

GEORGIA CHILD CARE WELLNESS STUDY

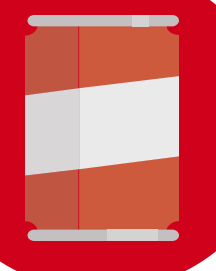




CACFP* vs Non-CACFP Participation

*Child & Adult Care Food Program

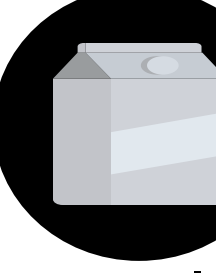
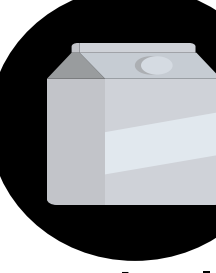
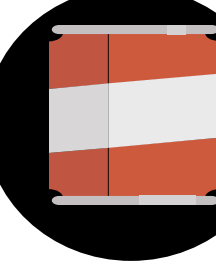




2017 Statewide Survey Results of Beverage Policy Implementation in Georgia Child Care Programs

Why This Study?

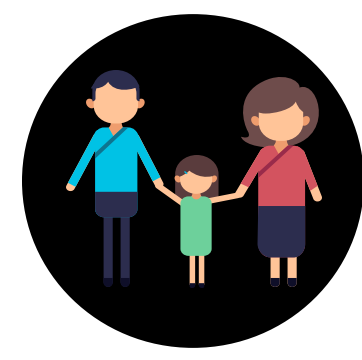
-  Sugar sweetened beverage (SSB) consumption contributes to childhood obesity
-  70% of children 2 to 5 consume one sugary drink/day
-  10.4% of young children are considered obese
-  Sugary drinks are high in empty calories - linked to obesity
-  Reducing consumption of sugary drinks among children 0 to 5 is a viable strategy to decrease obesity

Beverage Recommendations

-  Serve only 1% or fat free milk to children 2 and older
-  Serve whole milk to children 1-2 years old
-  Eliminate serving SSBs
-  Limit juice to no more than one 4-6 oz serving of 100% fruit juice/day
-  Ensure water is available throughout the day for self serve both indoor & outdoor

Survey Demographics

Random sampling of 3054 programs across 6 regions of GA



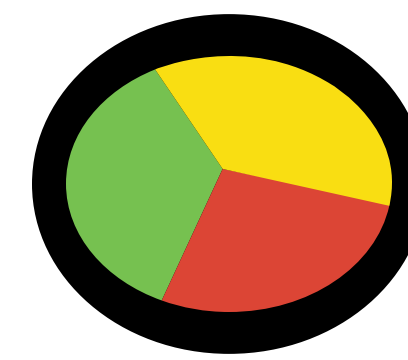
Race/Ethnicity of Children Enrolled

49% Black
42% White
5.2% Hispanic
1.9% Asian/Pacific Islander
1.6% Other



CACFP Participation

67% respondents participate in CACFP



Program Types*

46% FCCLH
39% CCLC
15% LECC



Income Level

54% of child care programs served families with an income level of \$35K or below

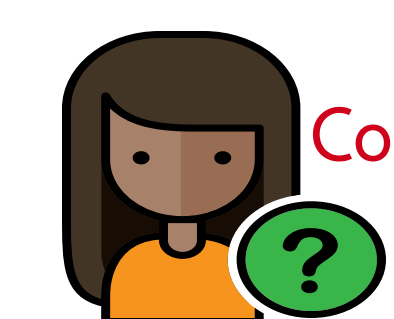
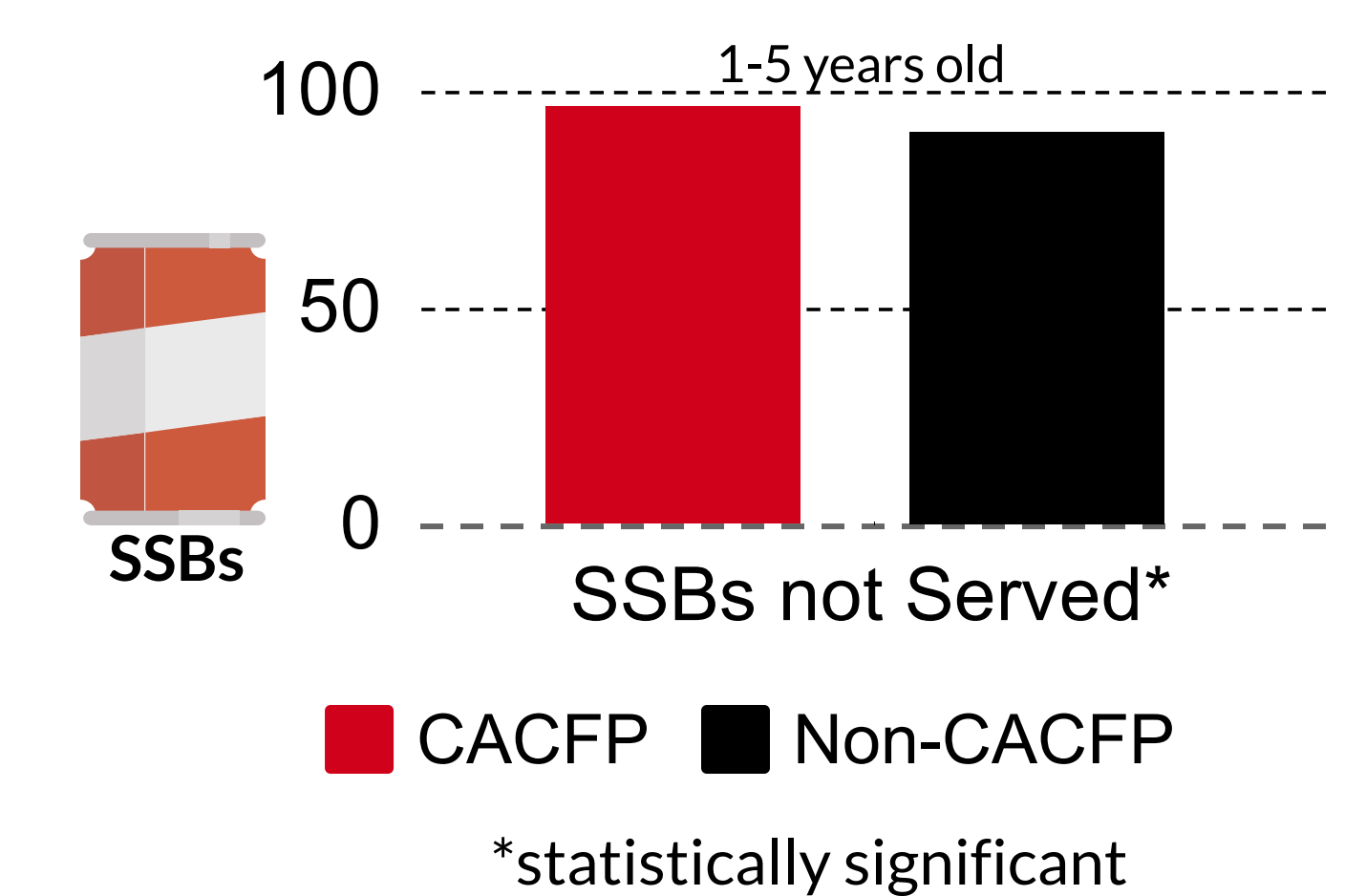
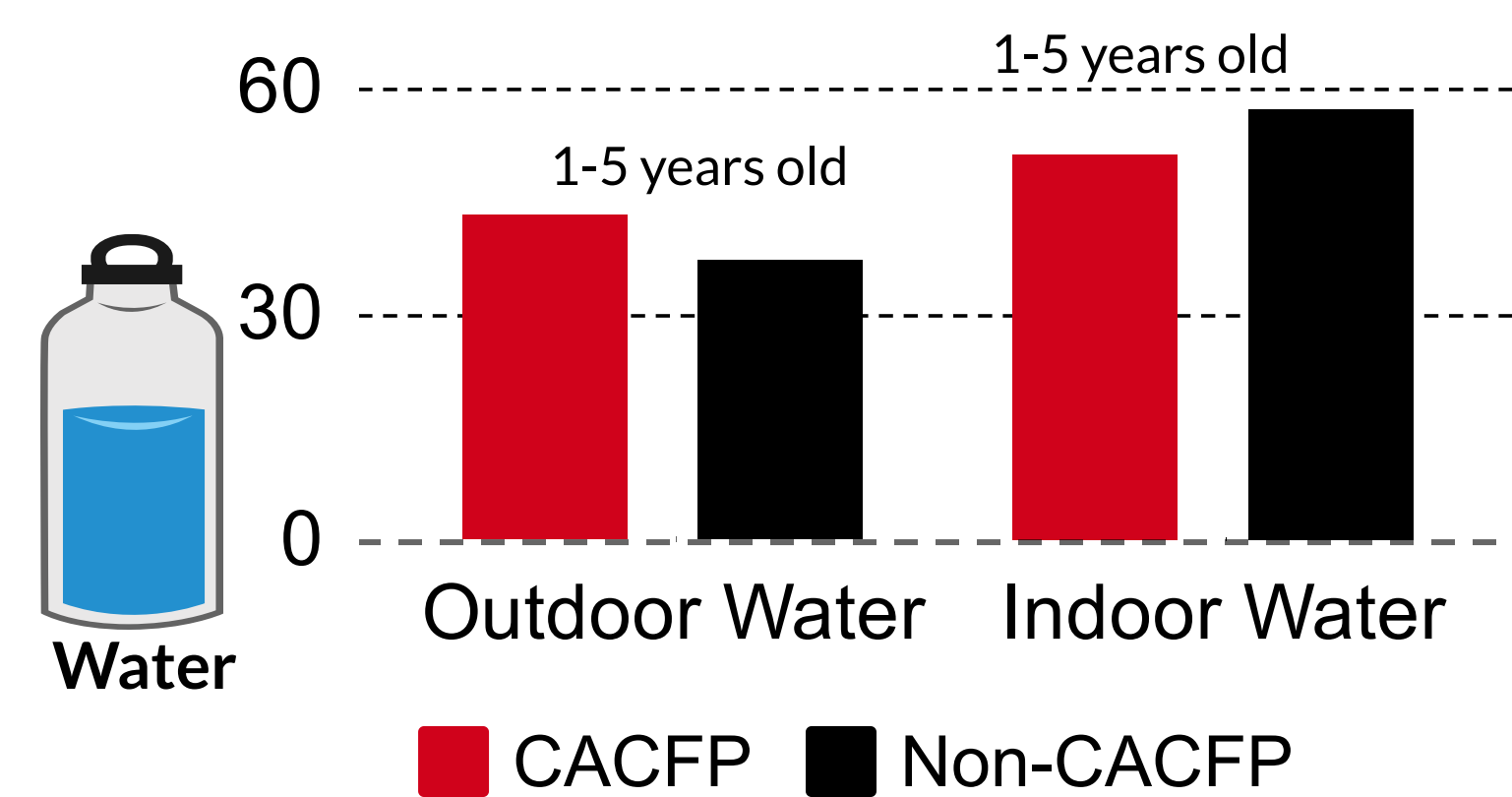
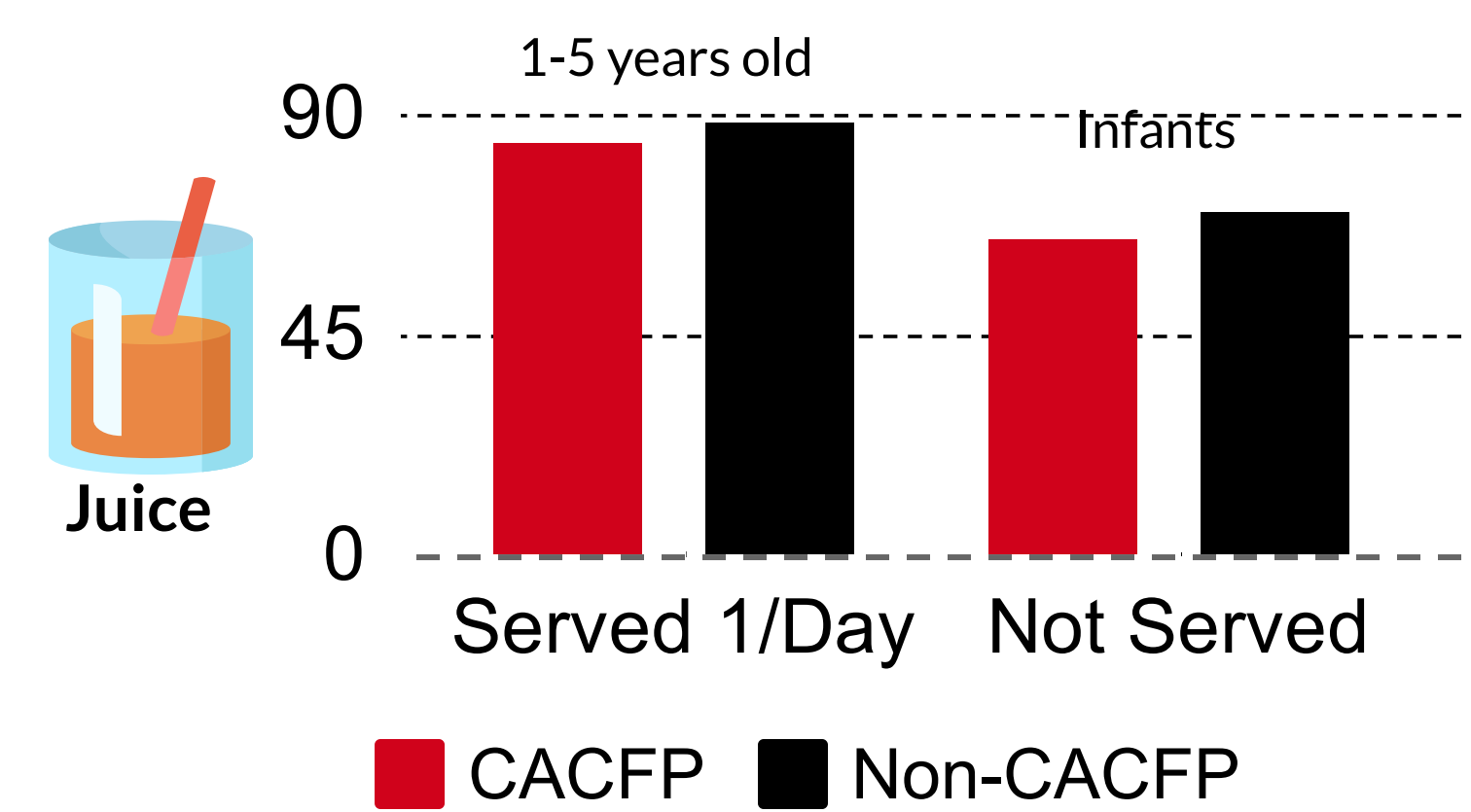
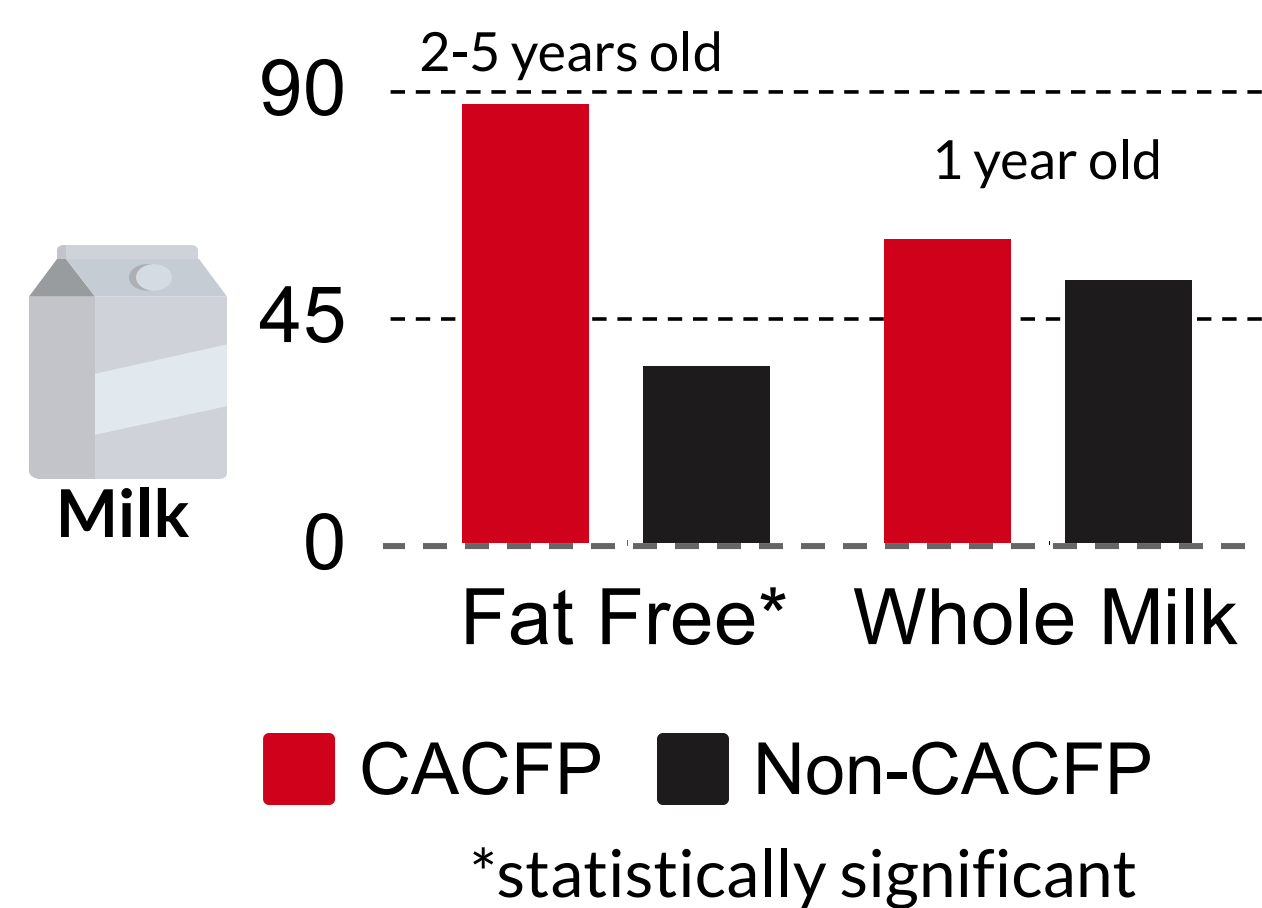


2017 CACFP Meal Patterns

34% "know a lot" about 2017 meal patterns
75% follow the 2017 guidelines
18% had not heard of new 2017 CACFP meal patterns

*FCCLH - Family Child Care Learning Home
CCLC - Child Care Learning Center
LECC - License Exempt Child Care

SURVEY RESULTS - CACFP PARTICIPATION



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Foods & Nutrition

College of Family and Consumer Sciences

Childhood Obesity Prevention Laboratory

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