



# Addressing Childhood Obesity through Implementation of a Standardized Health Curriculum

*Head Start/Early Head Start Lowell*



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# Head Start/Early Head Start

Federally funded program of The United States Department of Health and Human Services that **promotes school readiness and family well-being** in those eligible.

## *How do they do this?*

- Early childhood education
- Health and Nutrition
- Parent Involvement Services



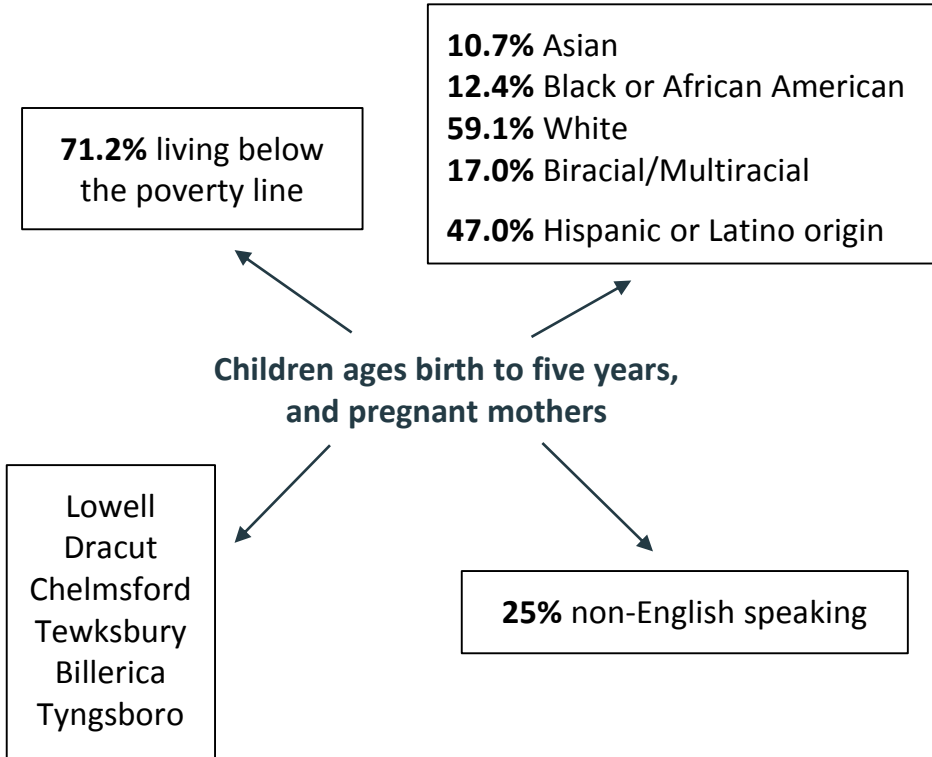
## *Who is Eligible?*

*Children from birth to age five, and pregnant mothers who meet any of the following criteria:*

- Living at or below the poverty line
- In foster care
- Homeless
- From a family receiving public assistance (TANF or SSI)
- Living with a disability

# Head Start/Early Head Start Lowell:

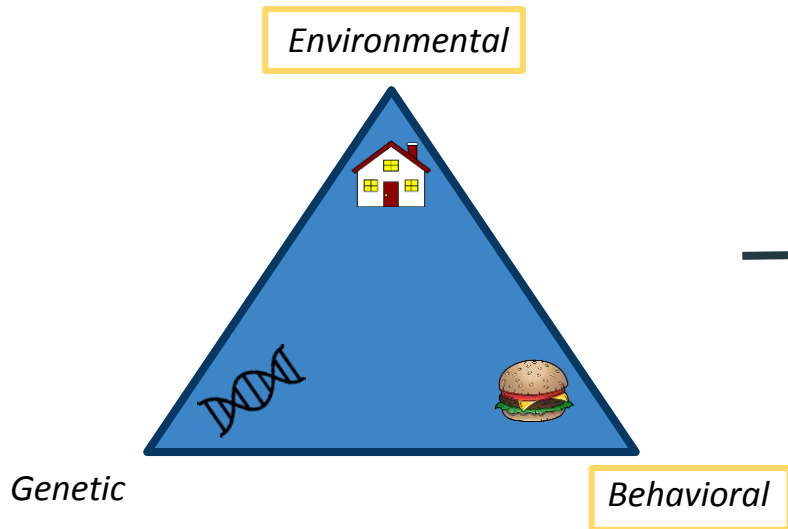
## A Snapshot



✦ **Key factors impacting the health and social stability of this population:** ✦

- Opioid epidemic
- Homelessness
- Financial/food insecurity
- Developmental delays
- Childhood obesity**

# Our Focus: Childhood Obesity



**Immediate physical health risks**  
HTN, cholesterol, diabetes, breathing problems, MSK problems, fatty liver, gallstones, GERD

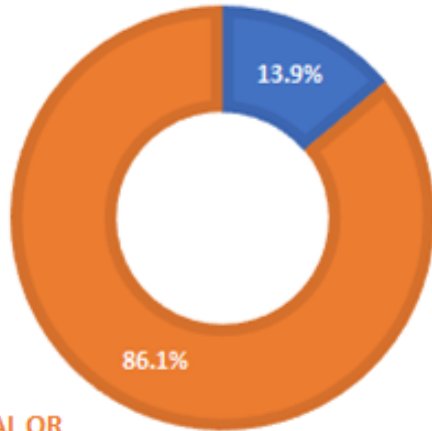
**Immediate mental health risks**  
Anxiety, depression, low self-esteem, bullying

**Future health risks**  
Children with obesity are more likely to become adults with obesity → Obesity in adults is associated with heart disease, diabetes & cancer

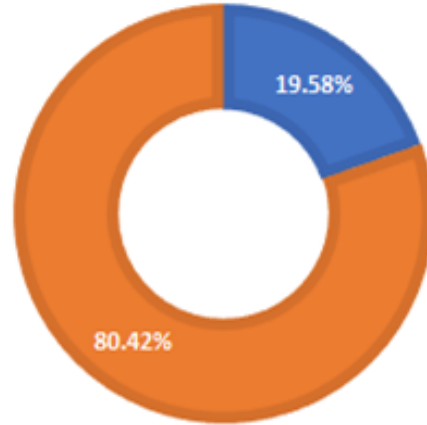
# 2018 Obesity Rates in Children

## Ages 2-5

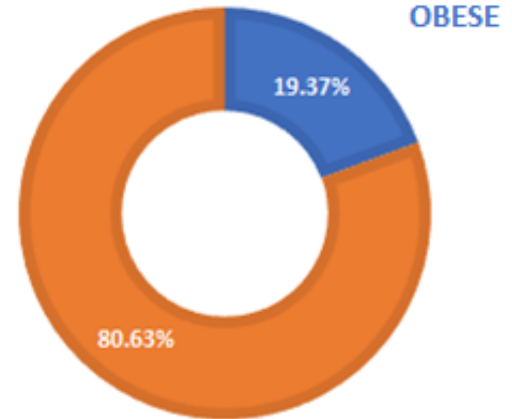
National Average



Massachusetts Head Start/Early Head Start



Lowell Head Start/Early Head Start



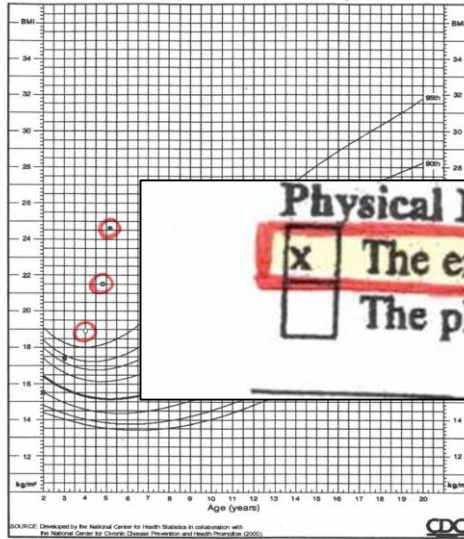
**NORMAL OR  
UNDERWEIGHT**

*National average obtained from CDC Childhood Obesity Fact Sheet.*

# Head Start Lowell Case Study

Printed: 10/25/2018 Birthday: 12/17/2012

Body mass index-for-age percentiles: Girls, 2 to 20 years



Plotted Data

Date	Age (years)	BMI	Weight (lb)	Height (in)	Percentile
12/23/2014	2.00	15.50	24.00	33.00	24
12/28/2015	3.00	17.40	34.25	37.25	88
12/29/2016	4.00	18.90	44.00	40.50	98
10/19/2017	4.83	21.50	56.00	42.75	99
2/26/2018	5.17	24.60	66.25	43.50	99

Date of Birth: 12/17/2012  
 Phone: [REDACTED]  
 Gender: F

Date of Exam: 02/26/2018 Height (in): 43.5 Weight (lb): 66.4 BP: 90/62  
 Allergies: NKDA  
 Medications: None  
 Significant Medical History: Well child

Hearing Screening: Right Ear  Pass  Fail  Not Tested  
 Left Ear  Pass  Fail  Not Tested

Vision Screening: Right Eye  Pass  Fail  Not Tested  
 Left Eye  Pass  Fail  Not Tested  
 Stereopsis  Pass  Fail  Not Tested

Postural Screening:  Pass  Fail  Not tested

**Physical Exam**

The entire physical exam was normal

The physical exam was normal except:

Lab and Other Information

Hgb/Hct \_\_\_\_\_ Date: \_\_\_\_\_  
 Lead \_\_\_\_\_ Date: \_\_\_\_\_  
 PD \_\_\_\_\_ Date: \_\_\_\_\_  
 Low risk for TB \_\_\_\_\_  
 This person has a reliable history of varicella disease. \_\_\_\_\_  
 Education and competitive sports \_\_\_\_\_  
 Date: 2/26/2018

## IMMUNIZATIONS

Vaccine	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
DTP, DTap	02/28/2013	04/29/2013	07/10/2013	04/20/2015	12/29/2016	
DT, Td						
Tdap						
Polio	02/28/2013	04/29/2013	07/10/2013	12/29/2016		
Pneumococcal/PCV7/PCV13	02/28/2013	04/29/2013	07/10/2013	10/25/2014		
HIB (Haemophilus Influenza)	02/28/2013	04/29/2013	07/10/2013	10/25/2014		
Measles, Mumps, Rubella	12/19/2013	12/29/2016				
Varicella	12/19/2013	12/29/2016				
Meningococcal (Menactra)						
Meningococcal (Menomune)						
Hepatitis-A	12/19/2013	10/25/2014				
Hepatitis B	12/18/2012	02/26/2013	04/29/2013	07/10/2013		
Human Papillomavirus						
Rotavirus						

# Tiger Teams:

## *An Interprofessional Approach to Improving the Head Start Program*

The Tiger Teams were designed in response to a federal grant to address areas in need of improvement within the program, such as:

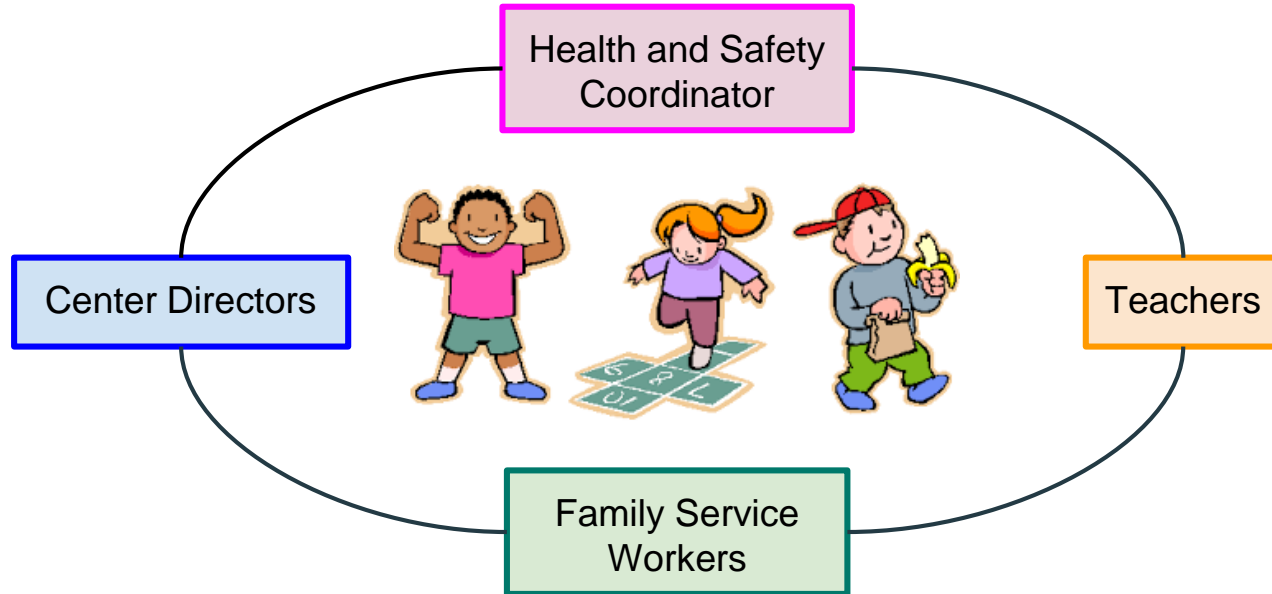
- ❖ Dual language learners
- ❖ Staff well being
- ❖ Family engagement
- ❖ **Health promotion** →
- ❖ Professional development



### ***Tiger Team Health Promotion Goals***

- Assess current food service practices
- Implement food service changes
- Evaluate success of food service changes.
- **Pilot new health and nutrition program.**

# Meet the Health Promotion Tiger Team!





# Our Role:

## Supporting the Tiger Team Goals



# Head Start/Early Head Start and Lowell Health Community Health Center as Advocates





# SPECIAL THANKS TO:



Leanne Winchester

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Head Start/Early Head Start Lowell

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UMass Medical School



# References

<https://www.cdc.gov/obesity/childhood/index.html>

<https://www.acf.hhs.gov/ohs>

Office of Head Start/Early Head Start Lowell - Program Information Report (2018).