



Healthy Maine Partnerships
The people dedicated to helping us live longer and healthier.

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

**Environmental Indicators Survey of
Maine Child Care Facilities**

Prepared for:

Maine Center for Public Health
Healthy Maine Partnerships, Maine CDC

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Submitted:

September, 2010

CONTENTS

INTRODUCTION

| | |
|---------------------------------|---|
| Background and Objectives | 1 |
| Methodological Overview..... | 2 |
| Measures..... | 3 |
| Analysis..... | 4 |

STUDY FINDINGS

| | |
|--|-----------|
| Tobacco Use Policy Indicators..... | 5 |
| Nutrition Policy Indicators..... | 9 |
| Physical Activity Policy Indicators..... | 14 |
| Chronic Disease Policy Indicators..... | 18 |
| Awareness of the Healthy Maine Partnerships..... | 23 |
| APPENDIX: Sample Questionnaire..... | 24 |

INTRODUCTION

BACKGROUND AND OBJECTIVES

The Maine Center for Public Health conducts Environmental Indicator Surveys in an attempt to gauge support for healthy lifestyles at the community level throughout various facilities across the State by measuring policy and environmental changes. In April through June, 2010, child care facilities in Maine were surveyed by the Survey Research and Data Acquisition Resource (SRDAR), housed within Roswell Park Cancer Institute in Buffalo, NY.

The results of the data collection effort will serve to provide the local Healthy Maine Partnerships (HMPs) with quantifiable feedback on their progress and encourage and further establish the health promotion dialogue among local child care professionals. More specifically, the current inventory of indicators focuses on the following:

- Day Care Center tobacco policies and compliance with state tobacco laws;
- Policies designed to improve nutrition and support healthy food choices;
- Opportunities for physical activity, and policies for sun exposure protection;
- Provision of care for children with asthma and diabetes, and staff first aid and CPR training;
- Day Care Center familiarity with the Healthy Maine Partnerships.

METHODOLOGICAL OVERVIEW

The 2010 survey was conducted as a mixed-mode survey, with an attempt made to reach all 2,359 licensed child care facilities in the state. The project was conducted in two phases; a random, stratified sample of the child care facilities was drawn proportionate to their number by region of the state (see Table 1). In the first phase, a four-page survey was sent via United States Postal Service to 1,709 licensed child care facilities across the state, along with a letter to describe the purpose of the research and give instructions about who should complete the survey. The survey instrument was designed by the Maine Center for Public Health, in collaboration with the study coordinator for the Survey Research and Data Acquisition Resource. Non-responders after 2 weeks were followed-up with a reminder mailing, and those who completed the survey were sent a \$5.00 incentive for their participation. The mailed surveys that were returned were entered into a database for analysis. As a measure of quality control, a portion of the surveys were re-entered to assure accuracy.

In the second phase of the project, the remaining 650 facilities were followed up by phone in an attempt to complete the interview over the phone with our trained telephone interviewers. The telephone survey used to collect responses from the random sample of 650 facilities was administered by the Survey Research and Data Acquisition Resource (SRDAR) with a computer-assisted telephone interviewing (CATI) system. As a measure of quality control, a portion of the interviews were monitored by supervisors to assure quality interviewing practices.

Table 1. Child Care Facilities in Maine by District

| District | # licensed child care facilities |
|---------------|----------------------------------|
| Aroostook | 124 |
| Central Maine | 345 |
| Cumberland | 493 |
| Downeast | 139 |
| Midcoast | 249 |
| Penquis | 236 |
| Western | 413 |
| York | 360 |

Contact information for all licensed child care facilities in Maine was obtained from Maine Child and Family Services (<http://portalxw.bisoex.state.me.us/childcare/>). We directed the survey to the owner or operator of the facilities, but in some instances, another appropriate staff member was designated by the owner to complete the survey on behalf of the facility.

Measures

The survey includes items to assess child care center tobacco policies and compliance with state tobacco laws. Respondents who reported that their facility is home-based were asked, “Is your entire residence smoke-free during the hours of operation?,” “Are all outdoor areas smoke-free whenever a child may be present?,” and “Are all motor vehicles owned or operated by your center smoke free whenever a child under your care is present?” Respondents who reported that their facility is not home-based were asked, “Is your center, including all areas open to the public including rest rooms, and outdoor eating areas, entirely smoke free at all times including when not in operation?,” “Are all outdoor areas where a child may be present smoke-free?,” and “Does your center prohibit smoking in all motor vehicles owned or operated by your center within twelve hours of transporting a child in your care?” All respondents were asked, “As an employer, do you have a written tobacco policy as required by Maine law?” Other questions about tobacco policies were included (See Appendix).

The survey also includes items to assess policies designed to improve nutrition and physical activity. For example, respondents were asked, “Do you incorporate nutrition education (teaching children about foods and their affect on health) into your program?”, and “Do you have a policy designed to improve physical activity?”

We included questions to assess the level of provisions for children with asthma and diabetes. For example, we asked, “Is staff trained to recognize symptoms of an asthma attack?,” and “Is staff trained in the treatment of diabetes emergencies?” We also asked about staff first aid and CPR training.

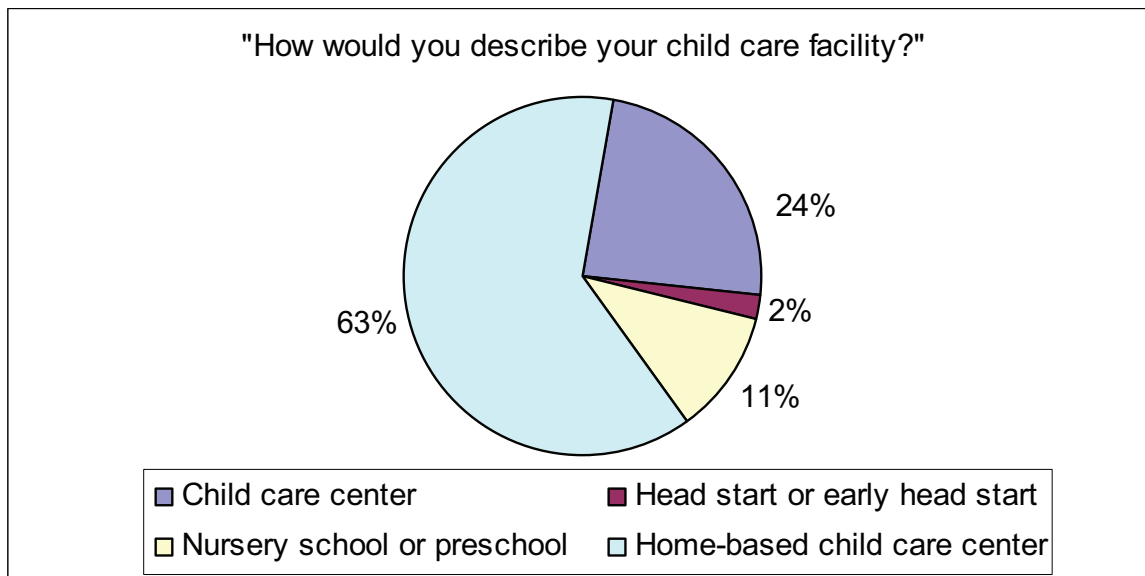
Finally, to assess the level of familiarity with the Healthy Maine Partnerships, we asked, “Have you ever heard of the Healthy Maine Partnerships (HMP)?,” and “If Yes, do you know the HMP in your area?” The name of the local HMP for each day care facility was fed into the survey.

Analysis

The tobacco, nutrition, physical education and chronic disease policy question responses were presented overall for all the respondents. The results consist of descriptive statistics for each survey question, calculated using SPSS v 14.0. Our sample size of 803 yields a 95% margin of error of no more than +/- 3.5 percentage points.

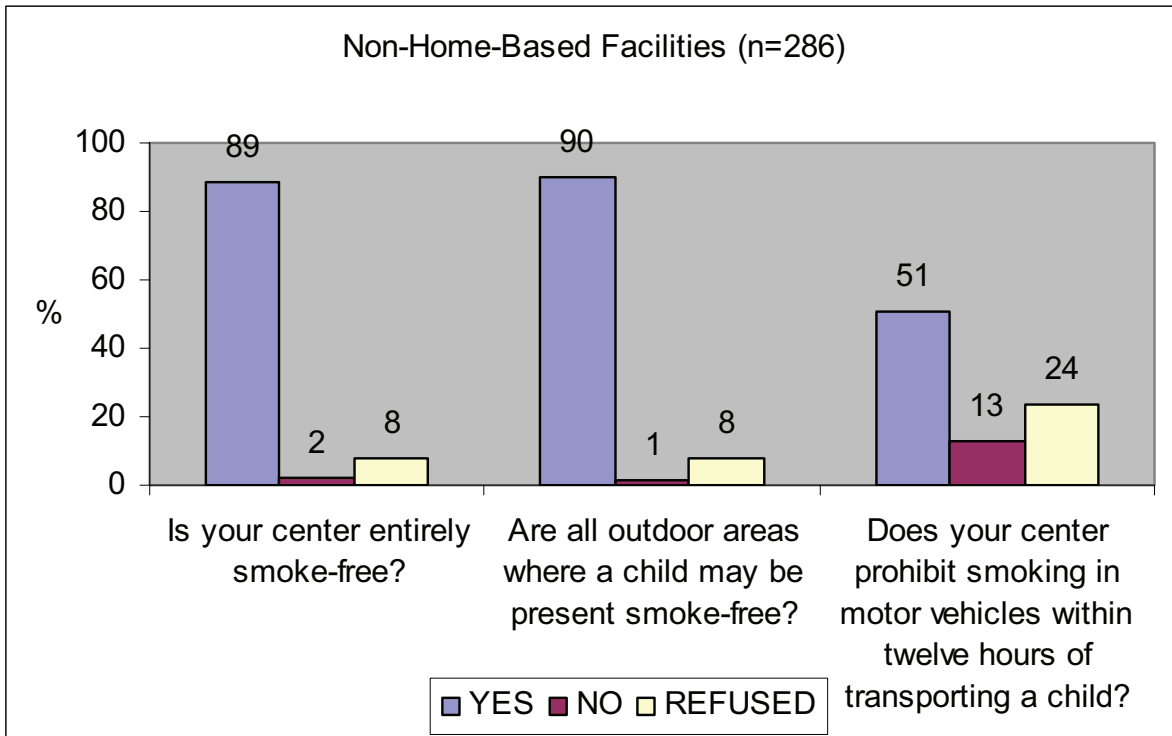
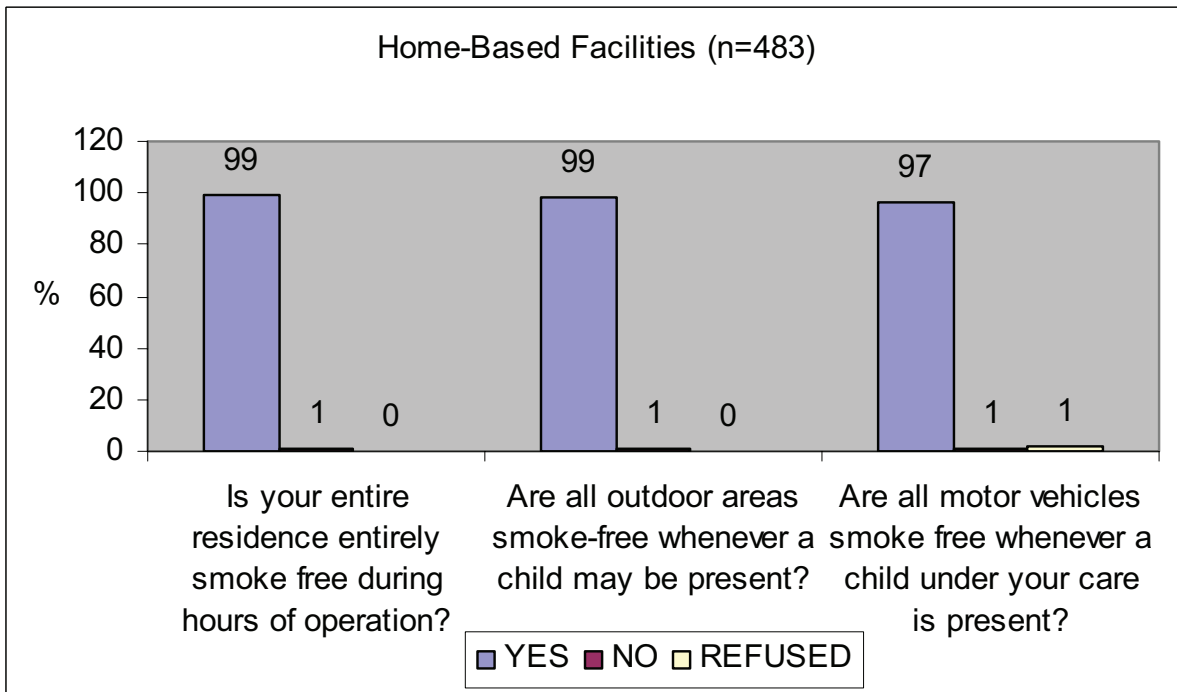
STUDY FINDINGS

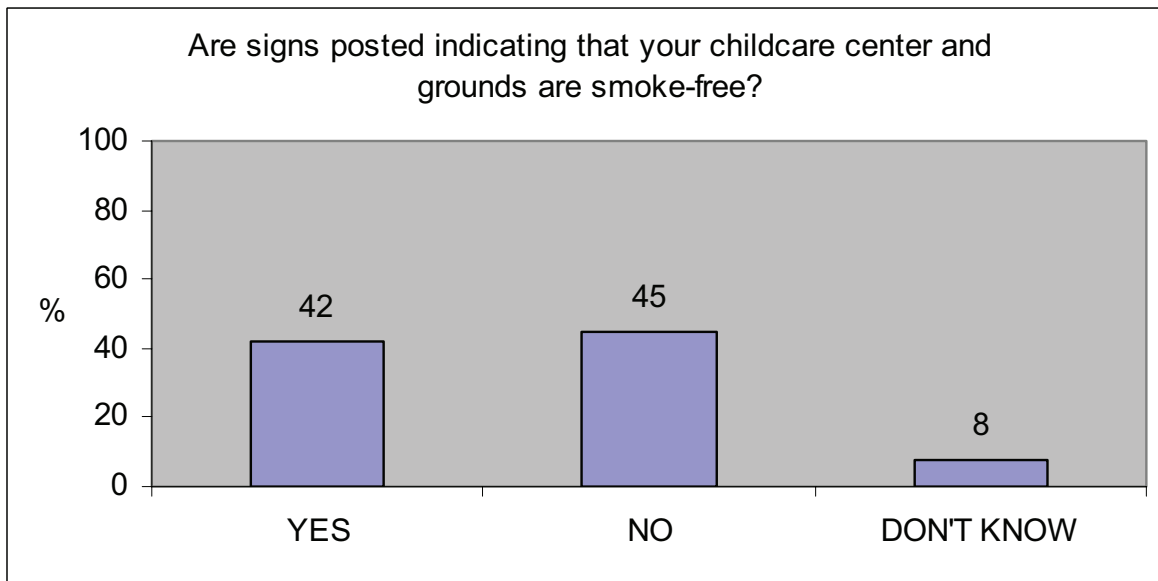
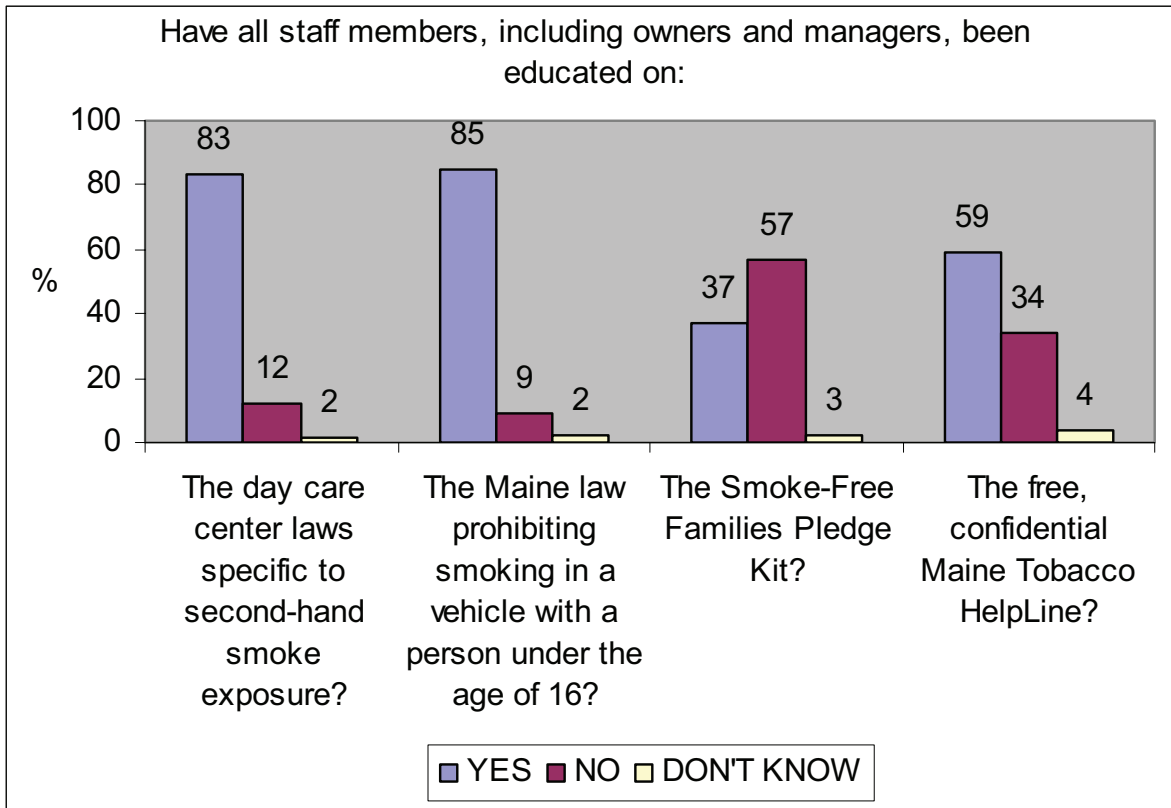
547 completed surveys were obtained from the mail-based portion of the survey, and 256 additional surveys were conducted via telephone, for a total of 803 completed surveys. On average, these facilities care for 23 children per day, between the ages of newborn and 17 years old. Most of the facilities that completed a survey describe themselves as a Home-Based child care center.

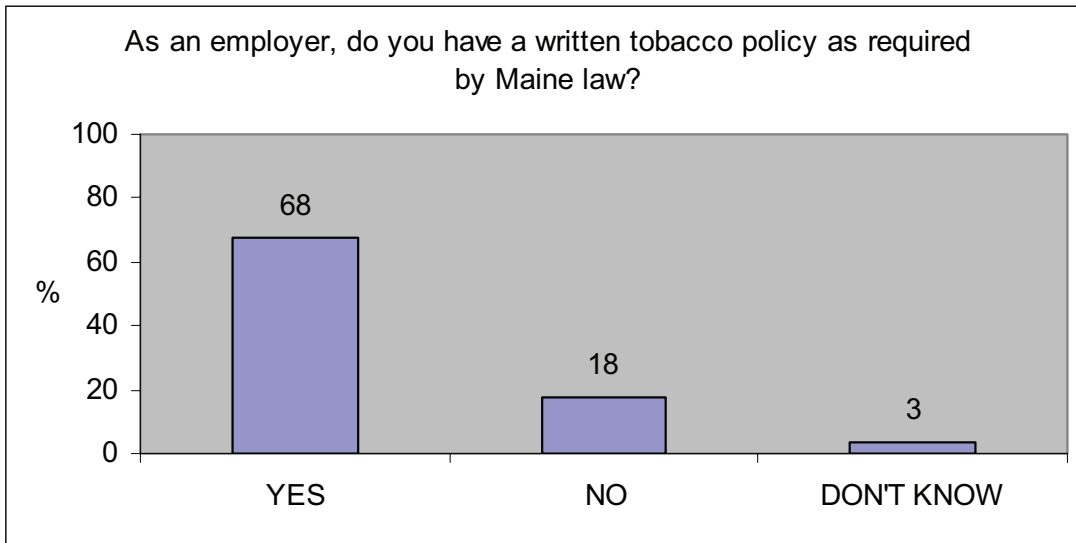


Tobacco Policy Questions

The survey included questions about the day care centers' policies about tobacco use. The first several questions were asked in different ways, depending on whether the center is home-based or not. Most of the facilities reported that they are smoke-free indoors, outdoors, and in vehicles. However, only 68% of the day care centers reported that they have a written tobacco policy.





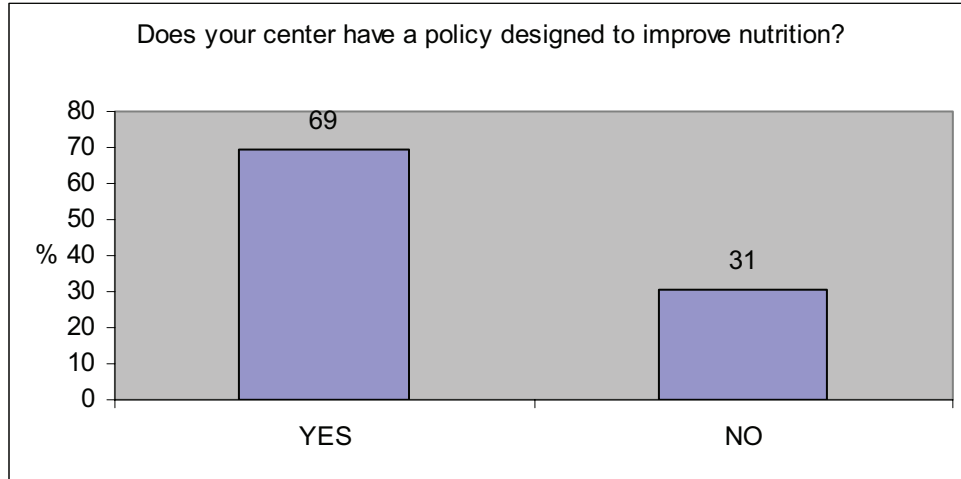


Tobacco Policy Questions (Among facilities that reported that they have a written tobacco policy, n=545)

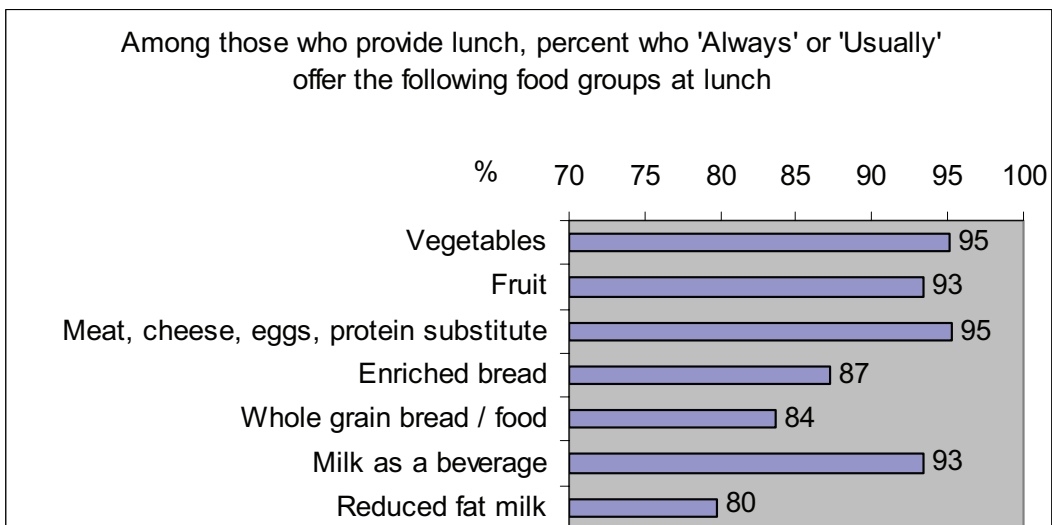
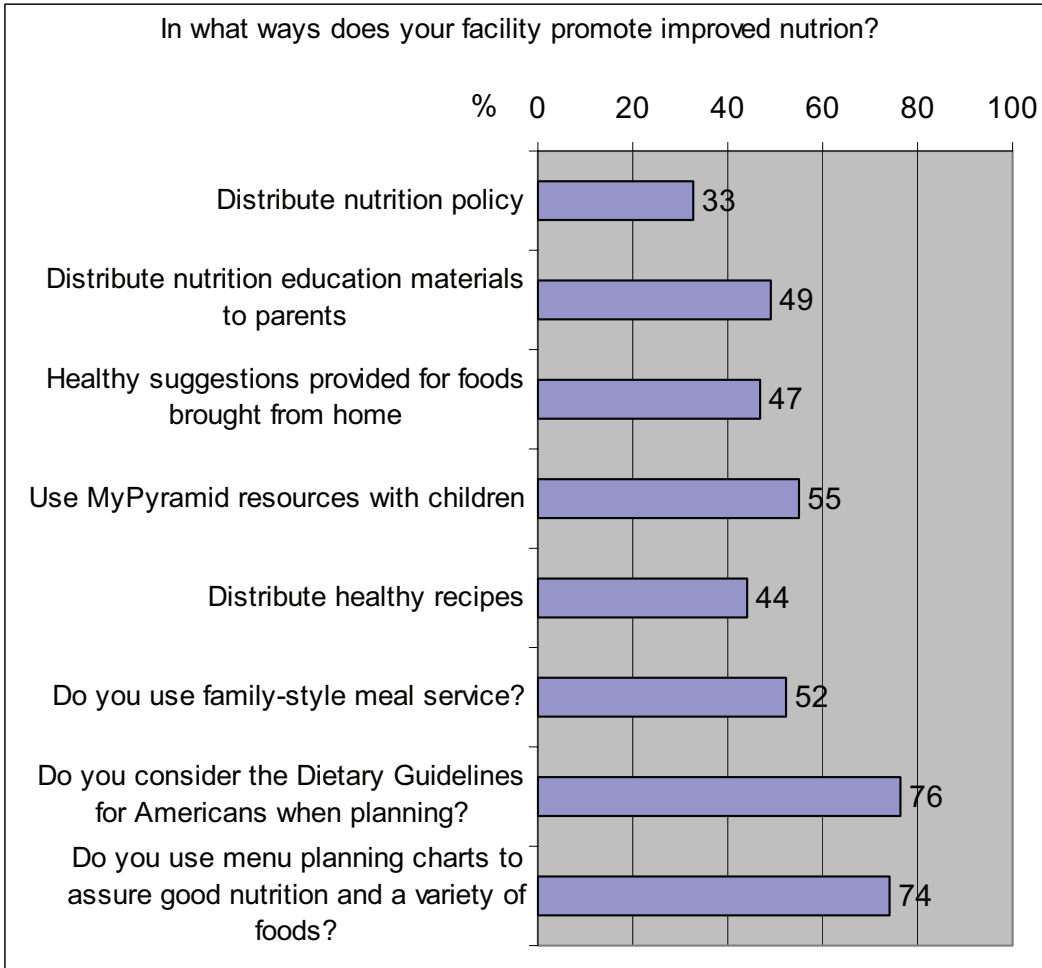
| | N | % 'Yes' |
|---|-----|---------|
| Does your center's policy cover all forms of tobacco (including all types of smoking and smokeless tobacco products)? | 268 | 49.4 |
| Is the policy posted? | 299 | 54.9 |
| Do you provide a copy to any employee who requests it? | 495 | 90.8 |
| Does your policy remain in force at all times (when children are not present and during summer months)? | 522 | 95.8 |
| Does your policy also prohibit smoking by all family members within sight of children? | 439 | 80.6 |
| If you center sponsors off-site events (n=85), does your policy prohibit smoking at these off-site events? | 519 | 95.2 |
| Are there consequences or sanctions described in your policy to address policy violations by your staff? | 358 | 65.6 |
| Are there procedures in place to communicate your tobacco policy... To parents? | 453 | 83.1 |
| Are there procedures in place to communicate your tobacco policy... To visitors? | 404 | 74.2 |
| Are all staff members educated on how to enforce the tobacco policy? | 431 | 79.0 |

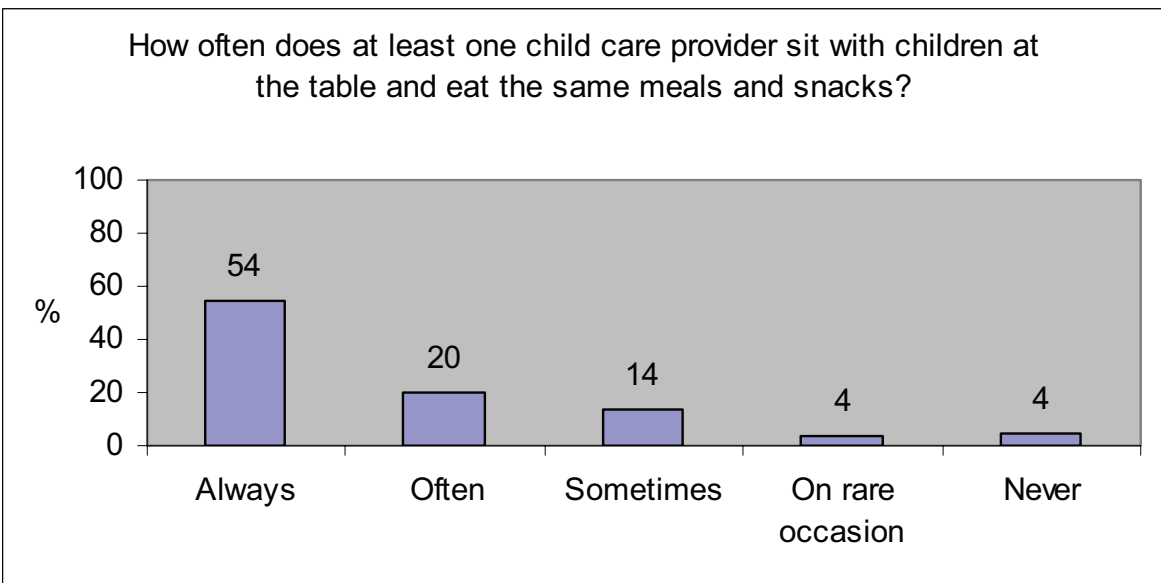
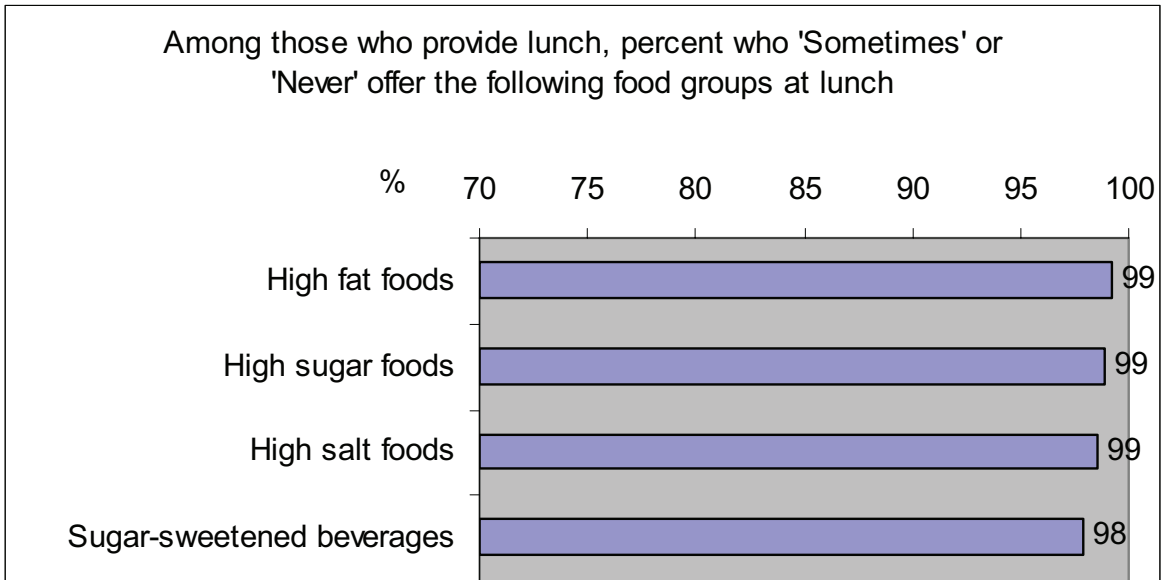
Nutrition Policy Questions

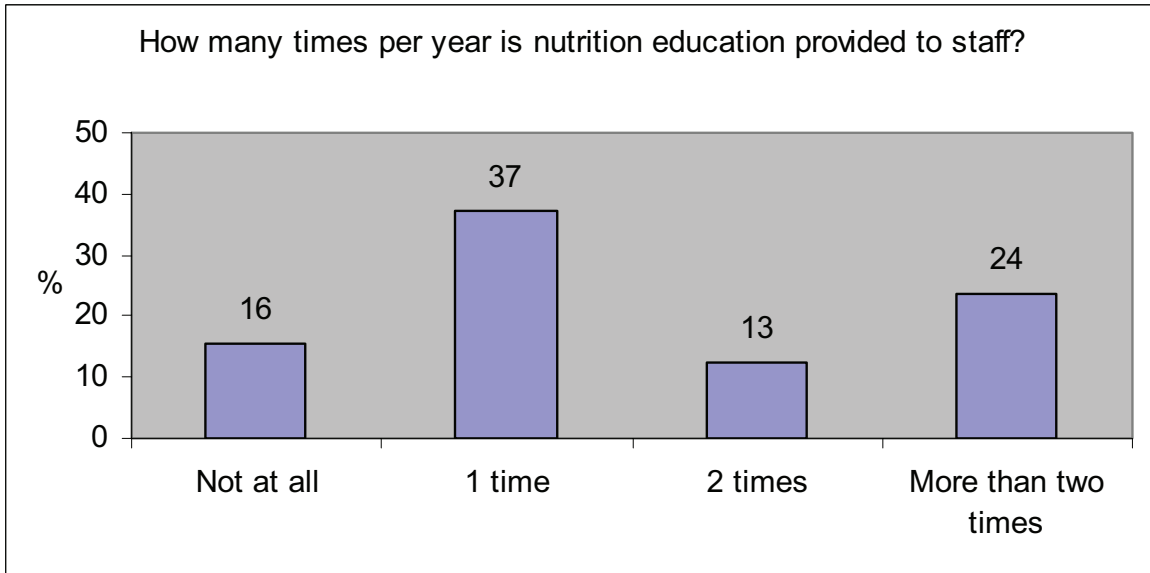
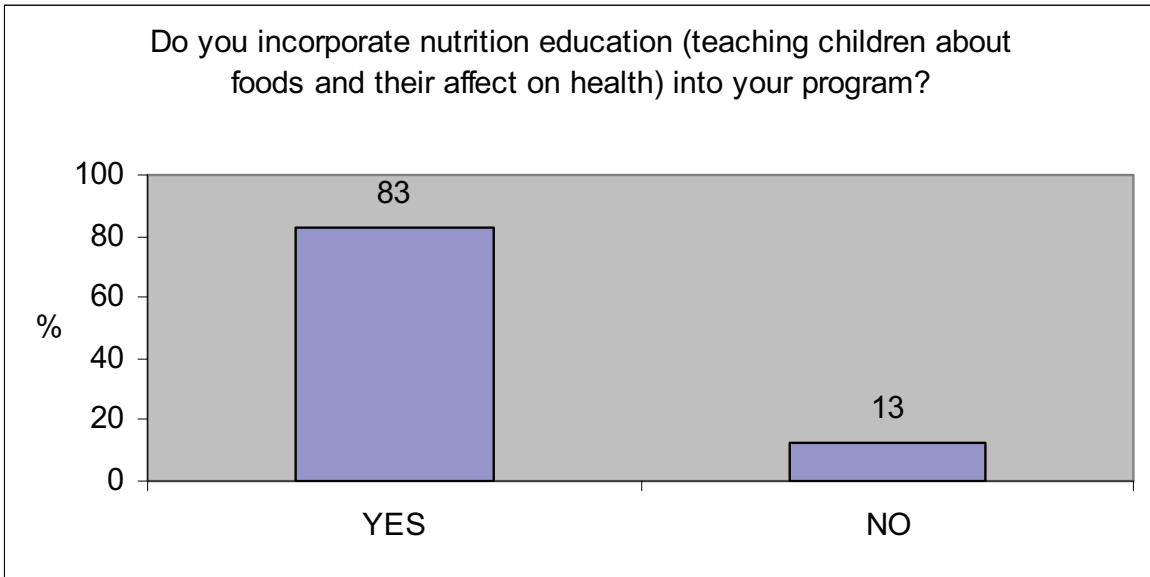
Over two-thirds of the day care centers surveyed reported that they have a policy in place designed to improve nutrition. Most offer training on nutrition to their staff at least one time per year. Less than a third use food as a reward for children, and almost none of them use withholding food as a punishment.

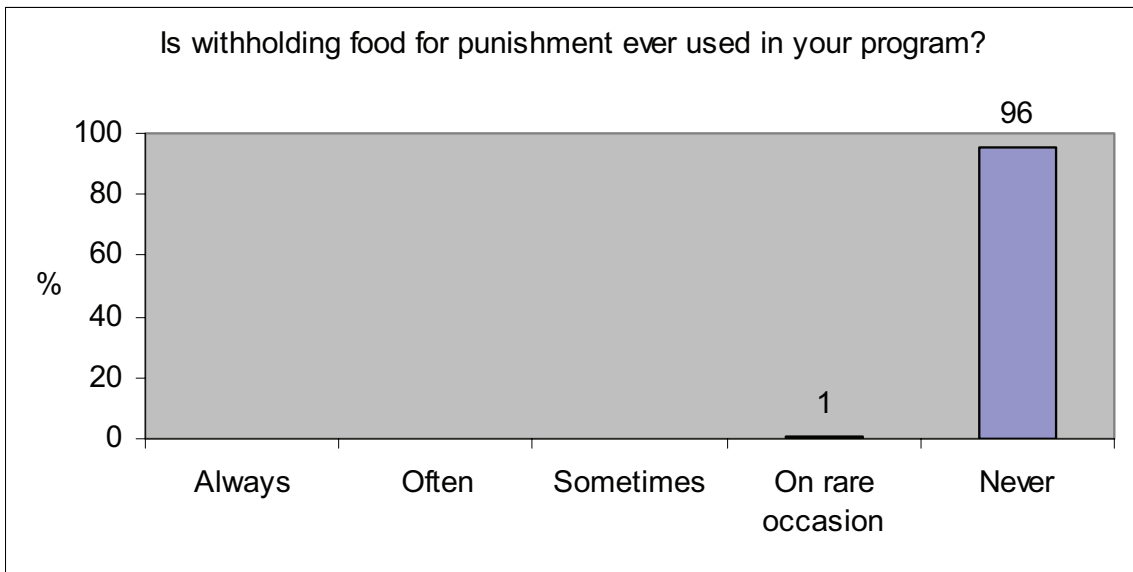
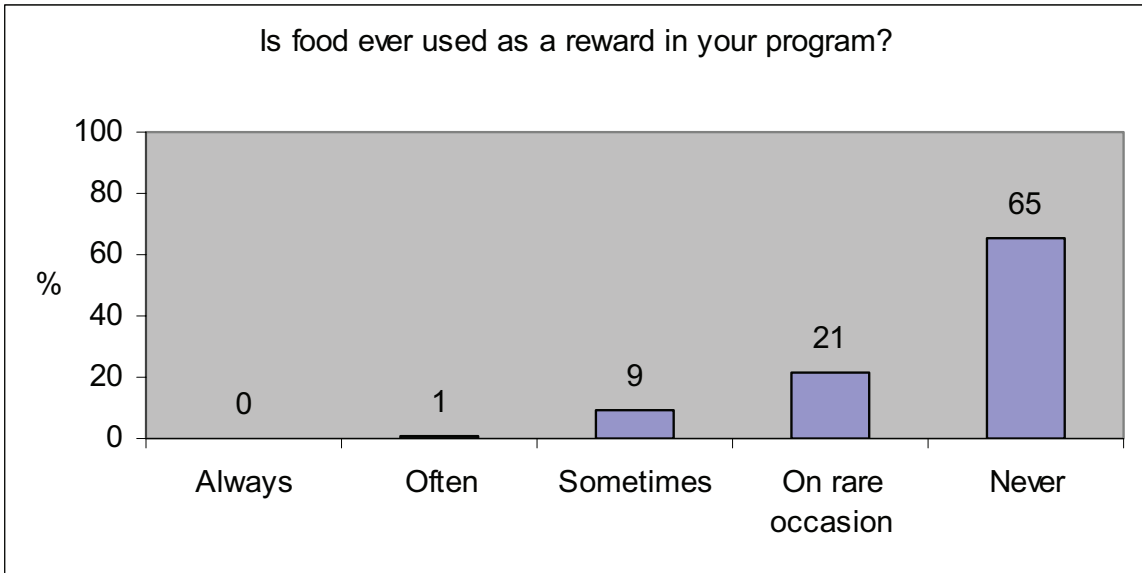


| Nutrition Policy Questions (Among facilities that reported that they have a nutrition policy, n=536) | | |
|--|-----|---------|
| | N | % 'Yes' |
| Does this policy apply to children in your program? | 533 | 99.4 |
| Does this policy apply to the parents of children in your program? | 197 | 36.8 |
| Does this policy apply to staff in your program? | 204 | 38.1 |
| Does your policy address: | | |
| Nutrition education? | 410 | 76.5 |
| Balanced meals? | 495 | 92.4 |
| Portion sizes? | 428 | 79.9 |
| Family-style meals? | 344 | 64.2 |
| Nutrition guidelines? | 366 | 68.3 |
| Milk? | 458 | 85.4 |
| Whole grain foods? | 430 | 80.2 |



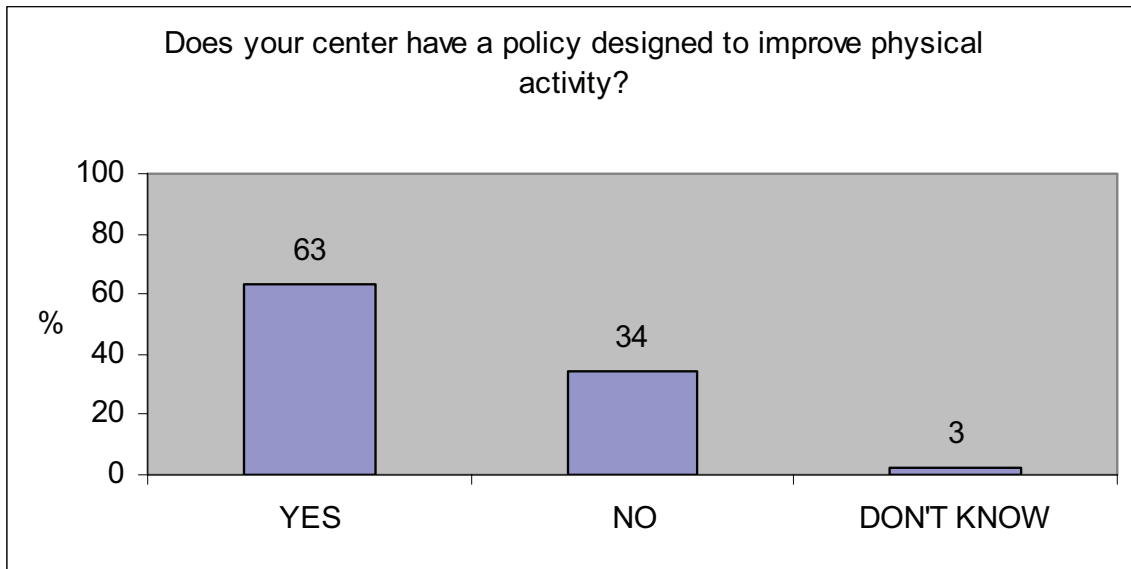




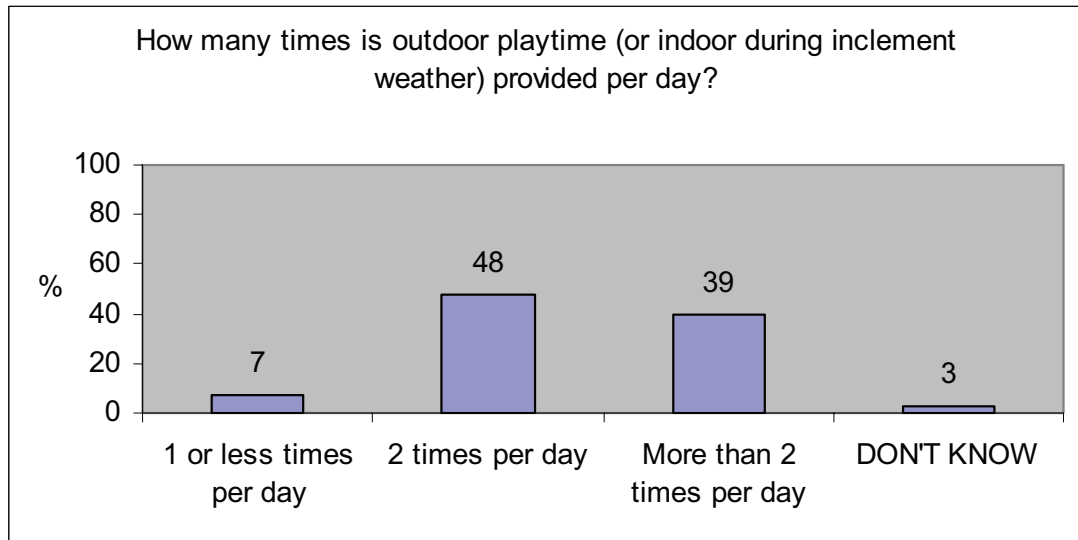


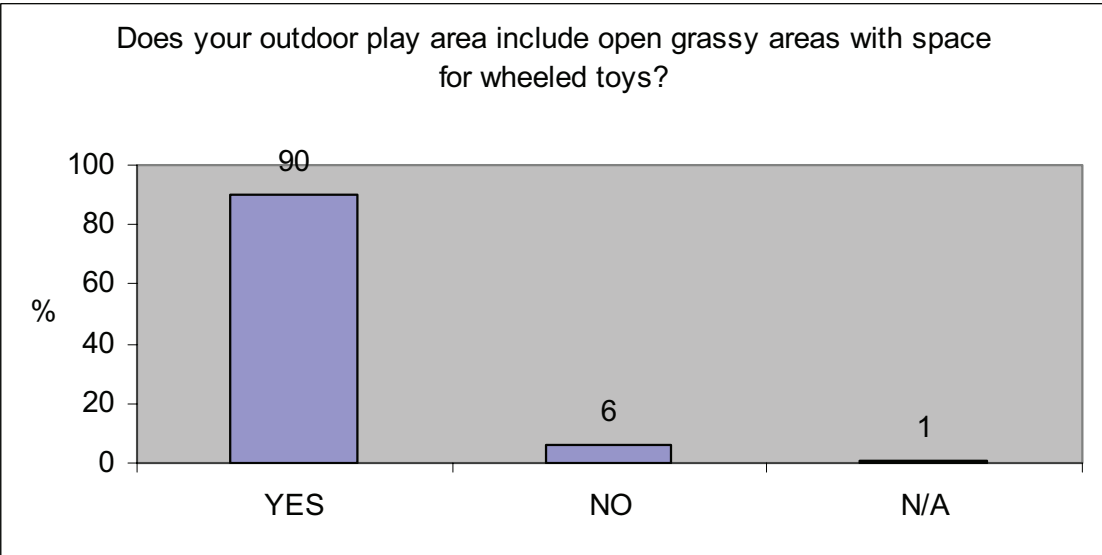
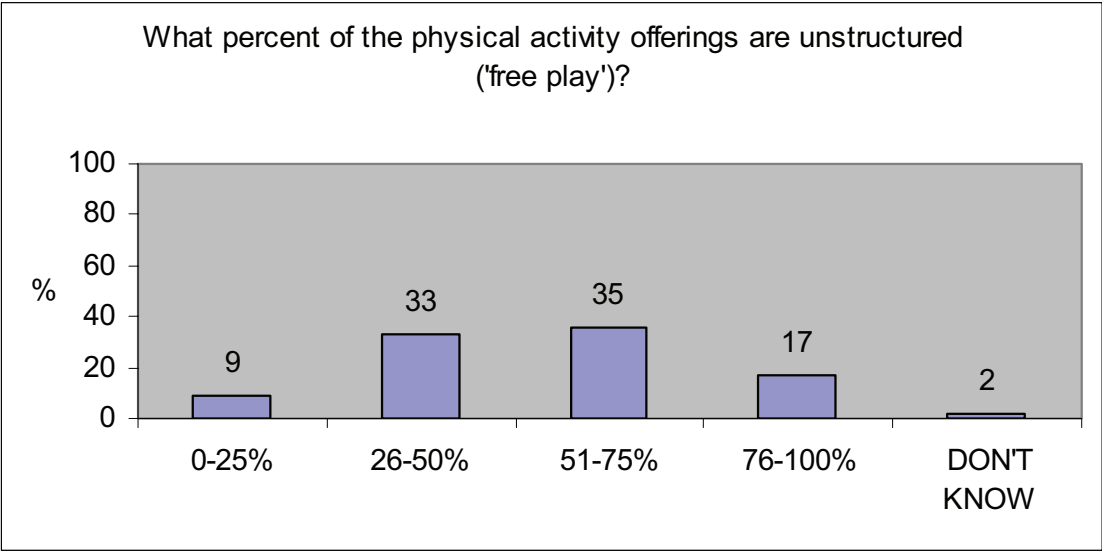
Physical Activity Policy Questions

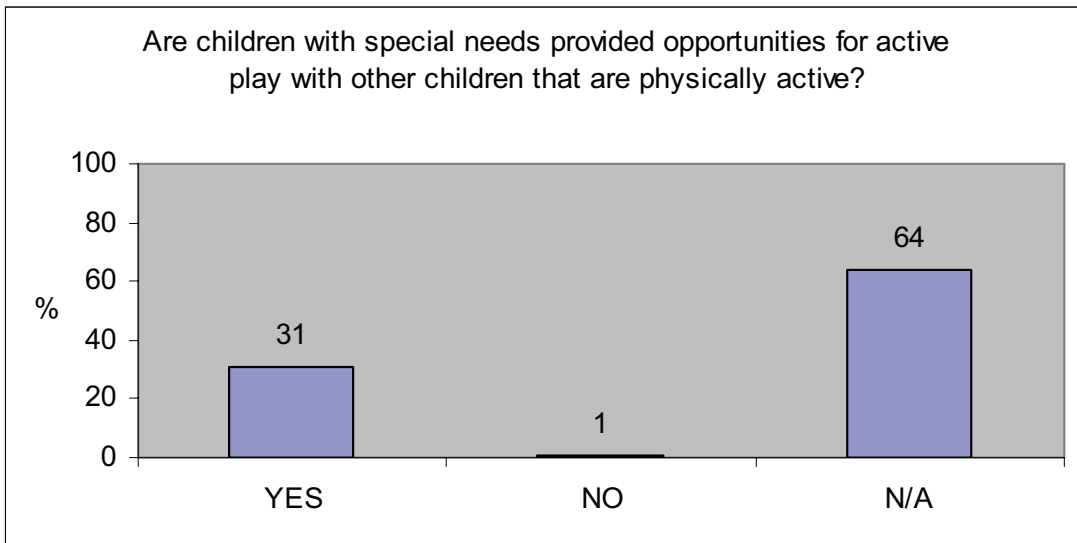
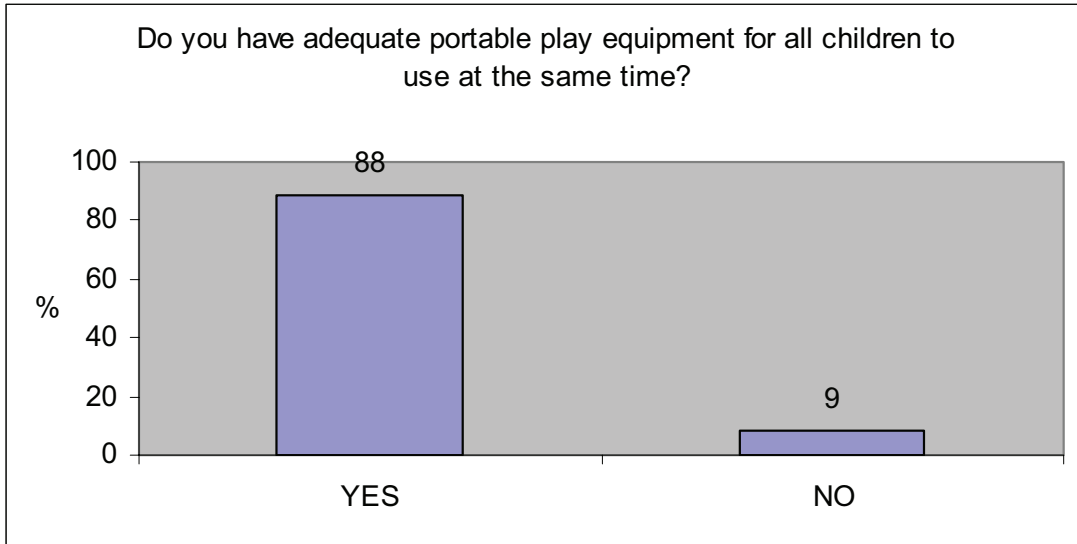
Over half of the day care centers surveyed reported that they have a policy in place designed to improve physical activity. 87% reported that they offer more than one outdoor playtime per day to children, weather permitting. Although most facilities reported that they did not have any children with special needs in their programs (64%), those that do reported that these children are provided opportunities for active play with other children that are physically active. Over half of the facilities reported that the children in their care have 30 minutes or less of “screen time” (TV, Video, Computer) per day.

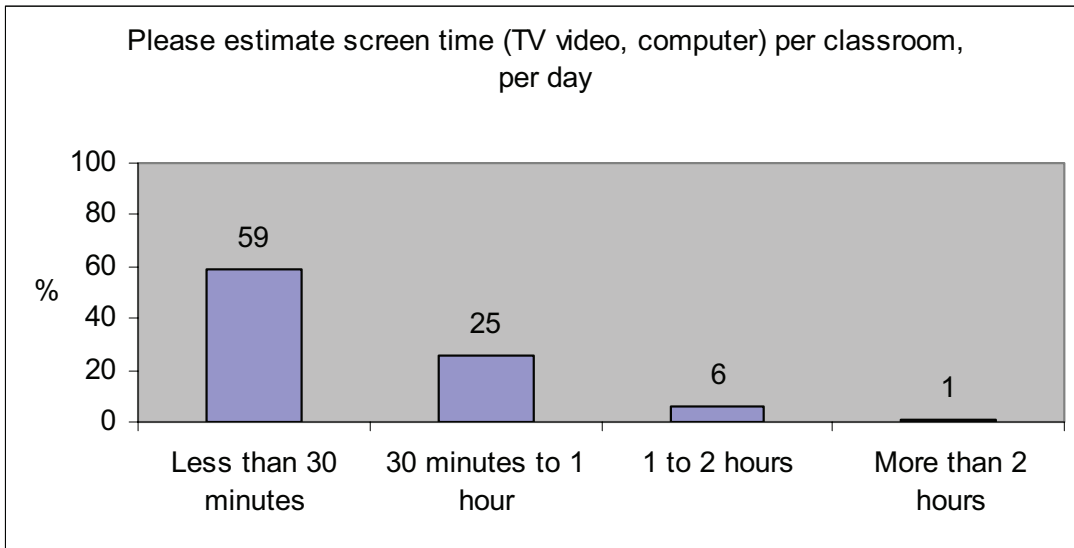


| Physical Activity Policy Questions (Among facilities that reported that they have a physical activity policy, n=496) | | |
|--|-----|---------|
| | N | % 'Yes' |
| Does this policy apply to children in your program? | 486 | 98.0 |
| Does this policy apply to the parents of children in your | 70 | 14.1 |
| Does this policy apply to staff in your program? | 178 | 35.9 |
| Does your policy address: | | |
| Indoor gross motor movement time? | 458 | 92.5 |
| Outdoor time? | 491 | 99.2 |
| TV time? | 148 | 29.9 |
| Sedentary time (not active)? | 170 | 34.3 |
| Play environment? | 369 | 74.5 |
| Staff-lead activities? | 334 | 67.5 |



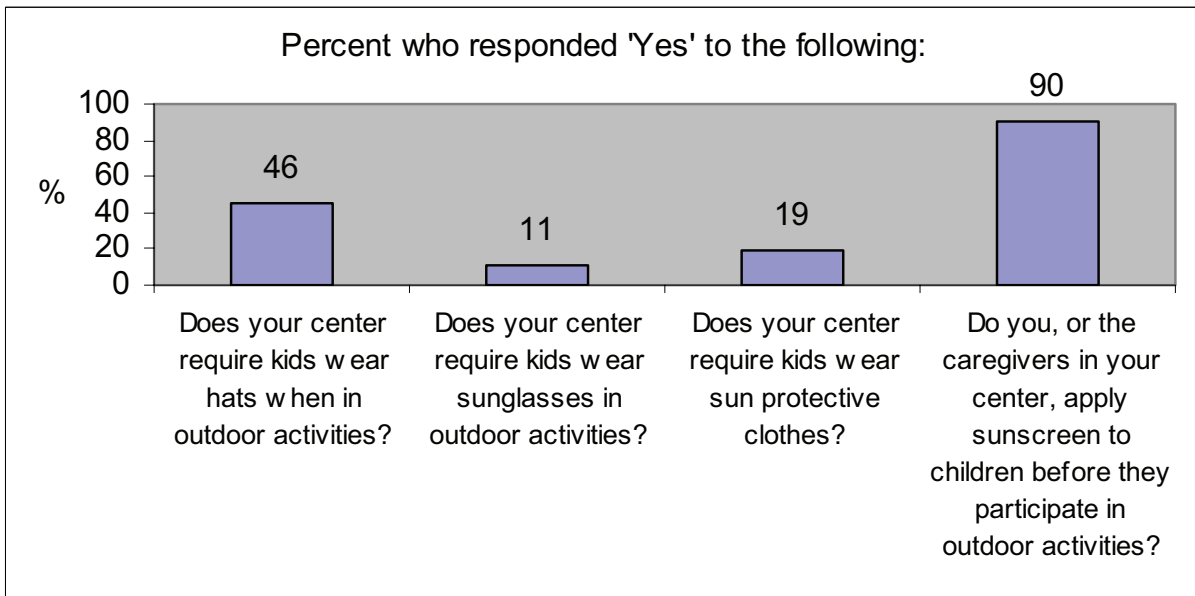
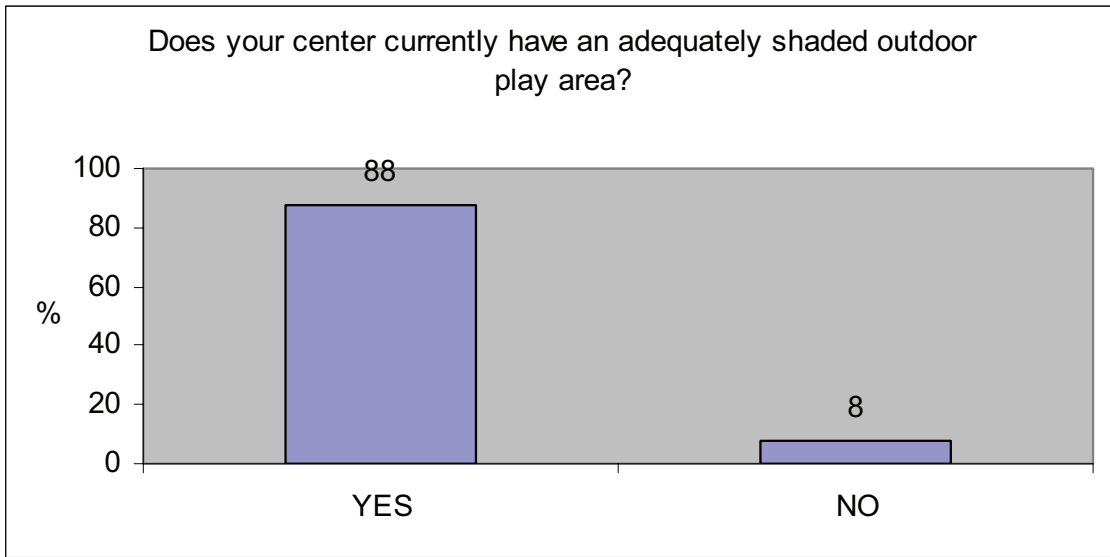


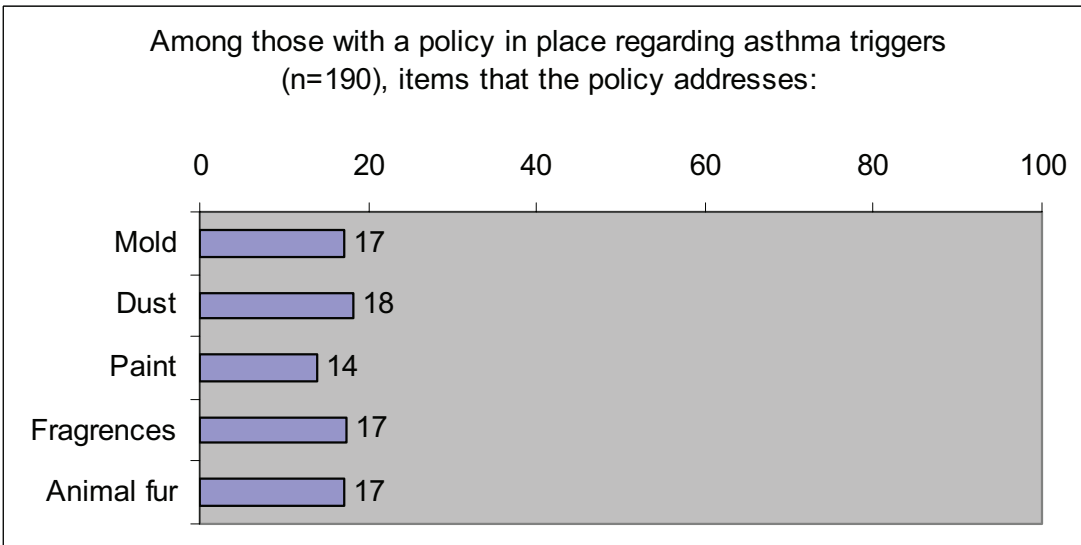
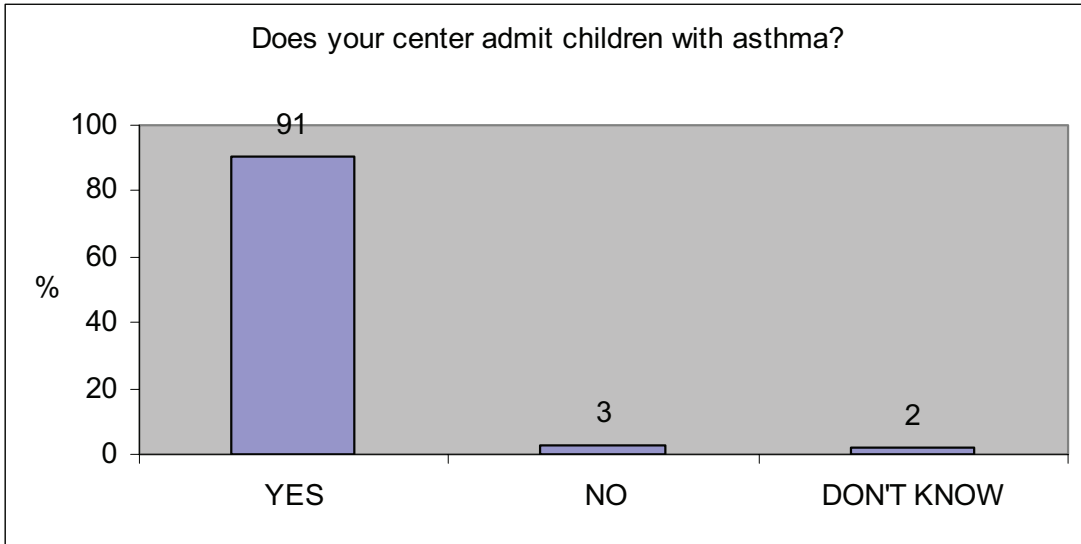


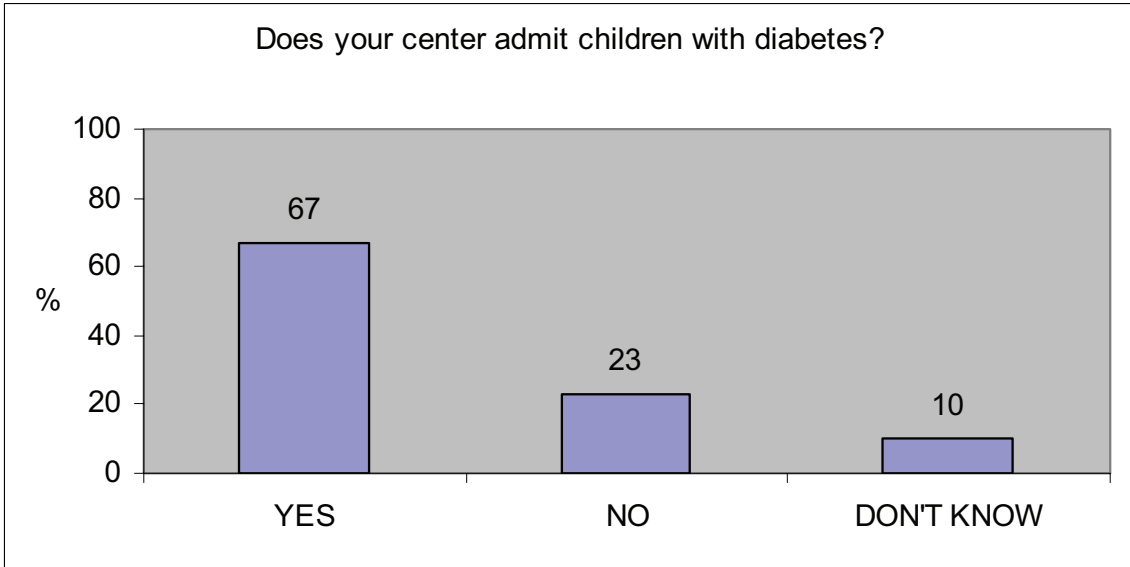
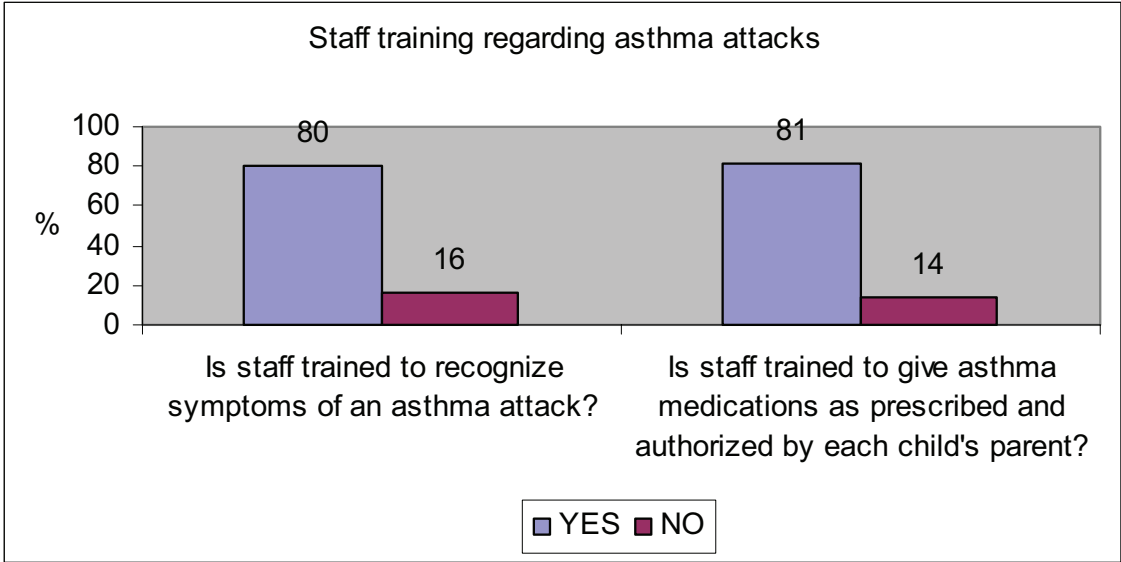


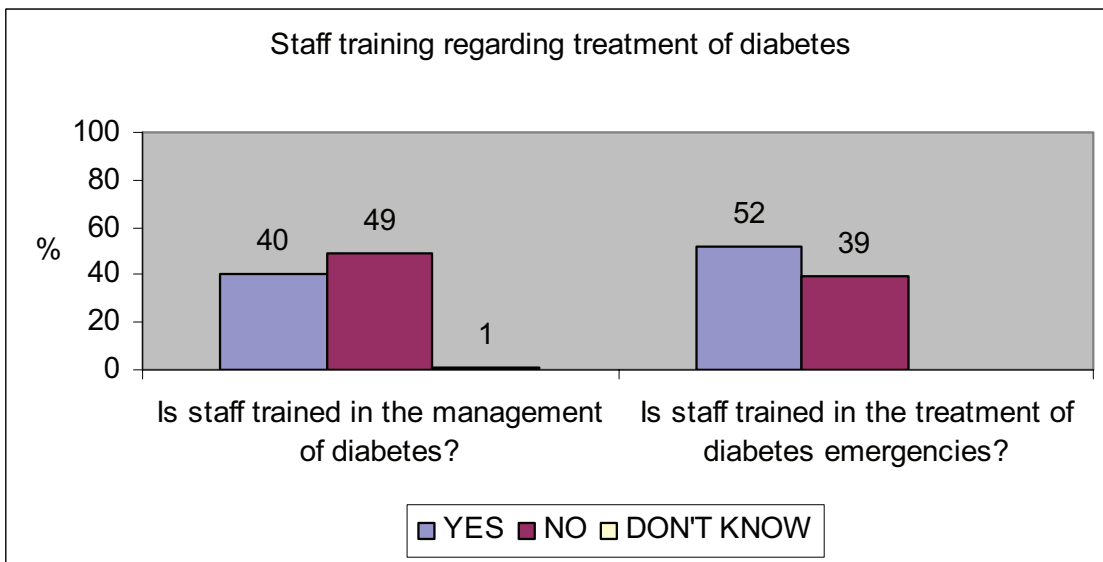
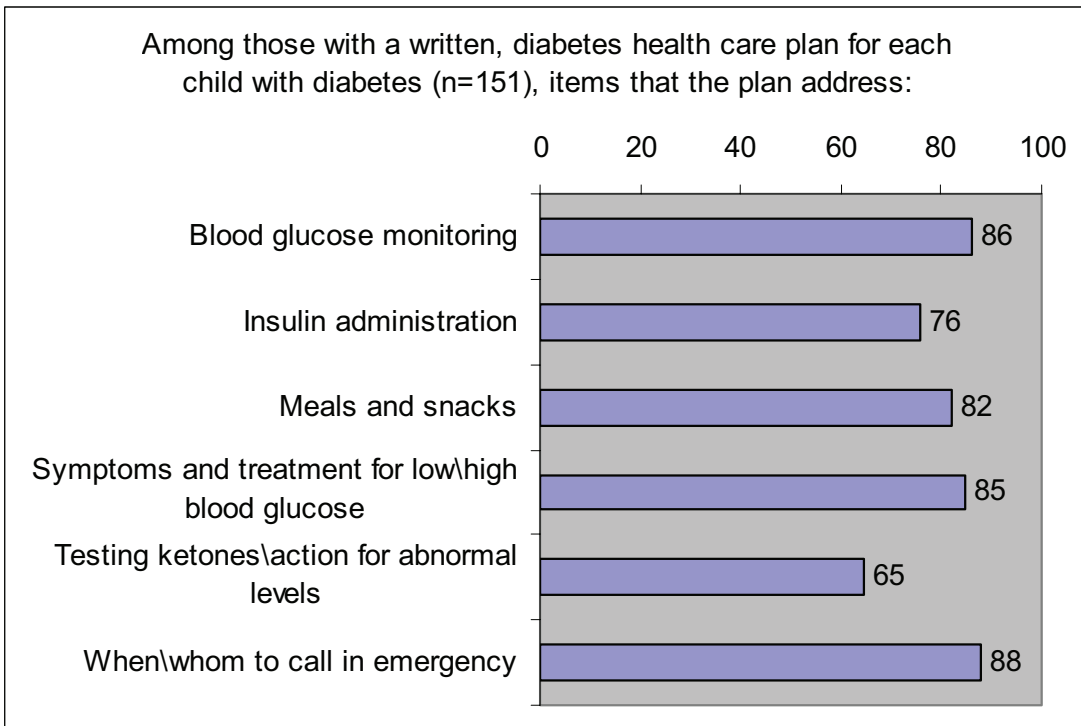
Chronic Disease Policy Questions

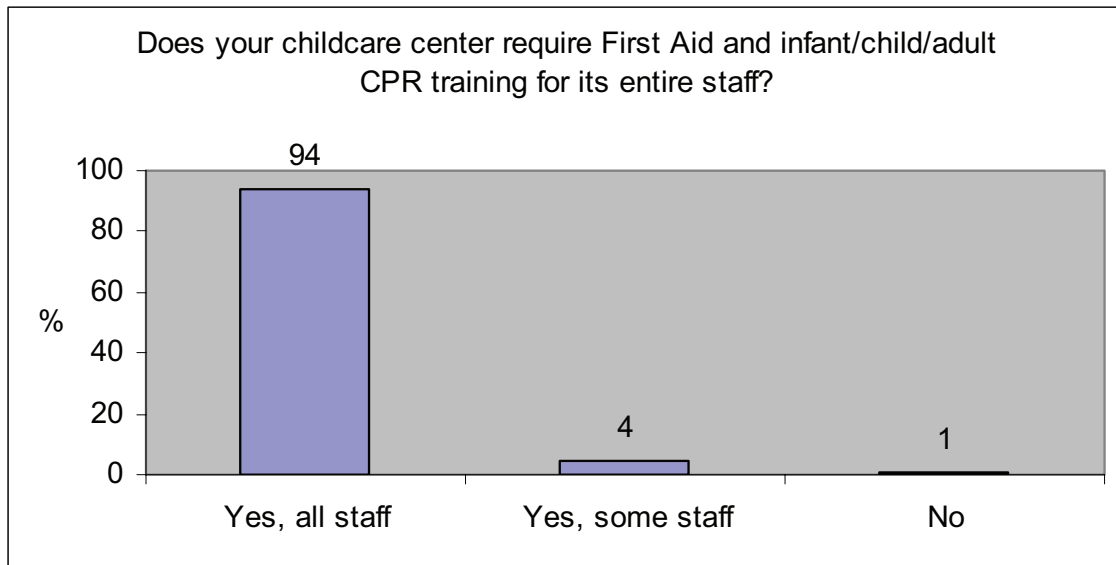
Approximately 9 out of 10 day care centers report that they have adequately shaded outdoor play areas, and that they apply sunscreen to children before outdoor activities. However, less than half reported that they have children wear hats when playing outside, and even fewer have them wear sunglasses or sun protective clothing. 94% of day care centers reported that all their staff has first aid, as well as infant/child/adult CPR training.





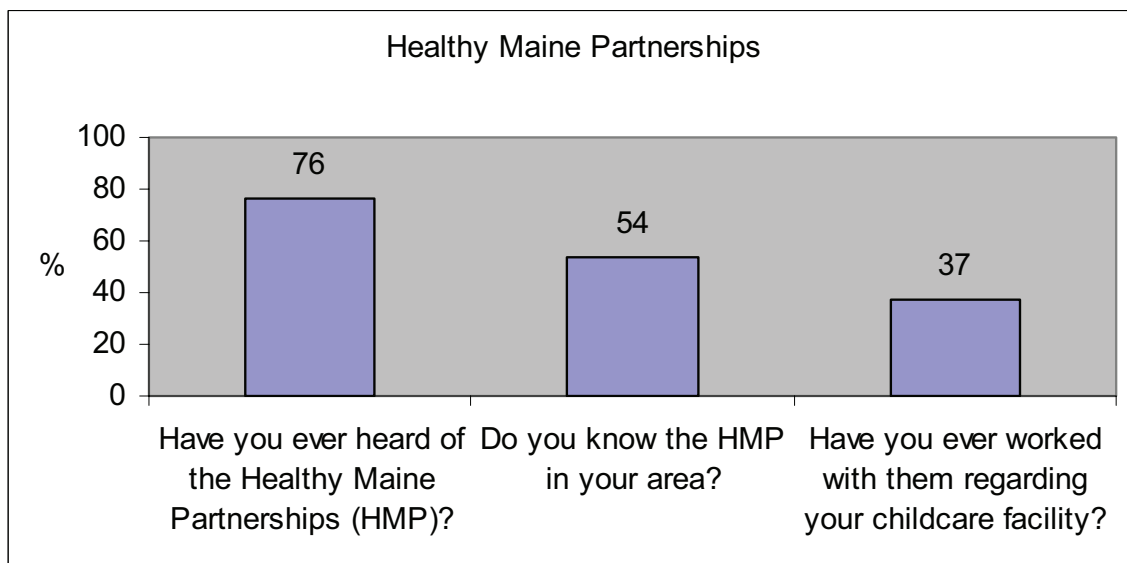






General Questions

Most of the day care centers surveyed have heard of the Healthy Maine Partnerships, but only 35% of them have worked with them.



Healthy Maine Partnerships 2010 Environmental Indicators Survey – Child Care Facilities

Instructions – Please place an ‘X’ in the box next to your answer, or write your answer in the space provided.

Section 1 – Facility Information

- 1) How would you describe your child care facility?
 - child care center
 - head start or early head start
 - nursery school or preschool
 - home-based child care center

- 2) How many children does your center care for on a regular basis?

- 3) What is the age range of the children that attend your center?
_____ to _____

- 4) What are the hours your center cares for children?
_____ to _____

Section 2 – Tobacco

(If your center is NOT home-based, skip to #4)

If your center is **home-based**:

- 1) Is your entire residence entirely smoke free during hours of operation?
 - Yes
 - No

- 2) Are all outdoor areas smoke-free whenever a child may be present?
 - Yes
 - No

- 3) Are all motor vehicles owned or operated by your center smoke free whenever a child under your care is present?
 - Yes
 - No

(If your center is home-based, skip to #7)

If your center is **NOT** home-based:

- 4) Is your center, including all areas open to the public including rest rooms, and outdoor eating areas, entirely smoke free at all times including when not in operation?
 - Yes
 - No

- 5) Are all outdoor areas where a child may be present smoke-free?
 - Yes
 - No

- 6) Does your center prohibit smoking in all motor vehicles owned or operated by your center within twelve hours of transporting a child in your care?
 - Yes
 - No

All:

- 7) Have all staff members, including owners and managers been educated on:
 - a) The day care center laws specific to second-hand smoke exposure?
 - Yes
 - No

 - b) The Maine law prohibiting smoking by the operator or a passenger of a vehicle when a person under the age of 16 years is present?
 - Yes
 - No

 - c) The free Smoke-Free Families Pledge Kit to encourage families to sign pledging to make their home smoke-free 24hrs a day/365 days a year?
 - Yes
 - No

 - d) The free, confidential Maine Tobacco HelpLine (1-800-207-1230) whose purpose is to assist those who use tobacco and who wish to end their dependence upon tobacco?
 - Yes
 - No

Healthy Maine Partnerships 2010 Environmental Indicators Survey – Child Care Facilities

- 8) Does your center's policy cover all forms of tobacco (including all types of smoking and smokeless tobacco products)
- Yes
 No
- 9) Are signs posted indicating that your childcare center and grounds are smoke-free?
- Yes
 No
- 10) As an employer, do you have a written tobacco policy as required by Maine law?
- Yes
 No (SKIP to Nutrition Section) →
- a) Is the policy posted?
- Yes
 No
- b) Do you provide a copy to any employee who requests it?
- Yes
 No
- 11) If your center is **home-based** does your policy remain in force at all times (when children are not present and during summer months)
- Yes
 No
 My center is not home-based
- 12) Does your policy also prohibit smoking by all family members within sight of children?
- Yes
 No
- 13) Does your center sponsor off-site events?
- Yes
 No
- a) If yes, does your policy prohibit smoking at these off-site events?
- Yes
 No
- 14) Are there consequences or sanctions described in your policy to address policy violations by your staff?
- Yes
 No

- 15) Are there procedures in place to communicate your tobacco policy
- a) To parents?
- Yes
 No
- b) To visitors?
- Yes
 No
- 16) Are all staff members educated on how to enforce the tobacco policy?
- Yes
 No

Section 3 – Nutrition

- 17) Do you have a policy designed to improve nutrition?
- Yes
 No (SKIP to #17c)
- a) Does the policy apply to: (Check all that apply)
- Children in your program
 Parents of children in your program
 Staff in your program
- b) What does your policy address? (Check all that apply)
- Nutrition education
 Balanced meals
 Portion sizes
 Family-style meals
 Guidelines
 Milk
 Whole grain foods
 Other, please explain: _____
- c) In what way does your facility promote improved nutrition? (Check all that apply)
- Distribute nutrition policy
 Distribute nutrition education materials to parents
 Healthy suggestions provided for foods brought from home
 Use MyPyramid resources with children
 Distribute healthy recipes
 Other, please explain: _____

Healthy Maine Partnerships 2010 Environmental Indicators Survey – Child Care Facilities

- d) Do you use family-style meal service? (i.e., serve foods in bowls or dishes so that children can help themselves)
- Yes
- No
- e) Do you consider the *Dietary Guidelines for Americans* when planning meals and/or snacks?
- Yes
- No
- f) Do you use menu planning charts when planning meals and/or snacks to assure good nutrition and a variety of foods? (e.g., USDA's meal patterns with nutritional information and requirements by age group)
- Yes
- No

18) Is drinking water available to the children?

- Yes, *always available* – children can serve themselves throughout the day
- Yes, *served several times each day*
- No

Please indicate how often each of the following food groups are offered at lunch? (place a ✓ mark in the box)

| | Always | Usually | Sometimes | Never |
|--|--------|---------|-----------|-------|
| Vegetables | | | | |
| Fruit | | | | |
| Meat, poultry, fish, cheese, eggs, or protein substitute | | | | |
| Enriched bread or equivalent serving of cornbread, muffin, pasta noodles, rice, etc. | | | | |
| Whole grain bread / food | | | | |
| Milk as a beverage | | | | |
| Reduced fat milk (skim or 1%) for children older than two years old | | | | |
| High fat foods (e.g., chips) | | | | |
| High sugar foods (e.g., popsicles) | | | | |
| High salt foods (e.g., canned soup) | | | | |
| Sugar-sweetened beverages (fruit drinks, punches, sodas, and sports drinks) | | | | |

- 19) Does at least one child care provider sit with children at the table and eat the same meals and snacks?
- Always
- Often
- Sometimes
- On rare occasion
- Never

20) Do you incorporate nutrition education (teaching children about foods and their affect on health) into your program?

- Yes, please explain: _____
- No

21) How many times per year is nutrition education provided to staff?

- Not at all
- 1 time
- 2 times
- More than two times

22) Is food ever used as a reward in your program?

- Always
- Often
- Sometimes
- On rare occasion
- Never

23) Is withholding food for punishment ever practiced in your program?

- Always
- Often
- Sometimes
- On rare occasion
- Never

Healthy Maine Partnerships 2010 Environmental Indicators Survey – Child Care Facilities

Section 4 – Physical Activity

- 24) Do you have a policy designed to improve physical activity?
- Yes
 - No (SKIP to #25)
- b) Who does the policy apply to: (Check all that apply)
- Children
 - Parents of children
 - Staff
- c) Does the policy apply to: (Check all that apply)
- Indoor gross motor movement time
 - Outdoor time
 - TV time
 - Sedentary time (not active)
 - Play environment
 - Staff-lead activities
 - Other, please explain: _____
- 25) Does your childcare promote physical activity opportunities for parents?
- Yes, please explain: _____
 - No
- 26) How many times is outdoor playtime (or indoor gross motor movement during inclement weather) provided per day?
- 1 or less times per day
 - 2 times per day
 - More than 2 times per day
- 27) How many minutes of active outdoor daily 'physical activity' (or indoor gross motor movement during inclement weather) are offered per 3 ½ hour session?
- Less than 30 minutes per session
 - About 30 minutes per session
 - About 1 hour per session
 - More than 1 hour per session
- 28) What percent of the physical activity offerings are unstructured (that is, 'free play')?
- 0-25%
 - 26-50%
 - 51-75%
 - 76-100%
- 29) How many times per day is staff-led physical activity provided to children? (e.g., planned and lead by an adult in a systematic way, such as a dance lesson).
- 1 or less time per day
 - 2 times per day
 - More than 2 times per day
- 30) Does your outdoor play space include open, grassy areas with space for wheeled toys?
- Yes
 - No
- 31) Do you have adequate portable play equipment for all children to use at the same time?
- Yes
 - No
- 32) Does your indoor play space include space for a variety of physical activities including running?
- Yes
 - No
- 33) Are children with special needs provided opportunities for active play with other children that are physically active?
- Yes, please explain: _____
 - No
 - NA
- 34) Does at least one child care provider join children in active play at least one time per day?
- Yes
 - No
- 35) Please estimate screen time (TV video, computer) per classroom, per day:
- Less than 30 minutes
 - 30 minutes to 1 hour
 - 1 to 2 hours
 - More than 2 hours
- 36) Are children in your program seated for periods longer than 30 minutes (except when sleeping or eating)?
- Often
 - Sometimes
 - Never

Healthy Maine Partnerships 2010 Environmental Indicators Survey – Child Care Facilities

- 37) Do you incorporate physical education (teaching children about physical activity and their health) into your program?
- Yes
 - No
- 38) How many times per year is physical activity education provided to staff?
- Not at all
 - 1 time
 - 2 times
 - More than 2 times
- 39) Is withholding active play ever used as punishment in your program?
- Often
 - Sometimes
 - Never

Section 5 – Chronic Disease

- 40) Do you, or the caregivers in your center, apply sunscreen to children before they participate in outdoor activities?
- Yes
 - No
- If Yes: Does your center provide sunscreen for children;
- Yes
 - No
- Are parents asked to provide sunscreen for their child?
- Yes
 - No
- If No: Are parents asked to apply sunscreen before their child arrives at the center?
- Yes
 - No
- 41) Does your center currently have an adequately shaded play area?
- Yes
 - No

- 42) Does your center have any other sun protection practices, such as:
- Require children to wear hats when they are participating in outdoor activities?
 - Require children to wear sunglasses when they are participating in outdoor activities?
 - Require children to wear sun-protective clothing (ie., sleeved shirts, pants) when they are participating in outdoor activities?
 - None of these
- 43) Does your center have a formal policy regarding sun protection?
- Yes
 - No
- 44) Does your childcare admit children with asthma?
- Yes
 - No, please explain: _____
- 45) Do you have a written Asthma Action Plan from the child's doctor for each child with asthma?
- Yes
 - No
 - Don't know
- 46) Does your childcare center have a policy in place regarding asthma triggers?
- Yes
 - No
- If Yes, does the policy address: (check all that apply)
- Mold
 - Dust
 - Paint
 - Fragrances
 - Animal fur
 - Other: _____
- 47) Is staff trained to recognize symptoms of an asthma attack?
- Yes
 - No
- 48) Is staff trained to give asthma medications as prescribed and authorized by each child's parent?
- Yes
 - No

Healthy Maine Partnerships 2010 Environmental Indicators Survey – Child Care Facilities

49) How many times per year is asthma management training provided to staff?

- Not at all
- 1 time
- 2 times
- 3 or more times

50) Does your childcare admit children with diabetes?

- Yes
- No, please explain: _____
(SKIP to #55)

51) Is there a written, diabetes health care plan for each child with diabetes?

- Yes
- No
- Don't know

a) If Yes, does the plan provide specific instructions for the following: (Check all that apply)

- Blood glucose monitoring, including the frequency and circumstances requiring testing?
- Insulin administration (if necessary)? (i.e., insulin doses, injection times, storage, etc.)
- Meals and snacks, including food content, amounts, and timing?
- Symptoms and treatment of low or high blood glucose?
- Testing for ketones and appropriate actions to take for abnormal levels?
- When and whom to call in an emergency?

52) Is staff trained in the management of diabetes?

- Yes
- No

53) Is staff trained in the treatment of diabetes emergencies?

- Yes
- No

54) How many times per year is diabetes management training provided to staff?

- Not at all
- 1 time
- 2 times
- 3 or more times

55) Does your childcare require First Aid and infant/child/adult CPR training for its entire staff?

- Yes, all staff
- Yes, some staff
- No

56) Does your childcare require at least one staff member to be present at all times who is trained and certified in first aid and infant/child/adult CPR?

- Yes
- No

Section 6 – General Questions

57) How/where do you access health information for your center? (eg. Regional Resource Center)

Please list: _____

58) Have you ever heard of the Healthy Maine Partnerships (HMP)?

- Yes
- No

a) If Yes, do you know the HMP in your area, ACCESS Health?

- Yes
- No

b) Have you ever worked with them regarding your childcare facility?

- Yes
- No

Thank you very much for completing the survey!