

CITY OF PHILADELPHIA
DEPARTMENT OF PUBLIC HEALTH
Board of Health

Resolution on Childhood Obesity Prevention in Early Childhood Care

Approved June 8, 2017

WHEREAS, nearly 10% of 2-5 year olds are obese nationwide;

WHEREAS, childhood obesity increases the risk of hypertension, diabetes, and respiratory, joint, and mental health problems;

WHEREAS, the CDC estimates that more than 33% of children born in 2000 will develop diabetes by 2050;

WHEREAS, children who are obese are five times more likely to be obese as adults;

WHEREAS, increases in sweetened beverage consumption and screen time are associated with increased risk of obesity in children;

WHEREAS, sweetened beverage consumption greatly increases the risk of oral caries;

WHEREAS, the American Academy of Pediatrics recommends that juice not be given to children less than 1 year of age and be limited for older children because it contains more sugar and calories by weight than fruit;

WHEREAS, on average, 75% of children in the United States spend time in an early childhood care setting, on average 36 hours per week; and

WHEREAS, the Board of Health is tasked with preserving and promoting environmental health and the safety and healthfulness of food served in Philadelphia;

NOW, THEREFORE, the Board of Health recommends the following:

Section 1. Definition

Early Childhood Care Provider. An individual providing care for an unrelated child aged zero (0) to five (5) years.

Screen Time. Any time spent watching a screen displaying images, including, but not limited to, television, computer, and smartphone screens.

Sweetened Beverage. Any beverage containing a sweetener, including nutritive (e.g., table sugar, honey, high-fructose corn syrup, fructose) and non-nutritive (e.g., aspartame, stevia, sucralose) sweeteners.

Section 2. Nutrition

Early Childhood Care Providers should neither provide Sweetened Beverages nor permit their provision to children in their care.

Early Childhood Care Providers should neither provide fruit juice nor permit its provision to children in their care, including 100% fruit juice.

Early Childhood Care Providers should make water available and easily accessible to children in their care throughout the day, offering and providing it regularly and upon request, including at meals and with snacks.

Section 3. Screen Time

Early Childhood Care Providers should limit Screen Time for children in their care aged two (2) years and older to thirty (30) minutes per week.

Early Childhood Care Providers should not permit Screen Time for children in their care younger than two (2) years.