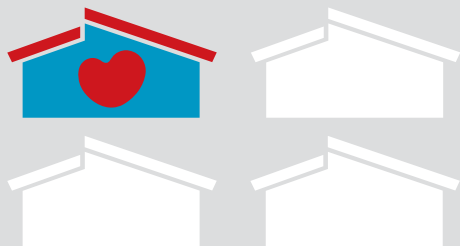
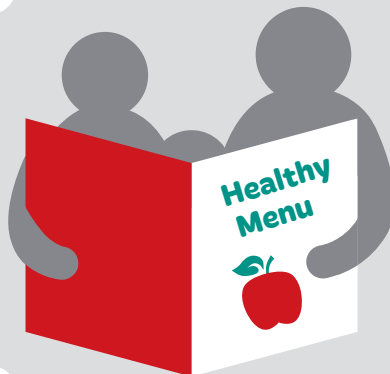


# Why take part in the Healthy Heart Award?



**1 in 4** early childhood education services in NZ are participating in the Healthy Heart Award



**Nearly 1/2** of families/whānau say a healthy menu is important in their choice of early childhood education service



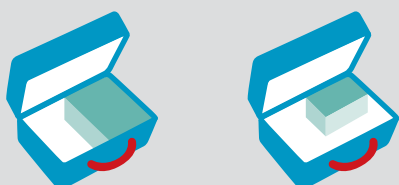
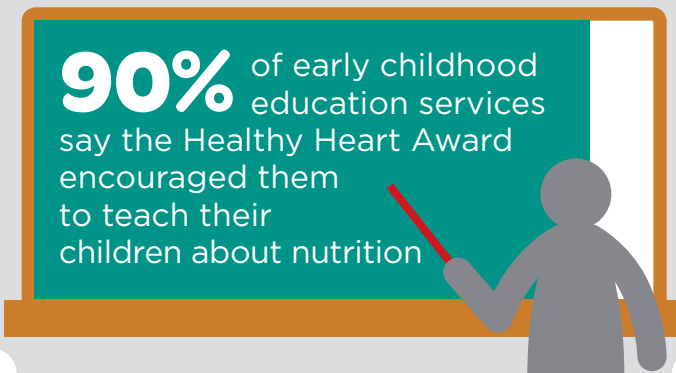
**2 out of 3** families/whānau consider physical activity important in their choice of early childhood education service



**80%** of early childhood education services say having a nutrition policy led to more children eating healthily



**4 out of 5** early childhood educators say they gained knowledge about healthy eating by participating in the Healthy Heart Award



**1/2** of families/whānau from Healthy Heart awarded early childhood education services give their child healthier food compared to a **1/4** of those from other early childhood education services



**x 2**

Families from early childhood education services with the Healthy Heart Award are almost **twice** as likely to learn more about healthy eating

\*Results are based on a survey of 118 staff from 97 early childhood education services and 183 families across New Zealand. Both early childhood education services with or without the Healthy Heart Award were included in the sample. The results do not necessarily reflect the opinion of all early childhood education services and families.