



KING COUNTY
Signature Report

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

May 21, 2012

Resolution

Proposed No. 12-05.1

Sponsors

1 A RESOLUTION supporting the inclusion of health-related
2 best practices in state standards for child care.

3 WHEREAS, there are approximately fifty-five thousand children in licensed child
4 care in King County, some of whom eat the majority of their meals and spend the
5 majority of their waking hours in care, and

6 WHEREAS, childhood and especially early childhood, which is ages zero to six,
7 is a critical time for the development of lifelong health habits, and research has shown
8 that children who have the benefit of healthy child care environments have better health
9 outcomes, and

10 WHEREAS, the American Academy of Pediatrics, the American Public Health
11 Association and the National Resource Center for Health and Safety in Child Care and
12 Early Education have developed "Caring for Our Children," the gold standard for best
13 practices on health and safety in child care, and

14 WHEREAS, these best practice standards recommend, among other things:
15 limiting screen time; providing healthy food and beverage choices; restricting access to
16 sugary drinks; providing active opportunities for physical activity; ensuring safe sleep
17 practices; eliminating exposure to secondhand tobacco smoke; adopting injury prevention
18 policies; ensuring communicable disease prevention; promoting breastfeeding; ensuring

19 infectious disease control; practicing integrative pest management; promoting oral health;
20 and ensuring overall quality of the outdoor and indoor environments, and

21 WHEREAS, in Washington state, child care is regulated and licensed by the
22 Washington state Department of Early Learning, which promulgates regulations that
23 establish standards for child care providers in family home settings, child care centers,
24 and before/after school care, and

25 WHEREAS, the Department of Early Learning is currently seeking input on
26 changes to the center-based and school-aged child care regulations in anticipation of
27 revising the standards therein, and

28 WHEREAS, the Department of Early Learning also has established the
29 Washington Quality Rating and Improvement System ("QRIS"), a voluntary program for
30 helping licensed child care providers offer high-quality care by receiving training and
31 incentives to move through five tiers towards national accreditation. The current QRIS
32 has a strong educational focus but includes few quality measures in any tiers that address
33 best practices in health. Because the Department of Early Learning intends to continue to
34 expand QRIS statewide, QRIS provides an excellent framework to expand provider
35 knowledge and adoption of best practices in health, and

36 WHEREAS, First Lady Michelle Obama has established Let's Move Child Care
37 promoting more physical activity, less screen time, healthier meals and beverages, and
38 breastfeeding in child care settings. Let's Move Child Care provides child care providers
39 with ideas and free resources to make their programs healthier. These resources include,
40 among other things, comprehensive guides, resource kits, webinars and sample menus;

41 NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King

42 County:

43 A. The Board of Health calls upon the Washington state Department of Early
44 Learning to adopt child care regulations that incorporate the best practices established by
45 Caring for Our Children.

46 B. The Board of Health calls upon the Department of Early Learning to expand
47 its Quality Rating Improvement System to include health-related best practices
48 established by Caring for Our Children, including providing healthy food choices,
49 restricting exposure to tobacco products, preventing injury and communicable disease
50 and promoting oral health and breastfeeding.

51 C. The Board of Health calls upon child care providers in King County to
52 participate in Let's Move Child Care and to work actively toward meeting the five
53 primary goals in order to safeguard and promote the health of the more than fifty-five
54 thousand children in their care and calls upon the Department of Early Learning to

55 actively promote access to Let's Move Child Care information through its website, email
56 list-serves and trainings with providers.

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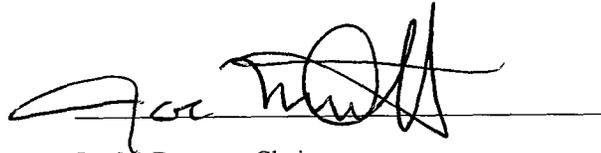
Resolution was introduced on and passed by the Board of Health on 5/17/2012, by the following vote:

Yes: 8 - Ms. Frisinger, Ms. Cooke, Mr. Conlin, Mr. Licata, Dr. Nicola,
Dr. Danielson and Mr. McDermott

No: 0

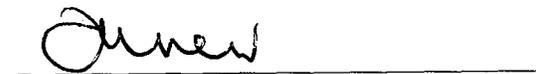
Excused: 3 - Ms. Patterson, Ms. Lambert and Ms. Clark

BOARD OF HEALTH
KING COUNTY, WASHINGTON



Joe McDermott, Chair

ATTEST:



Anne Noris, Clerk of the Board

Attachments: None