

# LET'S MOVE! Child Care

**NACCRRA, the Centers for Disease Control and the Office of Child Care  
are excited to announce the**

## **Let's Move! Child Care State Challenge**

Join states who have already committed to *Let's Move! Child Care* by encouraging your local family child care and center providers to join the fight against childhood obesity.

### **States will be recognized in two categories:**






- Highest percentage of licensed or legally operating child care programs that sign up as *Let's Move! Child Care* participants
- Largest percentage of Let's Move! programs that successfully complete the initiative's checklist quiz and action plans

*Let's Move! Child Care* is an effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. Winning states will receive national recognition including an award presentation during the 2012 Weight of the Nation conference.

With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development, and prevent the occurrence of later chronic disease.

**Rally your local child care programs and encourage them to sign up as *Let's Move! Child Care* participants at [www.HealthyKidsHealthyFuture.org](http://www.HealthyKidsHealthyFuture.org) !**

### **The five goal areas of *Let's Move! Child Care***

1. Increasing physical activity 
2. Reducing screen time 
3. Improving food choices 
4. Providing healthy beverages 
5. Supporting infant feeding 





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