionals.



## Look for Ohio Healthy Program!

Make Ohio Healthy Program a part of your child care decision. Let your childcare provider know that you support the designation.



## Join Ohio Healthy Program!

Be part of Early Ages Healthy Stages and help us in our efforts to integrate Ohio Health Program as part of Ohio's state standards.



Learn more at:  
[www.earlyageshealthystages.org](http://www.earlyageshealthystages.org)

## Support Ohio Healthy Program!

Healthy children are better learners. Additional funding can broaden the impact of the program.



## Get designated as Ohio Healthy Program!

Receive technical assistance on policies, menu changes, and family engagement support.



**To learn more information about this program,  
contact Theresa Henderson at Cuyahoga County Board of Health  
Ph: (216) 201-2001 ext. 1552, E: [thenderson@ccbh.net](mailto:thenderson@ccbh.net)**