



PIMA COUNTY HEALTH DEPARTMENT
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Communities Putting Prevention to Work

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FOR IMMEDIATE RELEASE

45 Child Care Providers Commit to Healthy Practices

Feeding with Love program implements nutrition and physical activity wellness policies

Tucson, Arizona – April 27, 2011 – On April 6, United Way of Tucson and Southern Arizona (UWTSA) and Child and Family Resources recognized 48 child-care providers who completed the Feeding with Love program – nine hours of education on nutrition and physical activity culminating in the adoption of wellness policies for their child-care homes.

In Pima County, 30 percent of low-income 2 – 5 year old children are either overweight or obese. Currently, there is no regulation of family child-care homes (providers who care for up to 4 children, 5 if one is their own) in regards to nutrition and physical activity. UWTSA saw this as an opportunity to provide them with best practice standards for nutrition and physical activity to help the children have better health outcomes. Participants are now committed to serving low-fat milk to their children, limiting the amount of juice provided, serving meals family-style, and practicing daily guided physical activities with the children.

“The information presented from United Way gave me a lot of great ideas, especially on how to prevent childhood obesity. I hope other child-care providers are also able to learn from this program,” said Feeding with Love participant Barbra Carrillo.

The program is part of the *Communities Putting Prevention to Work* (CPPW) grant, awarded to the Pima County Health Department for the purpose of obesity prevention via policy, systems and environmental changes. UWTSA received a part of the grant funding to address the needs of children in pre-school and after-school programs.

UWTSA’s goal is to get 150 home-care providers to participate in the program by March of 2012, when the CPPW grant is complete. Graduates of the program will have an opportunity to continue their professional development at monthly Communities of Practice Meetings.

(more)



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About United Way of Tucson and Southern Arizona

United Way of Tucson and Southern Arizona is working to advance the common good, creating opportunities for a better life for all by focusing on the three key building blocks of **Education, Income and Health**. United Way is dedicated to creating long lasting community change by addressing the underlying causes of the most significant issues. Our focus areas include: helping children and youth achieve their potential, promoting financial stability and independence, and improving people's health. Living United means being a part of the change. **Give. Advocate. Volunteer. Live United.** For more information about the United Way, please visit www.unitedwaytucson.org.

About CFR

Child & Family Resources is a private, community-based, non-profit agency offering 31 programs that serve 38,000 children and families throughout southern Arizona. We achieve our mission of ***Making Children's Lives Better*** by building resilient children and families, ensuring excellent child-care and education, and building communities that value children and families.

About CPPW

Communities Putting Prevention to Work (CPPW) is a national initiative of the Centers for Disease Control and Prevention (CDC). The goal is to prevent or reduce the spread of obesity and related diseases by increasing opportunities for improved nutrition and active living via policy, systems and environmental change. Led by the Pima County Health Department, CPPW initiatives are made possible by funding from the U.S. Department of Health and Human Services.

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