



TWENTY-NINE CHILDCARE CENTERS ACHIEVE ‘HEALTHY’ STATUS

HICKORY, NC – Catawba County Public Health’s Early Childhood Support Team, in collaboration with Catawba County Health Partners, recognized 29 local childcare centers for achieving Healthy Childcare Center status through the Healthy Childcare Center Recognition Program.

Along with 19 childcare centers receiving repeat Healthy Childcare Center designation this year, 10 centers have newly been named awardees: A New Beginning Children’s Learning Center, Chesterbrook Academy, Eastern Sky CDC, Jump Start Academy, Little Stars CDC, Love-N-Care CDC, Rainbow Childcare Center Conover, Rainbow Childcare Center Fairgrove, Sweetwater Preschool, and Word of Life Academy.

The full list of this year’s Healthy Childcare Centers follows:

A New Beginning Children’s Learning Center
Abernethy’s Child Development Center
Bethlehem United Methodist Child Development Center
Chesterbrook Academy
Christ Church Child Development Center
Community Ridge
Eastern Sky CDC
Footsteps
Hickory Foundation YMCA Child Development Center
Hickory Montessori School
Jump Start Academy
Kids in Motion
LeGrande Learning Center
Love-N-Care CDC

Little Stars CDC
Maiden Rosenwald Preschool Academy
Miss Millies
Montessori at Sandy Ford
Nanny’s Learning Center
Rainbow Child Care Center (Conover)
Rainbow Child Care Center (Fairgrove)
Sherrills Ford Learning Academy
Sweetwater Preschool
Tendercare
The Pa Paw Patch
The Sandbox
Tyndall Center for Early Childhood
Woodlawn Child Development Center
Word of Life Academy

The Healthy Childcare Center Recognition Program focuses on preventing childhood obesity and chronic disease by promoting healthy policies and environments in centers serving young children. The initiative encourages childcare centers to meet the following eight criteria:

1. Childcare center directors and staff (including cooks) are committed to the health and well-being of the childcare center population, act as positive role models, meet monthly, and communicate regularly with parents
2. Offer fresh fruit and/or vegetables at least 3 times per week at lunch and/or snack
3. Offer water daily
4. 100% childcare center classrooms comply with and exceed the minimum state standards for structured physical activity
5. Have in place a childcare center policy for healthy fundraisers and enforce this policy
6. Have in place a policy for decreased screen time and enforce this policy

“Leading the Way to a Healthier Community”

7. Have in place a childcare center policy for healthy snacks for parties (birthday, holiday, etc.) and enforce this policy
8. Have in place a tobacco free childcare center policy and enforce this policy

All participating centers meeting the criteria on an annual basis are designated as Healthy Childcare Centers. In addition to previous designees, ten new childcare centers are invited to participate each year.

“The Healthy Childcare Center Recognition Program is another way our Early Childhood Support Team nurses can encourage childcare centers to incorporate health considerations into their daily practice,” said Tonya Moss, RN, Early Childhood Support Team, Catawba County Public Health. “Healthy choices are fundamental to the development of healthy children, and we applaud our local childcare centers for creating environments where those choices can become a lasting part of children’s lives.”

Catawba County Public Health’s Early Childhood Support Team is a Smart Start funded project through the Catawba County Partnership for Children. Located off Fairgrove Church Road behind Catawba Valley Medical Center in Hickory, N.C., Catawba County Public Health provides health and education services to eligible men, women, and children in the community. For more information, please call (828) 695-5800 or visit www.catawbacountync.gov/phealth.

“Leading the Way to a Healthier Community”

