



Gold Sneaker Initiative Talking Tips



The purpose of the Gold Sneaker Initiative “Talking Tips” sheet is to provide encouragement to health educators and other regional partners as they promote Gold Sneaker, a FREE and VOLUNTARY Initiative to licensed child care facilities.

Gold Sneaker serves as an enhancement to the existing Department of Human Services (DHS) health and wellness, physical activity, and nutrition policies and adds a tobacco-free campus policy.

Gold Sneaker Policies

Gold Sneaker Facilities will:

- ▶ offer children at least 60 minutes of physical activity per day
- ▶ limit television and video viewing to 60 minutes per day of educational programs
- ▶ not allow children to remain sedentary or passive for more than 60 minutes continuously
- ▶ ensure physical activity is a positive experience
- ▶ ensure appropriate feeding patterns, including breastfeeding and adequate time for meal consumption
- ▶ ensure appropriate infant and child feeding patterns, including appropriate portion sizes
- ▶ promote a positive attitude toward food, and maintain a tobacco free campus.

The Role of the Facility

- ▶ Complete 2 hours of training, offered online at <http://www.tccots.com/>, or occasionally in-person with large groups
- ▶ A copy of the facility’s policies, handout or other document that outlines the facility’s rules which includes the Gold Sneaker policies.
- ▶ A copy of a completed infant feeding plan, with all names marked out to not identify any one person.
- ▶ Keep each provider’s Gold Sneaker Training Certificate filed to be viewed upon request. Provide a copy where at least 1 staff member has attended training.

Benefits to the Facility

- ▶ Contribute to the health of children
- ▶ \$200 incentive package
- ▶ Certificate signed by the Governor
- ▶ Electronic Gold Sneaker logo
- ▶ Two Gold Sneaker decals
- ▶ Recognition on Gold Sneaker website
- ▶ Gold Sneaker newsletter
- ▶ Technical assistance upon request

The Role of the Parent/Family

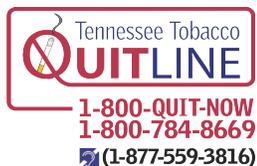
- ▶ Understand the potential health risks of overweight and obesity
- ▶ Encourage age-appropriate nutrition and physical activity
- ▶ Make sure their child care facility is, or **encourage** it to become a recognized Gold Sneaker facility.

Benefits to the Parent/Family

- ▶ Parents/family have a partner in the fight against overweight and obesity
- ▶ Potentially improved physical health and self-esteem for their children
- ▶ Fewer illnesses and time from school/work
- ▶ Reduced medical costs
- ▶ Potentially fewer trips to the emergency department, hospital

Additional Resources

Choose **MyPlate**.gov



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Frequently Asked Questions

- Q. Is additional training required to become Gold Sneaker?
A. Only the initial two-hr training through TCCOTS
- Q. Are site visits or written reports required to maintain Gold Sneaker status?
A. No
- Q. Is technical assistance available after becoming Gold Sneaker?
A. Yes. Technical assistance is available anytime upon request, and via, the educational newsletter and optional webinars / teleconferences

For More Information

Questions may be forwarded to:

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<http://tn.gov/health/topic/goldsneaker>

You may also check with your local health educator.

“Being a Gold Sneaker facility is wonderful! Parents see the logo and ask questions and know that we are looking out for their child’s well-being.”

Gold Sneaker Facility