

# GEORGIA CHILD CARE WELLNESS STUDY



## CCLC vs FCCLH vs LECC\*

\*Child Care Learning Center, Family Child Care Learning Home, License Exempt Child Care

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

### Why This Study?

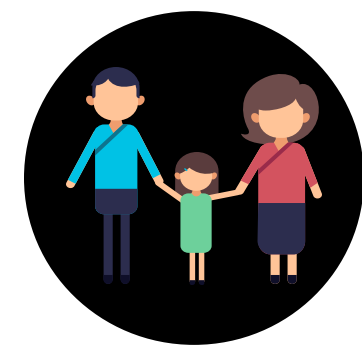
- Sugar sweetened beverage (SSB) consumption contributes to childhood obesity
- 70% of children 2 to 5 consume one sugary drink/day
- 10.4% of young children are considered obese
- Sugary drinks are high in empty calories - linked to obesity
- Reducing consumption of sugary drinks among children 0 to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

### Beverage Recommendations

- Eliminate serving SSBs
- Serve only 1% or fat free milk to children 2 and older
- Serve whole milk to children 1-2 years old
- 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



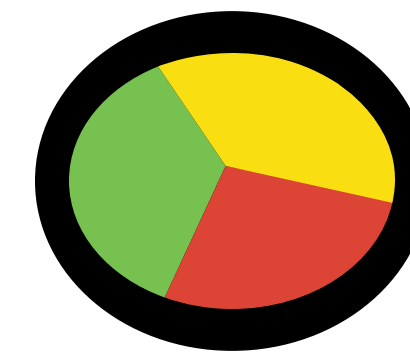
#### Race/Ethnicity of Children Enrolled

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

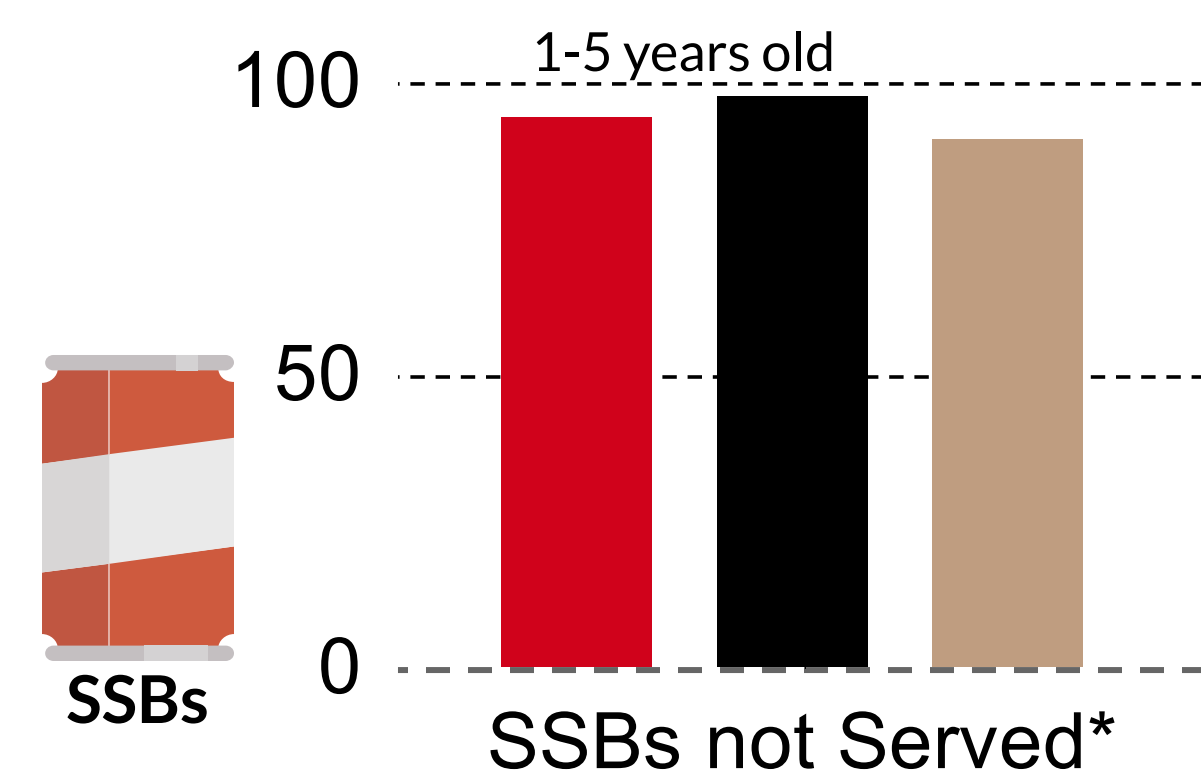


#### 2017 CACFP Meal Patterns

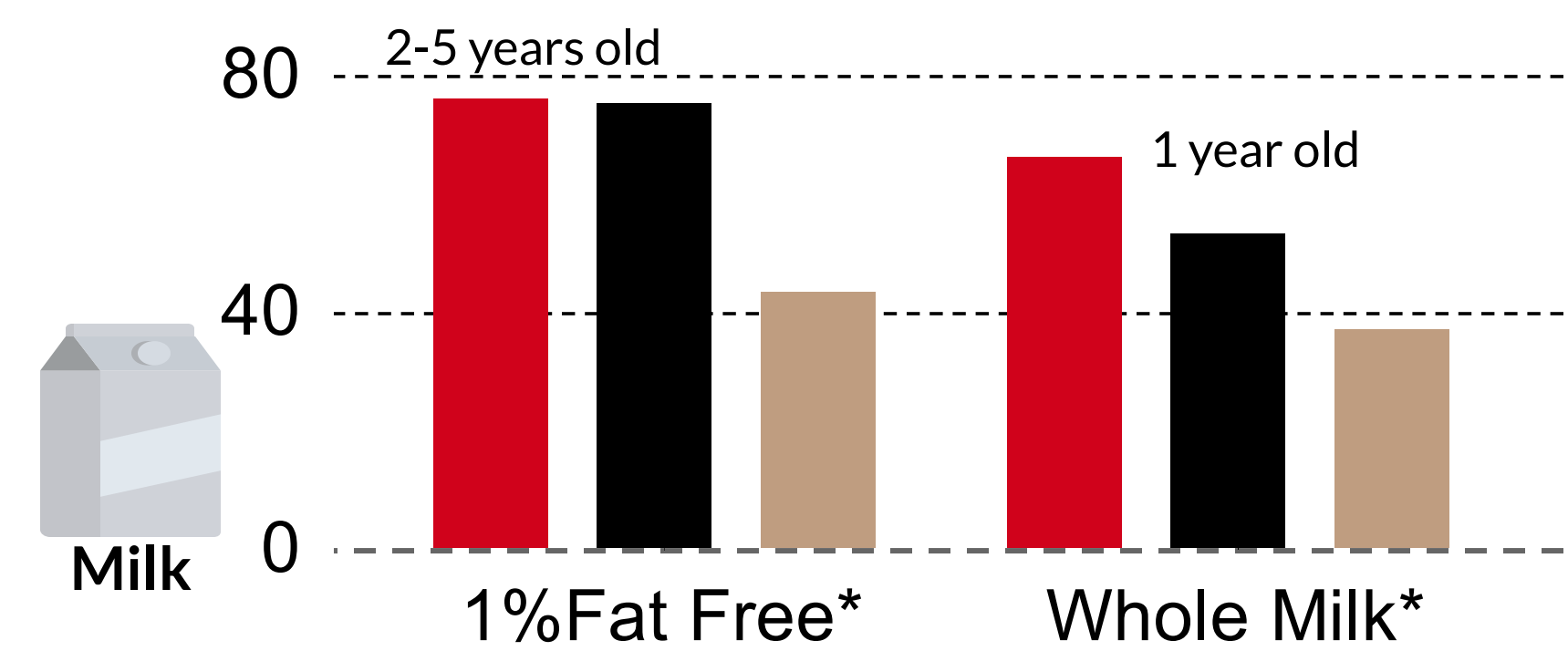
34% "know a lot" about 2017 meal patterns  
75% follow the 2017 guidelines  
18% had not heard of new 2017 CACFP meal patterns

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

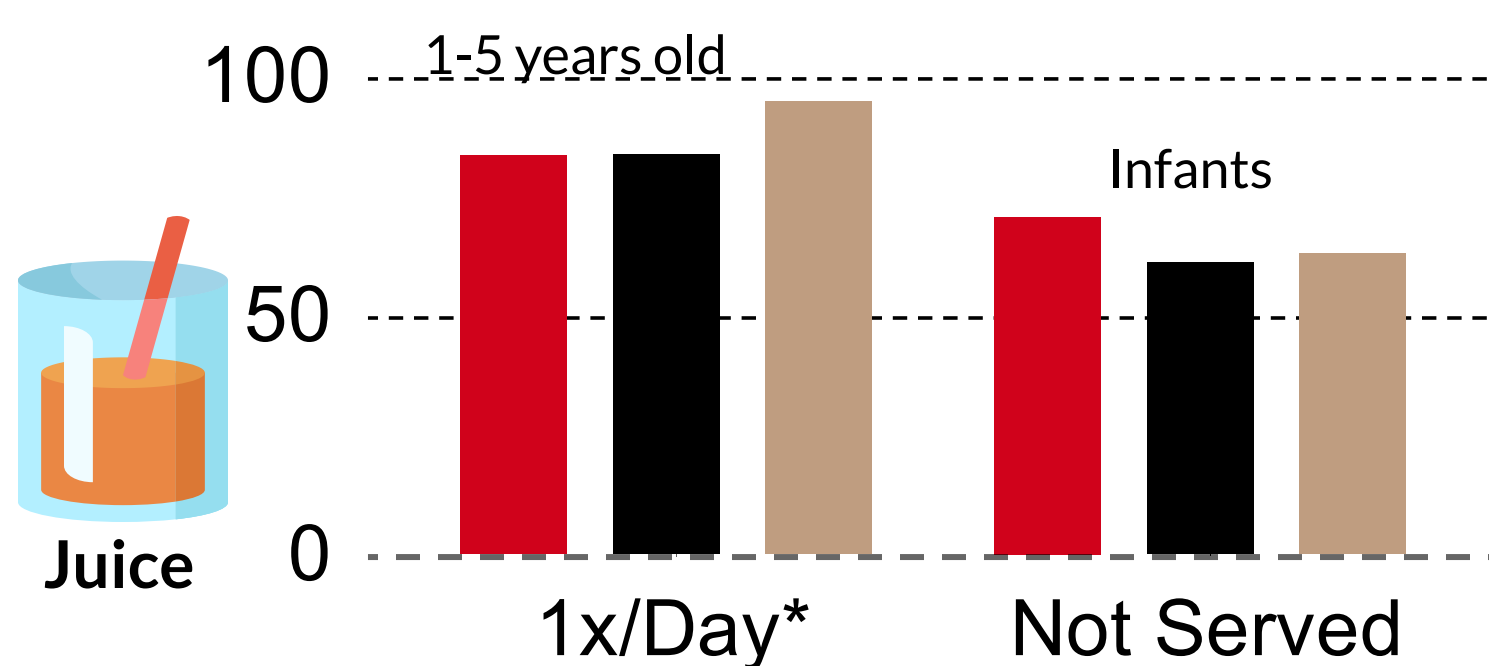
### SURVEY RESULTS - PROGRAM TYPE



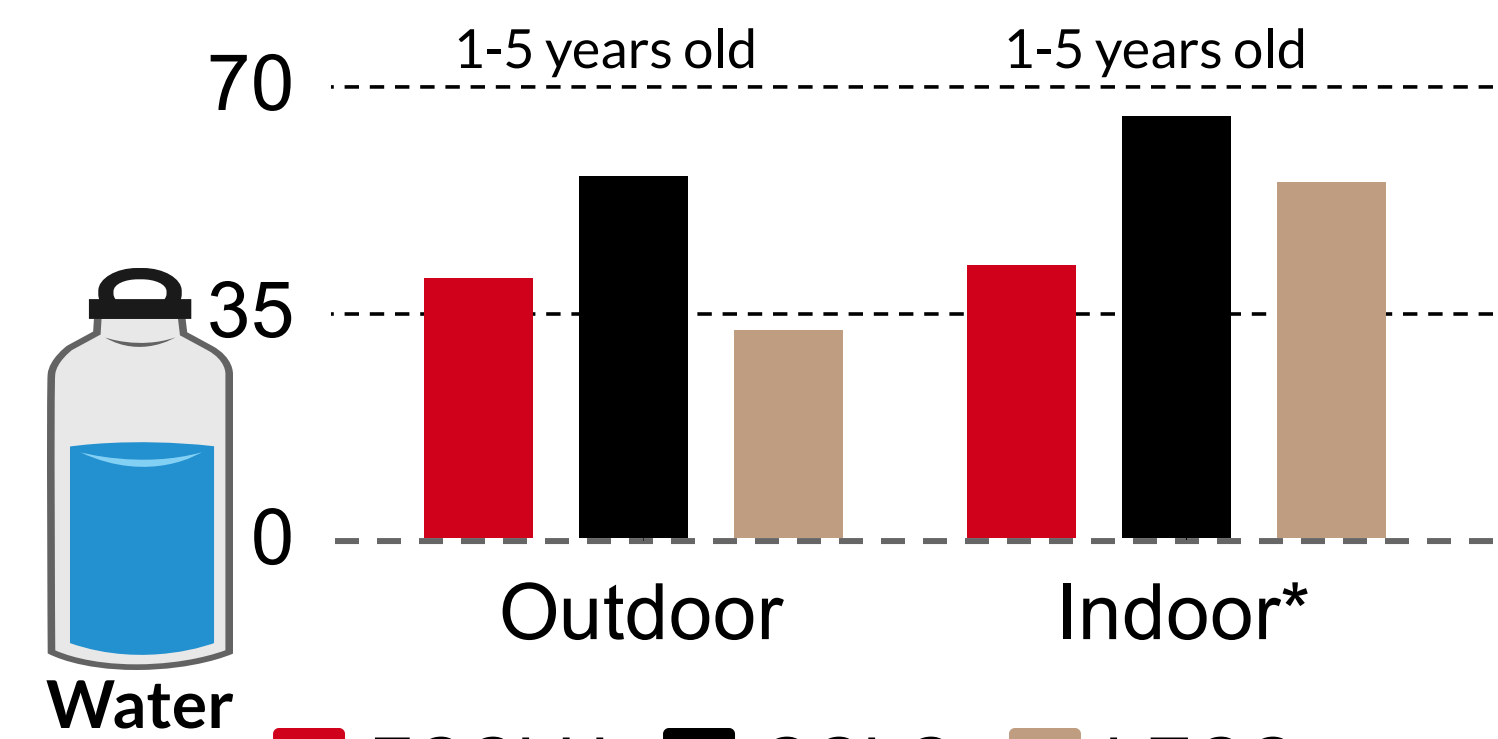
FCCLH CCLC LECC  
\*Statistically significant



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FCCLH CCLC LECC  
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