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## **Pilot Project for Building Environmental Health Capacity through Child Care Settings Children's Environmental Health Network (CEHN)**

### **Project Summary**

#### **Part I. Description**

Participating organizations

- The Children's Environmental Health Network's (CEHN's) national Eco-Healthy Child Care® (EHCC)
- First Things First, a division of Arizona's Department of Education - Phoenix, AZ
- Quality First (a signature program of First Things First) - Phoenix, AZ
- California Child Care Resource and Referral (CCR&R) Network - San Francisco, CA

#### **Background or problem statement**

Six million children under five years old receive care outside of their homes – about 30 percent of all children in this age group. The facilities that provide this care are numerous and diverse, including approximately 300,000 licensed child care centers and child care homes across the country. Limited studies indicate that child care environments (both center-based and family child care) contain contaminants linked to adverse health effects. Thus, children attending these facilities may experience chronic exposures to potentially deleterious contaminants during critical windows of development. Nonetheless, these settings have generally been overlooked as a potential source of exposure to contaminants, and disproportionate exposures to contaminants may be prevalent in urban environments. In addition, child care professionals, especially those located in low-income and culturally diverse communities are generally not receiving education and training on environmental health considerations and the low-to-no-cost best practices that can be adopted as strategies for promoting health and wellness.

#### **General description of the project**

The main goal of this grant was to bring the award-winning EHCC program to Latino communities along the U.S.-Mexico border. Many of these border communities have had limited access to important children's environmental health resources and training, and these communities often face disproportionately high levels of exposure to harmful toxicants. The EHCC curriculum was used to educate and empower child care educators (child care administrators, trainers, health/nurse consultants and licensing staff) in actionable risk reduction steps, and support them in the education of child care providers in their state or region. Objectives for this grant included:

- 1) Translation of the entire EHCC training curriculum (which includes the PowerPoint presentation, fact sheets, and training manual) into Spanish;
- 2) Outreach to 1-2 U.S.-Mexico border state(s) and secure commitments to help organize trainings in English and/or Spanish for child care educators (child care health/nurse consultants and child care trainers) and state licensing staff;
- 3) Complete 1-2 EHCC training(s) in each U.S.-Mexico border state;
- 4) Collect pre and post knowledge assessment surveys from each training.

#### **Description of outcomes and follow-up**

The following resources have been professionally translated into Spanish by IRCO, International Language Bank: EHCC Checklist, EHCC TtT PowerPoint, EHCC TtT Training Manual, EHCC's 11 core fact sheets, EHCC TtT evaluation form, EHCC TtT pre/post-test, CEHN's Children's Environmental Health White Paper, CEHN and EHCC program overview, and EHCC TtT My Environmental Health Plan. Many of these translated resources are made available on EHCC's website and are easily downloadable - free of charge. We have also shared the translated resources with all our trainers (1,200+) and EHCC endorsed providers (620+). We have publicized the availability of these resources through our monthly

emails and quarterly reports which reach over 6,000 people and through our EHCC Facebook page which reaches 180+. All translated documents and resources can be found on our CEHN Dropbox: <https://www.dropbox.com/sh/kl7r0aeul45j73t/AABPUAlvLSPIXaR4eCGbMwZpa?dl=0>

To further connect with Hispanic/Latin American communities, EHCC partnered with the National Association for Family Child Care (NAFCC) to provide several webinars. Two were conducted in English, and one was recorded in Spanish. Tapings are available on the NAFCC website.

## **Project Summary**

### **Part II. Analysis**

#### **Successes**

CEHN staff has accomplished all proposed project objectives. EHCC staff worked with IRCO, International Language Bank to translate all EHCC curriculum materials into Spanish, including: Checklist, Training PowerPoint, Training Manual, 11 core fact sheets, Training evaluation, and more. Once the professional translation was complete, two third party native Spanish speakers (partners of CEHN) conducted a secondary review.

Three 5-hours EHCC TtT sessions were conducted in U.S.-Mexico Border States: Arizona and California: On November 9, 2016, CEHN partnered with First Things First, a division of Arizona's Department of Education, to conduct a 5-hour EHCC Train the Trainer (TtT) session for 36 child care health consultants and licensing staff in Phoenix. The training was so well received, that the Director of Arizona's statewide Quality Rating and Improvement System (QRIS) asked that EHCC staff return to conduct another training. On March 22, 2017, 59 QRIS program assessors from around the state met in Phoenix to take the 5-hour EHCC TtT. The second training in Arizona was paid for by Quality First.

EHCC conducted two 5-hours TtT California: one in English on June 29, 2017 (49 participants in Sacramento), and another in Spanish on August 3, 2017 (13 participants in Los Angeles). The attendees varied from trainers, to health/nurse consultants to child care licensing staff. EHCC worked closely with staff from the California Child Care Resource and Referral (CCR&R) Network to outreach about the training opportunity, as well as manage registration. As indicated by the LA attendees, there is an urgency to share this information in Spanish in order to truly reach Hispanic communities. Acknowledging that the Hispanic population currently does not have sufficient environmental health information that is both culturally relevant and accessible, the participants shared their desire to bridge this gap in their communities.

#### **Challenges**

EHCC worked very closely with our partners at the California Child Care Resource and Referral (CA CCR&R) Network to comprehensively promote both of the CA TtT sessions. It was very challenging to collect participants for the Spanish TtT in Los Angeles. EHCC and the CA CCR&R Network connected with child care licensing offices, child care health/nurse consultant groups, CCR&R agencies in various cities as well as provider associations in an effort to bolster the number of attendees. Ultimately, what we learned is that bilingual trainers and technical assistance providers prefer to receive training in English, and then later deliver the acquired information in Spanish. This preference was observed, when we realized that several bi-lingual trainers flew to Sacramento from Los Angeles and San Diego to participate in our English TtT. When asked why they come to attend the English TtT instead of the Spanish TtT, they responded that they preferred to learn the information in English!

While promoting the LA training, it became very apparent that registration was slow. Upon realizing our very low numbers, we decided to extend the training invitation to child care providers. Even so, only higher level child care professionals attended. Conversations and follow-up relayed that providers didn't register/attend for two reasons: 1) the training had been promoted for many weeks as a training for higherlevel professionals, and then only at the last minute were providers included - this may have been confusing; 2) providers are more available to attend trainings during the weekend or in the evenings, and this training was held on a Thursday from 9am-3pm. Though only 13 attended the LA training, we were very pleased with the quality and drive of those participants and believe that they will be integral in

effectively distributing the EHCC training, resources and related technical assistance to Spanish speaking communities throughout Southern CA.

### **Lessons Learned**

As this was the first time we have ever conducted the EHCC TtT in Spanish, we learned that an estimated 7 hours is needed to thoroughly cover the training content, versus the typical 5-hour allotment of time. Dr. Lesliam Quirós-Alcalá and Melissa DeSantiago, MPH reported spending a large amount of time explaining a multitude of environmental health terms that were used throughout the presentation. Many of the English terms used throughout the course do not have a Spanish equivalent, so taking the time to offer a clear definition of the words was necessary. In the future EHCC aims coach Spanish speaking trainers to break the EHCC TtT curriculum into even shorter segments, so that ample time is available for: 1) defining terms and 2) related discussions that may ensue.

Throughout this grant project, EHCC staff were reminded of the importance of engaging target populations via various outreach/educational methods. To further connect with Hispanic/Latin American communities and protect all children from exposure to environmental health toxicants, EHCC partnered with the National Association for Family Child Care (NAFCC) to provide several webinars. Two were conducted in English (2/28/17 and 6/19/17), and one was recorded in Spanish by our aforementioned partner Melissa DeSantiago, MPH. Tapings of all three webinars are available on the NAFCC website so that family child care providers can access the information when interested and according to their own schedules. Building our nation's supply of high-quality family child care is a shared goal for both NAFCC and EHCC. Currently, NAFCC has 1,350 accredited programs; though they have accredited over 10,000 family child care programs historically. EHCC was thrilled to partner with NAFCC to support Hispanic/Latin American child care professionals in improving the environmental health of their home child care facilities.

### **What Next? What will you do and what should others do?**

As an extension of the activities outlined in this report, we have the opportunity to link trainees in Arizona and California to the EHCC Online Curriculum. Through other grant funding, CEHN has created EHCC's online learning course. The EHCC e-learning course is available through Healthy Housing Solutions! This 3 hour online course, which includes 13 modules, is engaging and interactive. Learners will discover how children are exposed to chemicals in their everyday environments - home, school and early learning settings, and why these exposures are concerning. This course is ideal for providers, parents/caregivers, school administrators, nurses, child care licensing professionals, and anyone interested in protecting children from environmental hazards commonly found in early learning environments. The e-learning course has been designed to ensure that the curriculum content can be quickly and easily digested, and a certificate of completion is available for those who complete and pass all modules. Learners will be equipped with best practices for implementing easy and realistic changes to improve the environmental health of settings where children spend the majority of their time. The course can be accessed: <http://inter.viewcentral.com/events/cust/catalog.aspx?cid=hhs&pid=1>

EHCC is also partnering with ProSolutions, one of the premier online learning companies for early care and education (ECE) professionals. The importance of offering the EHCC e-learning curriculum through ProSolutions, as well as Healthy Housing Solutions, is that more than 45 states recognize their courses for ECE adult learning clock hours! The EHCC course is expected to launch on this platform by November 2017. It will be an invaluable tool for the EHCC trained child care educators as they work towards spreading children's environmental health best practices. It is our intention to continue to promote the use of this course among child care professionals throughout Arizona and California.

For more information about the project please contact:

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