

Why should I become a TOP Star provider?

The TOP Star training curriculum (available online or face-to-face) provides career ladder professional development and licensing credits.

There aren't just personal benefits to becoming involved in TOP Star.

Childhood obesity is a serious problem in Utah and our children deserve a healthy start in life. As a childcare provider, you have a unique opportunity to help children develop healthy nutrition and physical activity habits for life!



You can make a difference in children's lives!

All it takes are a few simple changes.
We're here to support you along the way.



BROUGHT TO YOU BY THE
UTAH DEPARTMENT OF HEALTH
AND YOUR LOCAL HEALTH DEPARTMENTS



Targeting Obesity in Preschool and ChildCare



WHAT IS TOP STAR?

TOP Star (Targeting Obesity in Preschool and Childcare Settings) is a Utah-based program developed in partnership with the Utah Department of Health, local health departments, and other childcare partners to help promote health and prevent obesity in children. TOP Star assists childcare providers in improving their nutrition and physical activity policies, practices, and environments.

Top Star consists of:

- A training course
- A consultation/technical assistance program

You can receive a TOP Star endorsement from your local health department by completing a self-assessment, setting goals, implementing an action plan, training, and showing improvement in nutrition and physical activity practices.



WHAT ARE THE BENEFITS OF BECOMING ENDORSED?

Our endorsed providers report a wide variety of benefits, including:

- Better behavior in children
- Healthier habits among staff
- Business benefits, including high application rates and interest from parents
- Individualized training, assistance, and resources from local health experts



DID YOU KNOW...

- » 11.9% of elementary school children in Utah are overweight, and 8.9% are considered obese
- » In the U.S., 23.4% of children ages 2 to 8 are enrolled in a childcare facility
- » From 2007-2010, the Centers for Disease Control and Prevention Control (CDC) reported that 60% of children did not eat enough fruit to meet daily recommendations, and 93% did not eat enough vegetables



WHAT DO I HAVE TO DO?

- Endorsement is completely FREE!
- You can complete training and endorsement on your own time, whenever it is convenient for you
- Start by checking out our website: www.choosehealth.utah.gov/prek-12/childcare/top-star-program.php
 - » Click on the “How to Get Involved” tab to find your local TOP Star Consultant