

Title V / Maternal and Child Health Impact Story: October 1, 2017 – September 30, 2018

MCH Grantee (*check box*):

- Bismarck-Burleigh Public Health
- Fargo Cass Public Health
- Grand Forks Public Health Department
- North Dakota State University
- South East Education Cooperative

North Dakota Maternal and Child Health Priority Area (*check box*):

- Increase the rate of breastfeeding at 6 months
- Reduce overweight and obesity in children

In a sentence or two, describe the problem you were trying to solve or the reason why your intervention is needed.

All new child care staff need to complete the Step 1 Child Care Physical Activity training within the first three months of employment. This is a standard of the Child Care Physical Activity ordinance. The Step 1 training provides education on how to implement the physical activity ordinance standards within the child care center. In the past, the Step 1 trainings were offered as a face-to-face training four times per year, and were very poorly attended.

In a brief paragraph, please share what you implemented and how it made a difference.

To comply with the ordinance and increase the number of staff who complete the training, an online training module was developed. The implementation of the Step 1 Child Care Physical Activity online training module has been very successful. All licensed child care center directors are provided with the link to the training, which allows new hires to conveniently complete the training within the first three months. The platform used to create and implement the module also allows Fargo Cass Public Health staff to monitor the number of child care staff who sign up and complete the training. Once the individual completes the module. They are awarded Growing Futures credits.

Are there any specific NUMBERS or OUTCOMES you can share as a result of your work?

Since the module was implemented on December 18, 2017, there have been 452 child care staff who have completed the training.

Were there any “AHA” or “lightbulb” moments you can share?

Education needs to be offered in a variety of venues, because it is very challenging for child care directors to get their staff to complete required trainings.

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Are there any “quotes” from anyone benefitting from this that you can share?

“And again, kudos for a job well done. This training can hold it's own with anything I've seen from other training providers and other states. You have got to feel really good about the product you've developed. Nice, nice work.” Ellen Anderson, Growing Futures of ND The platform used to administer the online training allow individuals to leave feedback.

The quote below was received through the platform:

You've got a new review by Anne Marie Maylath on Child Care Physical Activity Health Code—Step 1! Title: Child Care Physical Activity Health Comment: The videos were very helpful and insightful, especially the videos depicting "real" teachers in action. I got a few excellent ideas myself from watching other professionals in action. Rated 5 out of 5

Is there anything else you want to share?

We are in the process of developing two more online trainings for child care staff, that will count as Level 2 physical activity training:

1. Increase physical activity for infants and toddlers.
2. Supporting Breastfeeding in Child Care.