



## *I Am Moving, I Am Learning*

*I Am Moving, I Am Learning* (IMIL) is a proactive approach for addressing childhood obesity in Head Start children. IMIL seeks to increase moderate to vigorous physical activity everyday, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices everyday.

- Amy Requa, Health Content Specialist, Region III Head Start TA System, ICF International was selected to lead the IMIL initiative.
- Dr. Linda Carson, Ware Distinguished Professor at West Virginia University (WVU), trainer for IMIL, created a child wellness character named Choosy, the signature feature of her community outreach programs at WVU, as well as a popular choice for the growing IMIL community.
- IMIL was introduced by Region III as a childhood obesity prevention pilot project in West Virginia and Virginia in 2004 and 2005.
- In 2005, the West Virginia Head Start Association was the first Head Start organization to deliver statewide training focused on the IMIL childhood obesity prevention initiative.
- Dr. Linda Carson of WVU and Amy Requa, Region III Head Start TA System, ICF International were the recipients of the 2006 DHHS Honor Award, ACF Partnering for Excellence Award.
- In 2006, IMIL it was announced that IMIL would be expanded to all 12 federal regions during 2007/2008.
- Choosy Kids, LLC was the National IMIL training team to help raise awareness of IMIL strategies in all 12 federal regions.
- In 2007, Mathematica Policy Research, Inc released a preliminary report summarizing the implementation of IMIL in federal Region III.
- By May 2008, all Head Start Regions were introduced to IMIL strategies. The Regional training events reached over 2000 Head Start trainers, teachers and technical support personnel with a potential final impact of over 250,000 Head Start children being introduced to the three goals and strategies of IMIL.
- In May 2008, teams of IMIL facilitators from each region were selected to participate in an intensive training so that trained facilitators can bring IMIL to every Head Start program across the country in an expedited way.



## *Little Voices for Healthy Choices*

- Little Voices for Healthy Choices is a new EHS pilot Initiative focusing on Healthy Movement and Nutrition with Infants and Toddlers.
- Early Head Start National Resource Center (EHS NRC) is leading the national initiative for 24 EHS and MSHS programs selected through a competitive application process.
- EHS NRC is partnering with Choosy Kids, LLC and the Wolf Trap Institute for Early Learning Through the Arts to train and facilitate the implementation of Little Voices for Healthy Choices.
- The 24 selected programs experienced a comprehensive training in center-based and home-based strategies designed for healthy movement experiences and nutrition specifically for infants and toddlers in May, 2008.
- The pilot project will continue with ongoing technical assistance during 2008/2009.