



# EMPOWER

October 2015

## Child Care Group Homes (CCGH) Empower Project

Arizona Department of Health Services (ADHS)  
Childhood and Adolescent Childhood 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

### Contact:

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