



NEBRASKA Nutrition And Physical Activity
Self-Assessment for Child Care

Nebraska Go NAP SACC: Improving the Quality of Early Care & Education Programs Across Nebraska

Nutrition + Physical Activity + Breastfeeding Best Practice = Healthy Young Children

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Background

Go NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care) is an evidence-based program for improving the health of young children through better adoption of nutrition and physical activity best practices in early care and education programs. Go NAP SACC is a trusted process that helps child care centers and homes go the extra mile to support children's healthy eating and physical activity.

Approximately 73% of Nebraska children (ages 0-5) need some form of child care (U.S. Census Bureau, 2018).

Go NAP SACC Process



2019 Participants

93 Pre-Assessments Completed on
Go NAP SACC Website

48 child care
centers
77% Step Up to
Quality

60 Post-Assessments Completed on
Go NAP SACC Website

45 family child
care homes
56% Step Up to
Quality

35 child care
centers
57% Step Up to
Quality

25 family child
care homes
60% Step Up to
Quality

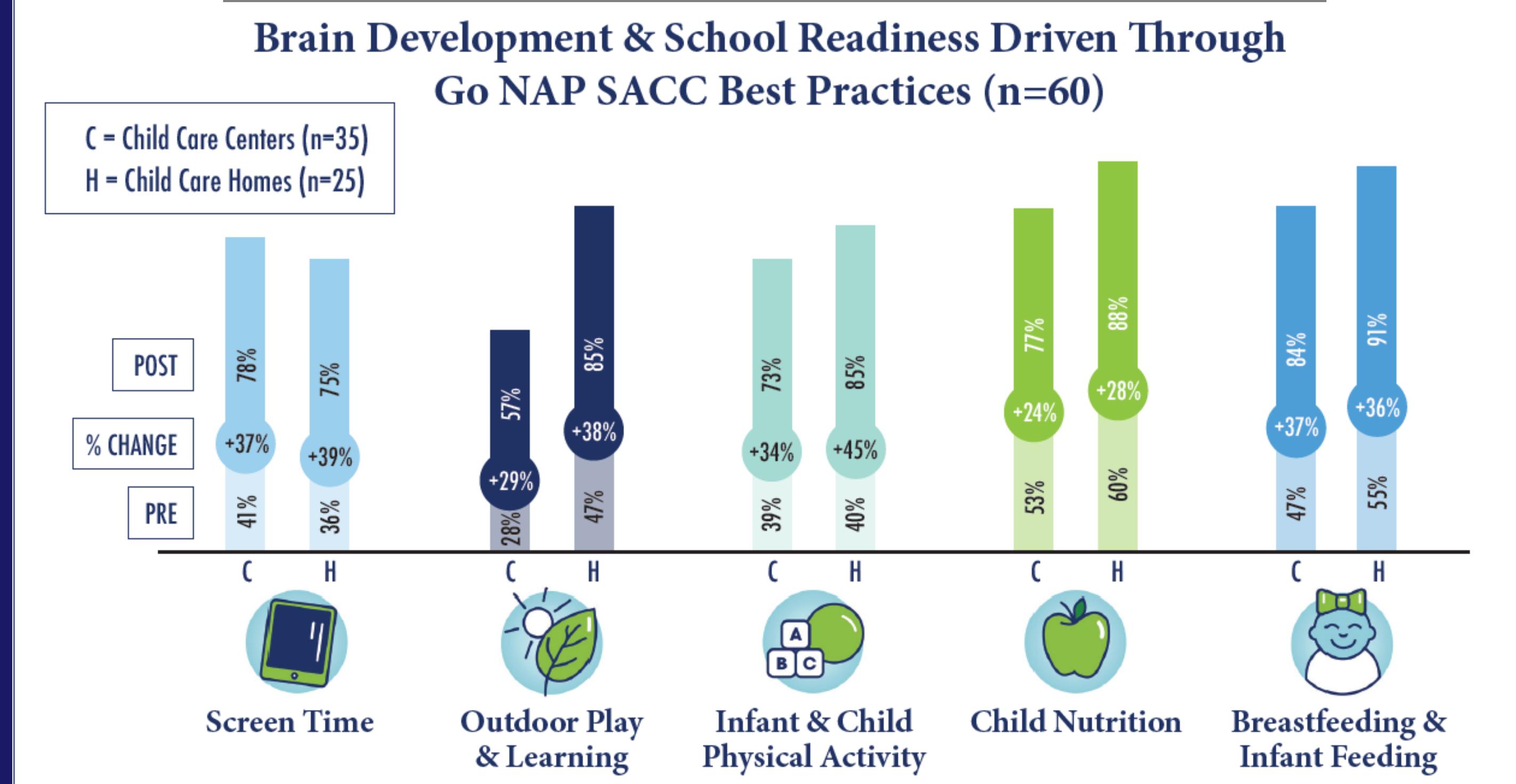
Step Up to Quality

Step Up to Quality (SUTQ), Nebraska's Quality and Rating Improvement System, launched in 2014. SUTQ educates and coaches early care and education (ECE) programs who are committed to the very best standards in early childhood education.

Data Collection

- Pre and post assessments completed online
- Participants rated characteristics of their program's environment, including current practices and policies related to the following five areas:
 - a) Breastfeeding & Infant Feeding,
 - b) Child Nutrition,
 - c) Infant & Child Physical Activity,
 - d) Outdoor Play and Learning, and
 - e) Screen Time.

2019 Assessment Results



Healthy Child Care Settings Help Kids Stay Healthy and Ready to Learn



Discussion

Reach

- Since the inception of the NE Go NAP SACC database in 2014, 888 ECE programs, which includes 501 family childcare homes (FCCH) and 387 child care centers (CCC), caring for 37,108 NE children have at least begun the Go NAP SACC process.
- To date over 500 childcare facilities have completed the entire Go NAP SACC process in Nebraska.

Impact

- After completing the Go NAP SACC process, ECE programs reported a significant increase of approximately 25% of measured best practices.

Implications

- FCCHs and CCCs have unique characteristics that may impact the health environment they offer to the children they serve.
- The geographic location may impact the uptake of certain practices and policies as well.

Application to practice & policy

- Collaborative projects that address needs of all partners such as policy makers, trainers, practitioners, researchers and students strengthens partnerships, fosters interdisciplinary collaboration and overall improves and sustains the impact on communities we are trying to serve.

Conclusion

- Through collaboration with local and state partners, Nebraska Go NAP SACC is an effective and sustainable approach to implementing comprehensive health changes through policy, systems, and environmental initiatives in child care facilities.

Partners

