

TCI CAP – Year One Draft for Intervention III

OUTLINE

INTERVENTION III: Implementation of Nutrition Standards in Early Childhood Settings

GOAL I: To improve the quality of nutrition in early childhood settings throughout the City of Trenton by supporting practices that meet or exceed current nutrition standards

Objective 1: Conduct an environmental needs assessment of food programs, formats, and vendors across public and private pre-school settings and identify areas where low-cost effective interventions can be made to improve nutritional quality

Objective 2: Provide specific technical assistance to improve implementation of food selection and delivery practices that will lead to food programs that meet and exceed current nutritional standards

Objective 3: Develop and implement an operational and education plan in conjunction with the pre-school directors, staff and parents to promote healthy food in early childhood settings and at home

PSE STRATEGY OVERVIEW: There is a monthly directors’ meeting of 35 early childhood providers in Trenton. We plan to use this as a platform for gathering information, sharing ideas and recommendations and moving the implementation process forward. Since programs have guidelines that are mandated at the city, state and/or federal level, it will be necessary to ensure that our activities and interventions align with those. Implementation will also depend on keeping efforts aligned, streamlined and economical.

Target Audience for Advocacy/Change Efforts: Pre-school program directors and staff, public and private, and parents

Population to Benefit: The Trenton community, in particular pre-school children and their families

Healthy Living Program Strategy Overview: Because healthy foundations are key to developing healthy lifestyle choices and improving health outcomes, the focus of this intervention will be to provide healthy nutrition options in early childhood settings, serving meals, snacks, and beverages that meet dietary guidelines for young children, and teaching staff, children and their parents about healthy foods and eating habits.

Population to Benefit from Direct Services: The Trenton community, in particular pre-school children and their families

Social/Mass Media Strategy Overview: Use public service announcements in local papers and social media to communicate basic information about nutrition and healthy food choices. Building on work of partners, develop a set of innovative brochures, challenges, games, etc. to engage children and parents to support improved nutrition at home.

Target Audience for Media Campaign: Trenton community residents, especially those with young children

Health Education/Consumer Information Strategy Overview: One of our partners, Children’s Futures, has an individual who provides snacks to their program and teaches a six-week course for parents on healthy eating habits. This model could be utilized in preschool settings more broadly. Millhill Child and Family Development, a pre-school provider, also does health literacy programming funded through a grant from Bristol-Myers Squibb, which aims to help families understand and make healthier choices, benefit from health care and achieve a higher level of participation in health-related matters. Children’s Home Society of NJ-Trenton, a maternal and child health organization, administers various programs, including Head Start. Partnering with them in their efforts to promote nutritious food for children in Trenton will be key to moving this community action plan forward.

Population to Benefit from Direct Outreach: Trenton pre-school children, their families and staff

Geographic Scope: City of Trenton, NJ

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PERFORMANCE/WORK PLAN: Planning, Implementation, Evaluation, and Post-Award Management Activities					
GOAL I: To improve nutrition standards in early childhood settings throughout the City of Trenton					
Description of Activity (Indicate if Activities are PSE, Program, Media, or Health Education-related.)	TCI Responsible Personnel	Community Partners Engaged	Purpose (What will be the process-oriented result of this Activity?)	Process Outcome(s)/Milestone(s) (What events will signal fulfillment of this Activity?)	Anticipated Completion Date(s)
Develop a healthy food needs assessment in selected early childhood settings in Trenton and make recommendations (PSE)	Elena Cromeyer/Communications Coordinator/NJPHK-T/Trenton Y staff (Marissa Davis & new person to be hired)	<ul style="list-style-type: none"> • Early childhood setting directors and staff • Millhill Child & Family Development • Rutgers Cooperative Extension of Mercer County • Children’s Home Society of NJ • Childcare Connection • NJPHK-T/Trenton YMCA • Karson Food Services (early childhood setting food vendor in Trenton) 	<ul style="list-style-type: none"> • Development of an updated healthy food assessment that is consistent with state and federal policies • Build rapport among community partners and early childhood setting providers and interagency collaboration 	<ul style="list-style-type: none"> • Completion of a healthy food assessment and recommendations for early childhood settings in Trenton motivated to improve nutrition standards 	2017-2018
Connect early childhood setting directors and staff with community partners to develop healthy food options (PSE)	Elena Cromeyer/Martha Davidson/ NJPHK-T)/Trenton Y staff (Marissa Davis & new person to be hired)	<ul style="list-style-type: none"> • Early childhood setting directors and staff • Early childhood setting parents • Millhill Child & Family Development • Early childhood settings motivated to improve nutrition standards • National Farm to School 	<ul style="list-style-type: none"> • Development of healthy food options and menus that are consistent with state and federal policies • Creation of broad cross-sector coordination to promote social change 	<ul style="list-style-type: none"> • Completion of food menus that are consistent with local, state and federal policies • Channeling health-conscious change to achieve collective impact 	2017-2020

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		Network Karson Food Services			
Incorporate age-appropriate and creative healthy food education and demonstrations in selected early childhood settings in Trenton (program & health education)	Elena Cromeyer/ THT Communications Coordinator/ NJPHK-T & Trenton YMCA staff (Marissa Davis & new person to be hired)	<ul style="list-style-type: none"> • Early childhood setting directors, staff, parents and kids • Childcare Connection • Children’s Home Society of NJ • Children’s Futures • Wellness in the Schools (WITS) • National Farm to School Network • NJPHK-T/Trenton YMCA • Millhill Child & Family Development 	<ul style="list-style-type: none"> • Development of healthy eating educational curriculum with early childhood sites and related community-based organizations • Promotion of healthy eating habits at a young age 	<ul style="list-style-type: none"> • Completion of healthy eating curriculum • Establishing ongoing healthy food demonstrations at select early childhood settings 	2017-2018
Introduce National Farm to School Network programs into a few Trenton early childhood settings (PSE)	Elena Cromeyer/NJPHK-T & Trenton Y staff	<ul style="list-style-type: none"> • National Farm to School Network/ New Jersey Department of Ag's Farm to School Program • NJPHK-T/Trenton Y • Wellness in the Schools (WITS) • Isles • Early childhood settings motivated to improve nutrition standards • Trenton Board of Education • Karson 	<ul style="list-style-type: none"> • Connect and work with Beth Feehan, New Jersey State Lead and Coordinator of the New Jersey Department of Agriculture’s Farm to School Program • Develop a few SMART Farm to School Network objectives/projects to implement in selected early childhood settings 	<ul style="list-style-type: none"> • Introduce a few Farm to School Network objectives/projects in selected early childhood settings in Trenton • Healthier and more sustainable food options/program in early childhood settings in Trenton 	2017-2020

OUTCOMES EVALUATION PLAN: Impact and Evidence Base

GOAL I: To improve nutrition standards in early childhood settings throughout the City of Trenton

	SHORT-RANGE Impact on Access <i>(by June 30, 2017)</i>	Increased Availability of Community Resources for Healthy Living Increased Local Infrastructure for Healthy Living Increased Enactment of Pro-Health Practices or Policies	INTERMEDIATE Impact on Behavior	Increased Use of Community Resources Increased Adoption of Health Behaviors	LONG-RANGE Impact on Health	Improved Population Health Indicators
Objective 1	Outputs (#): <u>Identification where modest interventions can improve nutritional quality available to preschool children</u> Outcome (Δ): Plan of action Indicator/Measure: Baseline Data (Indicate Source of Data): Target: Source of Data for TCI: Data Collection Instrument: Staff/Organization(s) Responsible to Collect Data: Timeframe to Collect/Tabulate Data:		Outcome (Δ): Implementation of interventions designed to improve nutritional quality Baseline (Indicate Source of Data): Target:		Outcome (Δ):	
Objective 2	Outputs (#): Documented technical assistance to providers designed to improve choices/decisions in ordering and providing nutritious foods to preschool children. Outcome (Δ): Indicator/Measure: Baseline Data (Indicate Source of Data): Abbreviated NAP SACC, documentation of TA provided to EC providers Target: EC providers Source of Data for TCI: Data Collection Instrument: NAP SACC-based survey Staff/Organization(s) Responsible to Collect Data: EC/local evaluator Timeframe to Collect/Tabulate Data: Spring 2017		Outcome (Δ): Adoption of recommendations from TA providers by a majority of EC providers Baseline (Indicate Source of Data): Target:		Outcome (Δ):	
Objective 3	Outputs (#): Plan of action to increase nutrition awareness and execution among EC sites and parents Outcome (Δ): Changes in practices in EC centers and among parents Indicator/Measure: Adoption of recommendations/approaches for improving nutrition for preschool children		Outcome (Δ): Baseline (Indicate Source of Data): Target:		Outcome (Δ):	

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	<p>Baseline Data (Indicate Source of Data): Target: All sites trained, 80 percent of parents associated with centers receive materials; 40 percent report adoption of strategies at home Source of Data for TCI: Document training and distribution. Informal follow up survey with parents as part of “end of year”/exit interviews with parents of preschool children Data Collection Instrument: Brief survey on implementation adoption of ideas/strategies for improving nutrition Staff/Organization(s) Responsible to Collect Data: EC/local evaluator Timeframe to Collect/Tabulate Data: Spring/Sumer 2017</p>		
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WORK GROUP/GOVERNANCE: Planning, Implementation & Evaluation Activities

GOAL I: To improve nutrition standards in early childhood settings throughout the City of Trenton

Community Partner	Planning and Implementation Role (Indicate if Activities are PSE, Program, Media, or Health Education-related.)	Evaluation Plan Role	Subawardee? (Y/N)	Source of Match? (Briefly Describe.)
Early childhood setting directors and staff	PSE, program and health education	N/A	Y	
Millhill Child & Family Development	PSE, program and health education	N/A	Y	
Rutgers Cooperative Extension of Mercer County	PSE, program and health education	N/A	Y	
Children’s Home Society of NJ	PSE, program and health education	N/A	Y	
Childcare Connection	PSE, program and health education	N/A	N	
Karson Food Services	PSE	N/A	N	
NJPHK-T/Trenton YMCA	PSE	N/A	Y	
Wellness in the Schools	Program and health education	N/A	N	
National Farm to School Network/ New Jersey Department of Agriculture’s Farm to School Program	PSE	N/A	N	

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Which of these Work Group representatives will attend the April 2016 Learning Institute? *List the TCI Program Director in Row 1. Up to 5 individuals may attend. Be certain to represent associated Travel Expenses in your TCI award budget. Refer to the Budget Template and Budget Narrative Form Instructions for more information.*

Community Partner Organization	Staff Person Name	Email Address	Phone Number
Trenton Health Team	Elena Cromeyer-Project Director	ecromeyer@trentonhealthteam.org	609-888-6818
Trenton Health Team	Greg Paulson-Executive Director	gpaulson@trentonhealthteam.org	609-610-1909
Trenton Health Team	Martha Davidson-Sr. Director, Development & Communications	mdavidson@trentonhealthteam.org	609-915-4022
Bernard McMullan	Bernard McMullan-Independent & Local Evaluator	Rivervue1622@gmail.com	609-334-7027
St. Francis Medical Center	Mary Jo Abbondanza-Coordinator, Faith Community Nursing & Community Outreach	MAbbondanza@stfrancismedical.org	609-599-5282
New Jersey Partnership for Healthy Kids-Trenton; Trenton YMCA	Marissa Davis-Project Director	mdavis@trentonymca.org	609-278-9677
Trenton Department of Health & Human Services	Andrea Martinez Mejia- Coordinator Community Health Services, Trenton Dept. of Health & Human Services, Div. of Health	amartinez-mejia@trentonnj.org	609-989-3350

Plan to Ensure Target Population Inclusion/Cultural Competency/Literacy Level Appropriateness

Narrative Overview: The THT Community Advisory Board has identified and shared resources and training opportunities pertaining to National Standards for Culturally and Linguistically Appropriate Services (CLAS) among member organizations. This work will continue and all resources and media messaging for this intervention area will be developed in multiple languages (at least English and Spanish) and using vocabulary that is at an appropriate grade level (not to exceed sixth grade) for ease of understanding.