



EMPOWER

October 2015

Child Care Group Homes (CCGH) Empower Project

Arizona Department of Health Services (ADHS)
Childhood and Adolescent Obesity Prevention Project

Who is Eligible?

- * All Child Care Group Homes licensed by the ADHS Bureau of Child Care Licensing (BCCL)

Project Goals:

- * Address healthy eating and active living strategies and standards, with an emphasis on home settings.

Benefits to Participants:

- * Regionally-based training on the Empower Standards with a focus on
 - o improving nutrition
 - o supporting breastfeeding
 - o increasing physical activity
 - o reducing screen time
- * Technical assistance with individual providers via home-based site visits, phone and email.
- * Resource kit including materials to support family-style meals, nutrition education and physical activity for multi-age home settings.

Program Involvement:

- * Attend regionally-based training
- * Willingness to participate in:
 - o technical assistance
 - o program improvements
 - o using resource kit materials
 - o evaluation process

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