

Policy Extract

[Policy Recommendations for Obesity Prevention in Early Care and Education Settings](#)

The American Heart Association advocates for strong obesity prevention programmes in early childhood education settings. One such setting, child care, is an important environment for forming good health habits around children's dietary intake, physical activity, and energy balance, thus combating the childhood obesity epidemic.

Policy Recommendations

To support the development of healthy early childhood habits surrounding diet and physical activity the American Heart Association makes the following recommendations:

- Childcare providers should meet minimum, uniform standards in nutrition, physical activity, screen time limitations, breastfeeding and professional development,
- Technical support and funding to childcare settings should be expanded in order to assist those needing help reaching these standards.
- Mandatory, statewide, quality rating recognition programmes should be provided and funded.
- States should disseminate research and best practices pertaining to nutrition, physical activity, screen time, breastfeeding, and professional development to childcare providers.
- All forms of marketing and advertising of unhealthy foods and beverages to children should be prohibited in childcare programmes.