



Nebraska Go NAP SACC

NEBRASKA Nutrition And Physical Activity Self-Assessment for Child Care

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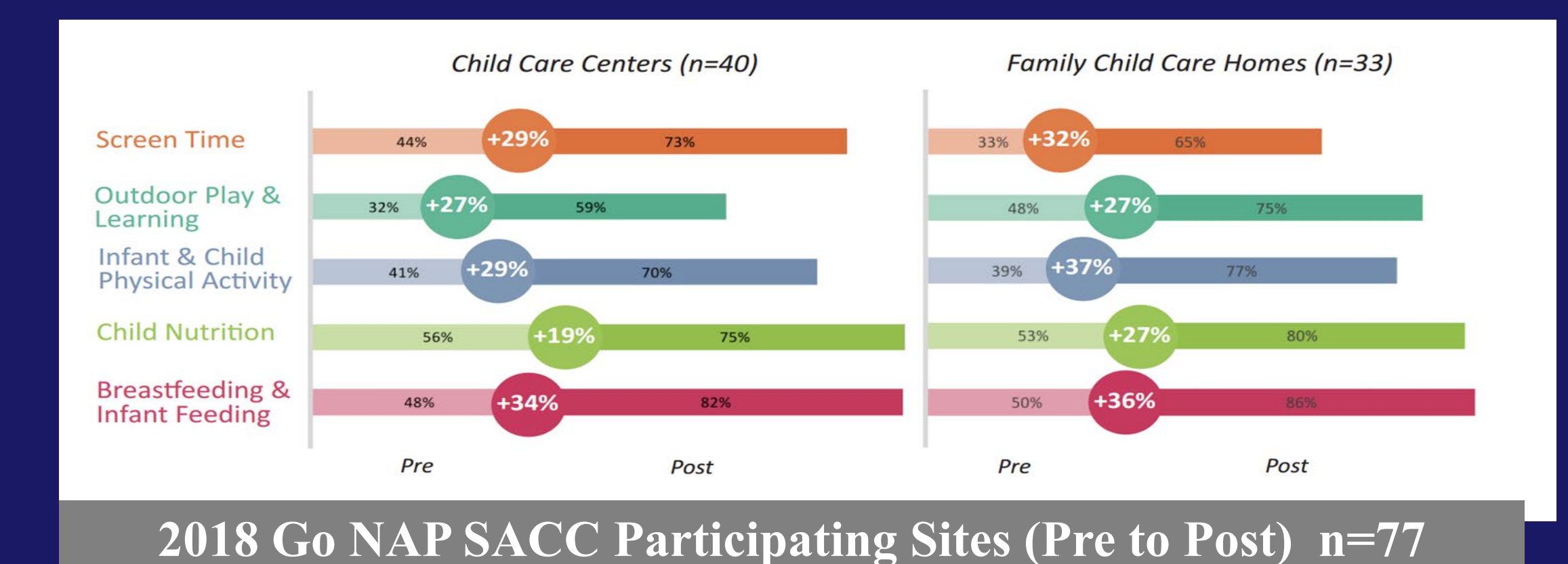
Abstract

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 nutrition and physical activity in early care and education programs. Young children in early care and education programs spend nine or more hours per day in a child care setting, which means that child care providers play a critical role in shaping the nutrition and physical activity practices of young children. 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.

Improving the Quality of Early Care & Education Programs Across Nebraska Nutrition + Physical Activity + Breastfeeding Best Practice = Healthy Young Children

Go NAP SACC Elevates Quality with Workforce Development

- 25 Go NAP SACC trainers
- Reached 280 ECE professionals in 111 child care centers & homes that care for approximately 4,000 children
- 22 in-person Go NAP SACC trainings across Nebraska
- 6 online trainings piloted



Go NAP SACC Process



Building Positive Partnerships – Resulting in Best Practices

Assessment Type	Completed on Go NAP SACC Website	Participants	Step Up to Quality
Pre-Assessments	126	68 child care centers, 58 family child care homes	72% (Child Care Centers), 50% (Family Child Care Homes)
Post-Assessments	77	40 child care centers, 37 family child care homes	85% (Child Care Centers), 49% (Family Child Care Homes)

The NE Go NAP SACC Team

Teaching Early Childhood Providers Works

What did your program find most helpful from participating in Go NAP SACC?

- "Having a trainer to guide me to help better my program for my kids was really beneficial. It helped open my eyes to a wider assortment of nutrition and physical activity related things I'm able to do with my kids."
- "It was helpful having a second set of eyes looking at our policies so that we can provide the children with the best care."
- "Having a trainer to refer to and help us along with ideas and having her offer free materials to us to help us meet our goals."
- "Talking to your instructor and other providers gives you LOTS of helpful ideas and information!"

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



Nearly 80% of Nebraska children (ages 0-5) are in some form of paid child care.

Partners



NE Go NAPSACC is based on NAPSACC which was developed at the University of North Carolina at Chapel Hill.