



**For Release:** August 18, 2016

**Media Contact:** Emily Killian, Community Engagement Specialist, (828) 695-6637, [ekillian@catawbacountync.gov](mailto:ekillian@catawbacountync.gov)

### 33 CHILDCARE CENTERS ACHIEVE 'HEALTHY' STATUS

HICKORY, NC – Catawba County Public Health's Early Childhood Support Team recognized 33 local childcare centers for achieving Healthy Childcare Center status through the Healthy Childcare Center Recognition Program.

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

A New Beginning Children's Learning Center	Maiden Rosenwald Preschool Academy
Abernethy's Child Development Center	Miss Millies
Bethlehem United Methodist Child Development Center	Montessori at Sandy Ford
Chesterbrook Academy	Nanny's Learning Center
Christ Church Child Development Center	Newton-Conover City Schools Preschool at Thornton
Community Ridge	Quality Care CDC Hickory
Conover School	Quality Care Child Learning Center Claremont
Footsteps	Rainbow Child Care Center (Conover)
Head Start Catawba County	Rainbow Child Care Center (Fairgrove)
Hickory Foundation YMCA Child Development Center	St. Stephen's Lutheran Preschool
Hickory High School CDC	Sherrills Ford Learning Academy
Hickory Montessori School	Sweetwater Preschool
Kids in Motion	Tender Care CDC
LeGrande Learning Center	The Pa Paw Patch
Little Stars CDC Startown	The Sandbox
Love-N-Care CDC	Tyndall Center for Early Childhood
Little Stars CDC	Woodlawn Child Development Center

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, several new childcare centers are invited to participate each year.

“The Healthy Childcare Recognition Program encourages childcare centers to create healthy environments for young children by formalizing basic health promotion practices and making them sustainable,” said Tonya Moss, RN, who is part of the Early Childhood Support Team with Catawba County Public Health. “We are pleased to see so many of our local childcare centers embracing this program as a fundamental part of their operating model and setting the standard for what a healthy childcare center looks like.”

Catawba County Public Health’s Early Childhood Support Team is a Smart Start funded project through the Catawba County Partnership for Children. For more information, call (828) 695-5800 or visit <http://www.catawbacountync.gov/dss/ecst/ecst.asp>.

Catawba County Public Health promotes and protects the health of all Catawba County residents through preventive services, innovative partnerships, and community health improvement initiatives. For more information, please call (828) 695-5800 or visit [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).

# # #

ELECTRONIC PHOTO CAPTION: Children from Community Ridge, a 5-star nonprofit childcare center and United Way Agency learn about nutritious foods with Tonya Moss, RN, who works for the Early Childcare Support Team at Catawba County Public Health. The center was one of 33 recognized for its efforts at creating a healthy environment for children through the Healthy Childcare Recognition Program.

*“Leading the Way to a Healthier Community”*

