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| **Promoting Healthy Eating and Physical Activity in the Early Years: Introducing the “Appetite to Play” Web Resource** |
| **Health promoting objectives**  To build the capacity of early years providers to promote and support healthy eating and physical activity in the early years (birth–5 years old) in British Columbia (BC), Canada.  **Synopsis of the scenario**  Birth to the age of 5 years is a time of rapid growth in children. Patterns and behaviours develop which will last into adulthood, directly affecting lifelong health and resilience. Healthy eating and physical activity are two behaviours that are essential to healthy child development. However, only 30% of Canadian children 4-8 years old eat the recommended number of servings of fruit and vegetables per day, only 62% of 3-4 year olds are achieving the recommended physical activity levels. To address this issue, the *Appetite to Play* web resource ([www.appetitetoplay.com](http://www.appetitetoplay.com)) was developed in consultation with early-years providers across BC as a capacity-building resource on healthy eating and physical activity in the early years. This web resource is freely accessible for early-years providers and caregivers and consists of five components: (1) Updated “posts”, which offers a variety of healthy eating and physical activity games, ideas and recipes that are updated weekly; (2) Interactive online tools to assist early years providers in program planning; (3) A set of recommended practices in healthy eating and physical activitydeveloped by experts and that are linked to child care licensing regulations and standards in the province; (4) Food literacy and physical literacy online training (5) Networking opportunities through social media and anonline community of practice to discuss related topics more in-depth with peers.  **Intended audience**  The *Appetite to Play* web resource mainly targets early years providers (e.g., those working in daycare centres, family-based daycares, preschools, parent participation programs or after-school daycares) but also public health professionals and parents or caregivers who are looking for activities, ideas, recipes, and practices that build physical literacy and food literacy skills in children 0-5 years old. Practitioners and caregivers from across Canada and internationally have access to the free web resource as well.  **Duration and intended use**  The Appetite to Play web resource is part of a three year intervention (2017-2019) and will be maintained afterwards by Child Health BC. |