

A CALL TO ACTION FOR EARLY CHILDHOOD WELLNESS

The first 2,000 days between birth and the first day of kindergarten are critical to a child's healthy growth and development. Research strongly links physical, behavioral, and cognitive development early in life with health outcomes in adulthood. Individual and family-based interventions alone cannot ensure that all young children have the opportunity to grow to their healthiest potential. A child's health status depends upon many factors, including the environments in which they live and learn.

Children spend, on average, 32 hours weekly in an early child care and education environment. These environments are the ideal places to promote healthy habits and choices. Effective community partnerships are vital to improving early childhood learning environments. Many different environments must be considered for early childhood wellness, including where our children live, learn, sleep, and play. Partnerships must focus on shaping policies, systems, and structures into those that create the best opportunities for health in early childhood learning. In order for our children to grow and develop with opportunities to achieve their best health, we must work to make sure that they are learning and growing in healthy early learning environments with active support from healthy families and communities.



The Cuyahoga County Early Ages Healthy Stages Coalition will work collaboratively to create the vision of Cuyahoga County as a community that provides all children ages 0-8 with the opportunity to establish healthy lifestyles by supporting policies, systems, and structures that allow young children to grow and thrive.

GETTING INVOLVED WITH EARLY AGES HEALTHY STAGES

Help make sure that all young children in Cuyahoga County have equal opportunities to achieve their best health.

Early Ages Healthy Stages believes that in order to ensure that all young children in Cuyahoga County have equal opportunities to be healthy; we must work together across sectors and communities. We value collaboration and elevation between the wealth of early childhood experts and programs, rather than replicating services. We value our current and potential partners as “experts in their own experiences” and essential leaders in making Cuyahoga County the healthiest county for young children and their families.



EARLY CARE AND EDUCATION PROVIDERS

- GET DESIGNATED! Contact the Cuyahoga County Board of Health to become a designated Ohio Healthy Program.
- GET CONNECTED! Encourage families and other programs to get healthy by sharing your tips for success.
- GET INVOLVED! Join the Early Ages Healthy Stages Coalition.

FAMILIES

- GET INFORMED! Check to see if your child's ECE provider is a designated Ohio Healthy Program.
- GET ACTIVE! Be a positive role model for your child by living a healthy, active lifestyle.
- GET INVOLVED! Become a voice for families by joining the Early Ages Healthy Stages Coalition.

COMMUNITY STAKEHOLDERS

- GET INVOLVED! Share your resources and expertise by joining the Early Ages Healthy Stages Coalition.
- GET VOCAL! Advocate for changes that support improving early learning environments.
- GET INVESTED! Help us sustain our efforts in early childhood health and wellness in Cuyahoga County through funding and in-kind contributions.

For more information about our plan, please visit:
www.earlyageshealthystages.org
Or contact us at info@earlyageshealthystages.org;
(216) 201-2001 ext 1514.

CUYAHOGA COUNTY
BOARD OF HEALTH

