



Support for IMIL and Choosy Kids Resources

Recognition Support for IMIL and Choosy Kids Resources

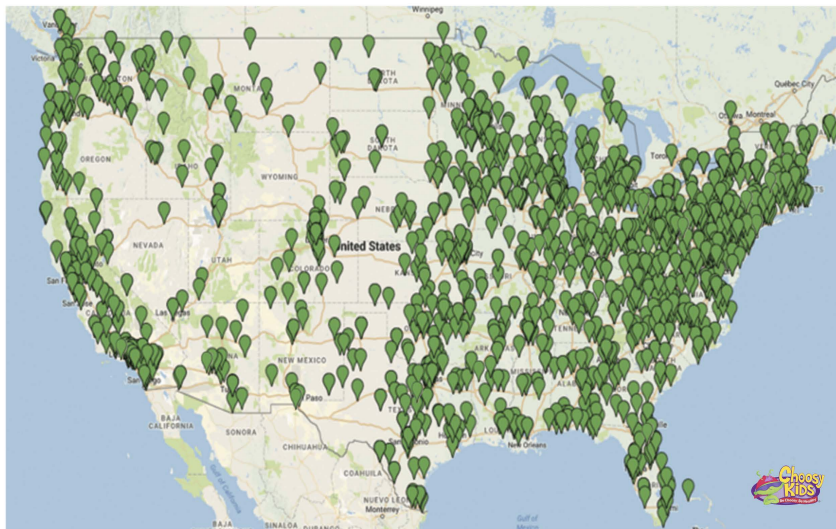
Choosy Kids is nationally known for developing innovative, evidence supported educational resources that enhance early learning and healthy development. Recognized by the federal Office of Head Start, Choosy Kids was selected to develop and lead the Office of Head Start's *I Am Moving, I Am Learning* (IMIL) initiative—a proactive approach for addressing childhood obesity in Head Start children nationwide.

I Am Moving, I Am Learning (IMIL) was first designed in 2004 as a research-to-practice initiative incorporating best practice guidelines, policies, and research from the following resources:

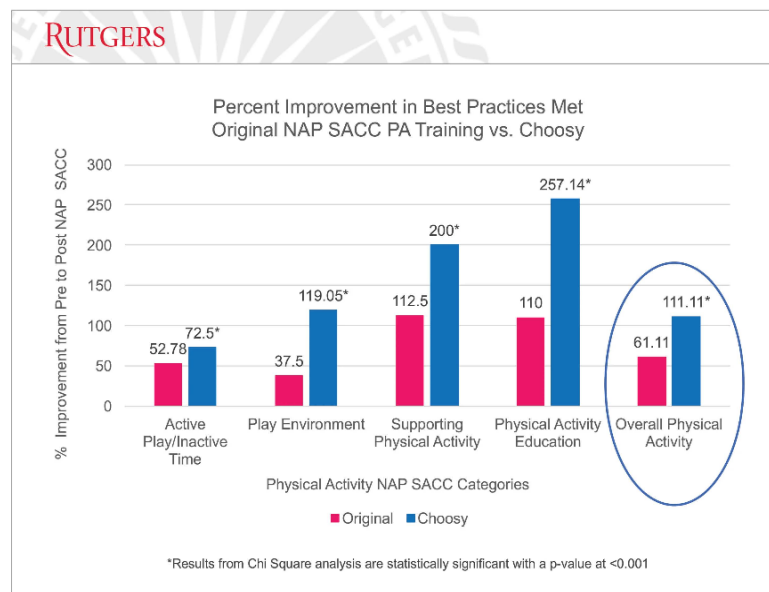
- IOM Reports - Developed on a foundation of research on childhood obesity prevention examined and summarized by the National Academy of Medicine, formerly Institute of Medicine (IOM)
 - Caring for Our Children - For application to policies and practices, IMIL incorporated current guidelines for preventing childhood obesity in early care and education programs published by the American Academy of Pediatrics in *Caring for Our Child*
 - American Academy of Pediatrics Policy Statements and Task Force on Obesity Strategies
 - Current published evidence in content areas such as, physical activity and early brain development, motor skill acquisition and physical activity, influence of children's characters, integrating domains of learning with movement and music, nutrition education, adult learning, and staff wellness in ECE
- ⇒ IMIL was the **2006** Recipient of the National Partnering for Health and Human Services Excellence Award. Dr. Linda Carson, founder of Choosy Kids, and Amy Requa, Region III Head Start TA System, ICF International were selected by the federal Office of Head Start to represent IMIL at the award ceremony in Washington, DC.
- ⇒ In **2010**, IMIL was recognized as one of three innovative obesity prevention models in President Obama's Task Force Report on Childhood Obesity.
- ⇒ Since **2012** IMIL has been listed as a resource for training and age-appropriate activities in *Preventing Childhood Obesity in Early Care and Educations Programs*, the national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs.
- ⇒ IMIL has been listed since **2016** as an approved intervention for SNAP-Ed, the educational component for the federal Supplemental Nutrition Assistance Program.

- ⇒ Choosy Kids resources are an approved intervention material for SNAP-Ed, the educational component for the federal Supplemental Nutrition Assistance Program. (<https://snaped.fns.usda.gov/interventions/programs/i-am-moving-i-am-learning-imil>)
- ⇒ In **2020**, Dr Linda Carson, founder of Choosy Kids, was selected by the federal Office of Head Start to speak about *I Am Moving I Am Learning* at the Innovations in Early Childhood and Learning: Showcase of Big Ideas hosted by the Administration for Children and Families at the Kennedy Center.

The Choosy Kids approach and resources have been adopted and successfully implemented in schools and programs throughout the United States—positively impacting the lives of children and their families.



Choosy Kids resources are often used as enhancements to what programs or classrooms are already implementing. This graph represents an unpublished study representing childcare centers in WV. The research demonstrates that levels of physical activity and best practices increase, and environments improve when adding Choosy to existing classroom strategies and routines.



Selected Evidence Support for IMIL and Choosy Kids Resources

While all of the Choosy Kids materials and resources are developed using the same highly regarded guidelines, policies, and research as IMIL to ensure an evidence base of support, there has also been specific research on IMIL that documents Choosy Kids resources as key for success in implementation.

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