

Nutritional and Physical Activity Self-Assessment in Child Care (NAP SACC)

Recent reports indicate that 26% of children, between the ages of 2 and 5 are classified as either at risk for becoming overweight or are overweight. 74% of children ages 3-6 go to a non-parental day care and 56% are center base child care programs. These children consume half to all of their Recommended Dietary Allowances while at a child care facility. This can include 3 meals a day and snacks and contribute significantly to their daily calories and essential nutrients. Also much of their physical activity is also exerted during play time at their day care facility.

Nutritional and Physical Activity Self-Assessment in Child Care (NAP SACC) is an intervention in child care centers aimed at improving nutrition and physical activity environments, policies and practices through self-assessment and targeted technical assistance. *NAP SACC* goes through 5 main steps which include Self-Assessment, Goal Setting and Action Planning, Workshop Delivery, Targeted Technical Assistance and Consultation, and Evaluation, Revise, and Repeat.

The overall goal for *NAP SACC* is to improve nutritional quality of food served, amount and quality of physical activity, staff-child interactions, and center nutrition and physical activity policy.

Self-Assessment

Identify strengths and needs for improvement re:
healthy eating practices and regular physical
activity

Changes you can do in your facility:
*Including foods on weekly menus from a variety of
cultures*



Goal Setting and Action Planning

Based on self-assessments answers, facilities chose 3 to
4 areas for improvement and map out an action plan for
making these improvements with guidance and support
from the NAP SACC Consultants

Changes you can do in your facility:
*Making water visible and easily accessible to children
both in the classroom and while playing outdoors*



Workshop Delivery

Continuing Education for Child Care Providers, which
increases staff confidence to making healthy changes
through skill building activities.

Workshops include:

1. Childhood Overweight, 2. Nutrition for Children,
3. Physical Activity for Children,
4. Personal Health and Wellness for Staff

Changes you can do in your facility:
*Providing additional trainings to staff on physical
activity and good nutrition*

