

Physical Activity in Childcare: Home-Based vs. Licensed Centers

Physical activity (PA) offers numerous health benefits in young children

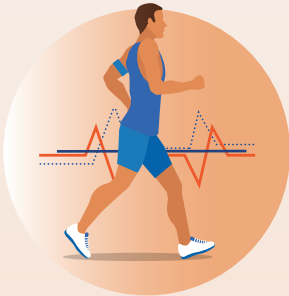
Motor and cognitive development



Reduced adiposity



Promotion of PA across lifespan

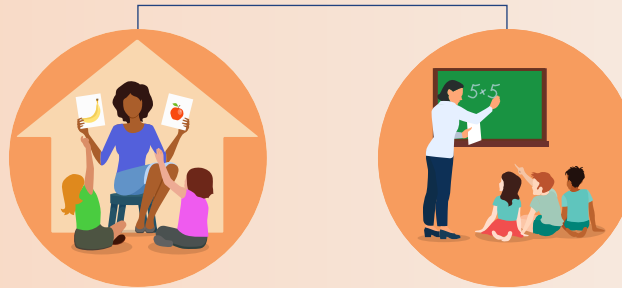


Although licensed centers are regarded as higher quality, do they truly provide better PA opportunities than home-based programs?

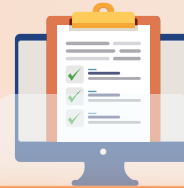


Comparing childcare programs in Michigan, USA

124 programs



70 Home-based | 54 Licensed



Electronic survey

- ✓ Respondent/program characteristics
- ✓ Outdoor and indoor environment
- ✓ Barriers to promoting physical activity

Home-based programs had better PA-promoting traits



Equipment for PA



Indoor time for PA



Indoor teacher-led activity

Both programs provided comparable outdoor and television times



Home-based programs in Michigan have many PA-promoting features, despite being rated as lower quality than licensed centers

Comparison of Physical Activity Environments in Michigan Home-Based and Licensed Childcare Programs

Clevenger et al. (2022) | *Translational Journal of the American College of Sports Medicine*

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