

Domain 4: Childcare and Preschool Providers

“Shaping a Healthy Future” Award- “NEAT AT2” from the UCSD School of Medicine, Division of Community Pediatrics

The NEAT AT2 program, which stands for “Nutrition Education Aimed at Toddlers” and “Animal Trackers” is funded by the First 5 Commission of San Diego. The program, which is being implemented in the Southern Region of San Diego County, is designed to educate primarily Latino parents and caregivers of children ages 2-4 about healthy eating and exercise. NEAT AT2 is a collaboration of UCSD Community Pediatrics, Chula Vista Elementary School District, South Bay Union School District, National School District and South Bay Community Services, the region’s largest provider of social services.

NEAT AT2 supports the Call to Action through its innovative design, utilizing nutrition and physical education curricula that were modified and adapted to ensure cultural and linguistic relevance. Positive results have prompted the NEAT AT2 staff to continually search for opportunities for families to continue their learning and reinforce positive behaviors that support nutrition and physical activity.