

WHY CHOOSE



"A-B-C-1-2-3 HEALTHY KIDS IN TENNESSEE: LET'S
EAT WELL AND PLAY EVERY DAY"
FOR YOUR CHILDCARE FACILITY?



Through participation in the program, childcare providers receive:

- a one-stop resource that is based on the United States Department of Health and Human Services "Go, Slow, and Whoa" initiative and the United States Department of Agriculture "Choose My Plate" campaign;
- personal support through *A-B-C-1-2-3 Healthy Kids in Tennessee* volunteers and technical assistance with implementation of the program;
- modules covering active play, nutrition, and that also include a very important concern for Tennessee: tobacco use. The program includes modules and resources on smoke-free living, avoidance of second-hand smoke, and smoking cessation resources for providers and parents, providing a much-needed focus in a tobacco-growing state that has high rates of tobacco use—22.6% for adults per the Centers for Disease Control's State Tobacco Activities and Evaluation Tracking System (STATES) (Centers for Disease Control and Prevention. Retrieved June 11, 2019, from <https://www.cdc.gov/STATESystem/>;
- access to the Tennessee Department of Health policy-based Gold Sneaker Initiative to complement the child and family-focused activities of *A-B-C-1-2-3 Healthy Kids in Tennessee*—both programs together provide a comprehensive healthy lifestyle strategy for your childcare facility; and
- a certificate upon completion of online training that may be submitted to approving agencies for continuing education purposes.

ARE YOU READY TO GET STARTED? IT'S AS EASY AS A-B-C-1-2-3!

