

# Nebraska Go NAP SACC | 2021 Impact Report

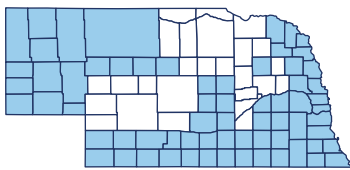
## Improving the Quality of Early Care & Education (ECE) Programs Across Nebraska

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



In 2021, the submission titled “Nebraska Go NAP SACC: An Impactful and Scalable Statewide Training Program for Improving the Nutrition and Physical Activity Environment in Childcare Settings” was selected as 2nd Place Central Region Winner for the Early Childhood Child Care Training Award in the National Extension Association of Family & Consumer Sciences (NEAFCS) Annual Awards Program.

## Go NAP SACC Elevates Quality with Workforce Development in 2021



### 25 Go NAP SACC trainers

Trainers cover 66 of the 93 counties, but all counties are covered through virtual training and technical assistance.



Trained 129 ECE professionals in 98 child care centers and homes that provide care for ~4,500 children



1 in-person and 4 live virtual trainings across Nebraska

## Building Positive Partnerships - Results in Best Practices

**146 Pre-Assessments**  
Completed on Go NAP SACC Website

71 child care centers

75 family child care homes

86% Step Up to Quality Participants

89% Step Up to Quality Participants

**38 Post-Assessments\***  
Completed on Go NAP SACC Website

19 child care centers

19 family child care homes

94% Step Up to Quality Participants

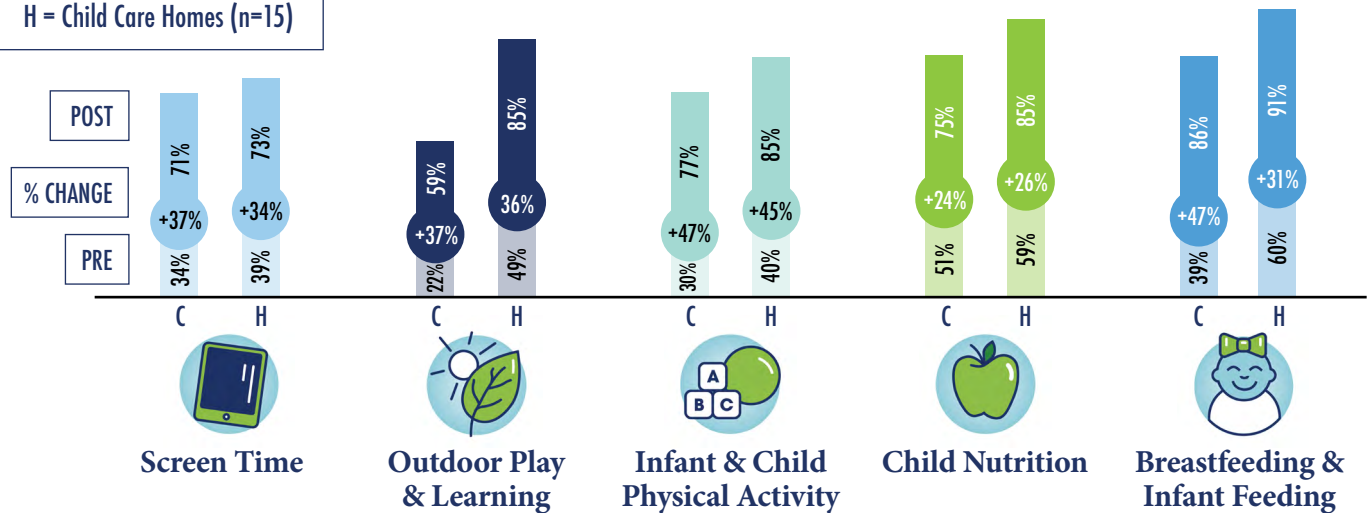
82% Step Up to Quality Participants

\*Includes all Post-Assessments (29 Initial Posts and 9 Post #2 & 3)



## Brain Development & School Readiness Driven Through Go NAP SACC Best Practices (n=29)

C = Child Care Centers (n=14)  
H = Child Care Homes (n=15)



“Go NAP SACC gave us real data and real feedback to interact with to help us improve our center by putting more best practices in place!” – Child Care Center Director, Seward

### Nebraska Go NAP SACC’s Significant Contribution to Research

The Nebraska Go NAP SACC website was expanded in 2021 to showcase the [Evidence](#) supporting the work of the statewide team.

- Between 2018-2021, the NE Go NAP SACC team published six [manuscripts](#) in peer-reviewed journals.
- Between 2015-2021, the NE Go NAP SACC steering committee gave thirteen [presentations](#) on a statewide or national level.
- Between 2016-2021, the NE Go NAP SACC team received three different [awards](#) on a statewide or national level.

### Partnering Organizations Collaborating to Support Healthy Young Children



“When I started Go NAP SACC, my child care program was still fairly new. Prior to participating in Go NAP SACC, I was lacking a lot of nutrition and physical activity information. I have learned so much from Go NAP SACC for nutrition and physical activity that I have incorporated into my program, which has made big improvements in my child care. My Go NAP SACC trainer was very informative and always had great resources which made this a lot easier to make the needed changes.”

– Family Child Care Home Owner, Hastings

“Go NAP SACC has made a huge impact on my child care setting - implementing family style eating, adding more physical activity, and reaching more breastfeeding best practices were some of the areas I improved. Through these changes I also saw a major improvement in how the kids acted. The program helped me in providing better care, as well as providing continued support for my child care families and even other providers in the early childhood field.”

– Family Child Care Home Owner, Omaha

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 ECE programs.