



Early Care and Education (ECE) and Health

- Heckman's work on Abecedarian found that "children who participated in the intervention combining early education with early health screenings and nutrition had much lower levels of hypertension, metabolic syndrome and obesity in their mid-30s.."
- "It also offers a different way to fight costly adult chronic diseases..."

Early Care and Education and Population Health

- 60 % of children ages birth to 5 spend at least part of every day in non-parental care.
- Families see their ECE providers every day and children spend more time in ECE settings than they ever will with health care professionals.
- ECE programs can promote healthy behaviors.
- Practice and policy changes are sustainable and have reach

Objectives

- The importance of Early Care and Education (ECE) for overall childhood development
- Successful ECE and Health Initiatives
- Conversation around examples, including spread and scale, how to sustain, data to collect and identifying additional gaps

Overview of Day

- The Evidence and Gallery Walk
- Cross-sector Collaboration and Gallery Walk
- Policy Challenges and Opportunities and Gallery Walk

ECE Provider Engagement

- “The experience of adding health to our program has been fruitful, positive and enriching; personally and as an administrator of a high quality early childhood program.” Center Director, Kansas
- “As a program, we will continue improving where we can and adding items that will help the children and families become healthy and learn how to continue to encourage our own staff to stay healthy and try new things.” Center Director, FL

