

# Choose Health LA Child Care

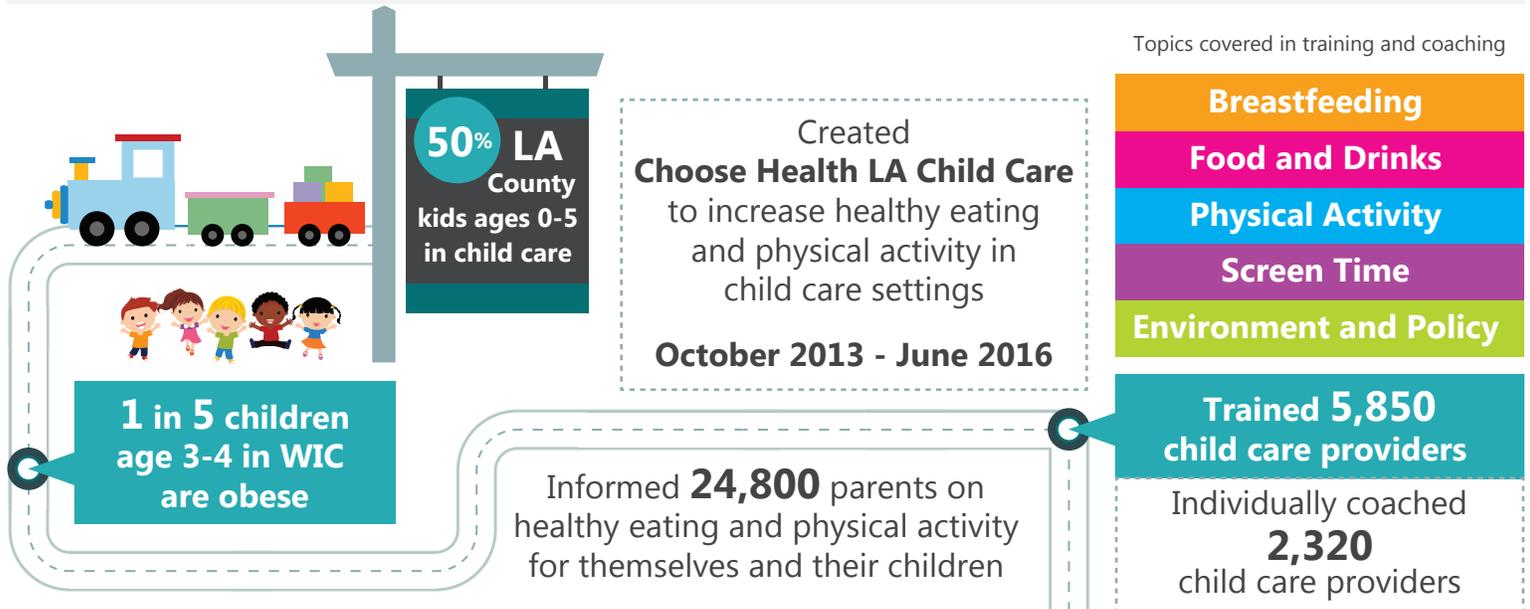
The Stakes Are High; Healthy Choices and Habits Begin In Early Childhood

A Powerful Tool for Policy, Systems, and Environmental Change

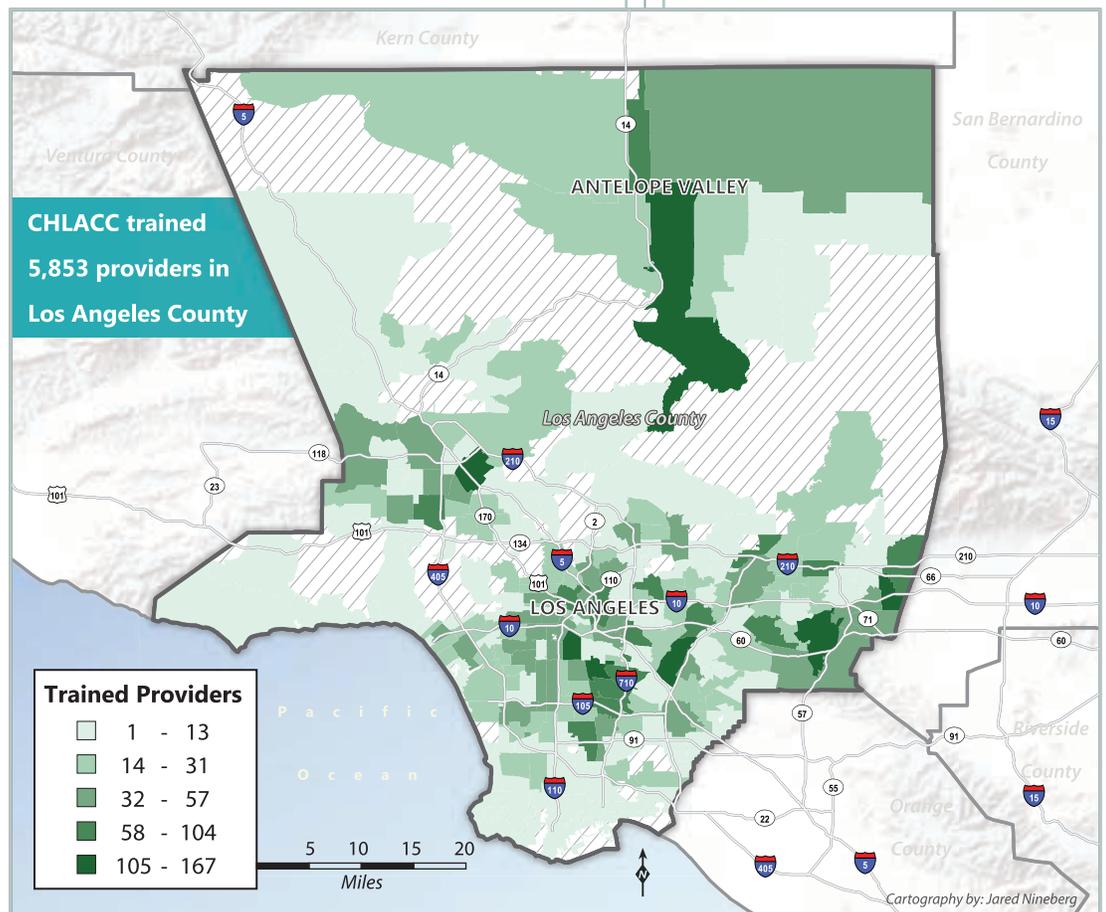


Teaching young children healthy habits gives them a good start early in life and can reduce the health risks related to obesity in later life. Child care settings, whether centers, homes, with a family member or a neighbor, are unique environments to reach many children at once with healthy options.

The Choose Health LA Child Care (CHLACC) program had a unique opportunity to work with child care providers. The program offered nutrition and physical activity training and individualized coaching to child care providers, equipping them with the knowledge and tools to introduce/encourage healthy habits to the children in their care.

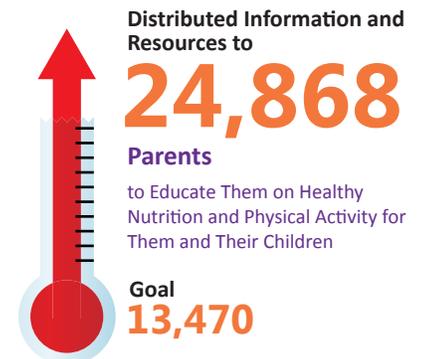


"I have done so many things with my daycare. We planted a big garden, we do art, we cook together, we play all kinds of physical activities. We sit down all together and talk about the things they like and don't like. It's so much more fun now."



From **October 2013**  
through **June 2016**

the **Choose Health LA Child Care**  
program:



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