



NEBRASKA Nutrition And Physical Activity
Self-Assessment for Child Care

Nebraska Go NAP SACC:

Improving the Health of Young Children through Better Nutrition and Physical Activity

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

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Background

Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) is an evidence-based program for improving the health of young children through better nutrition and physical activity policies and practices in early care and education (ECE) programs. Young children in ECE programs spend nine or more hours per day in that setting, which means 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!

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

Population

Almost 1,000 ECE programs have begun the Go NAP SACC Process. Nebraska has approximately 3,000 ECE programs statewide.

529 ECE programs serving over 45,000 children across 93 counties have completed the process.

Process

1. Assess Current Practices
2. Attend a Go NAP SACC Training
3. Create an Action Plan
4. Reach your goals
5. Reassess and celebrate progress

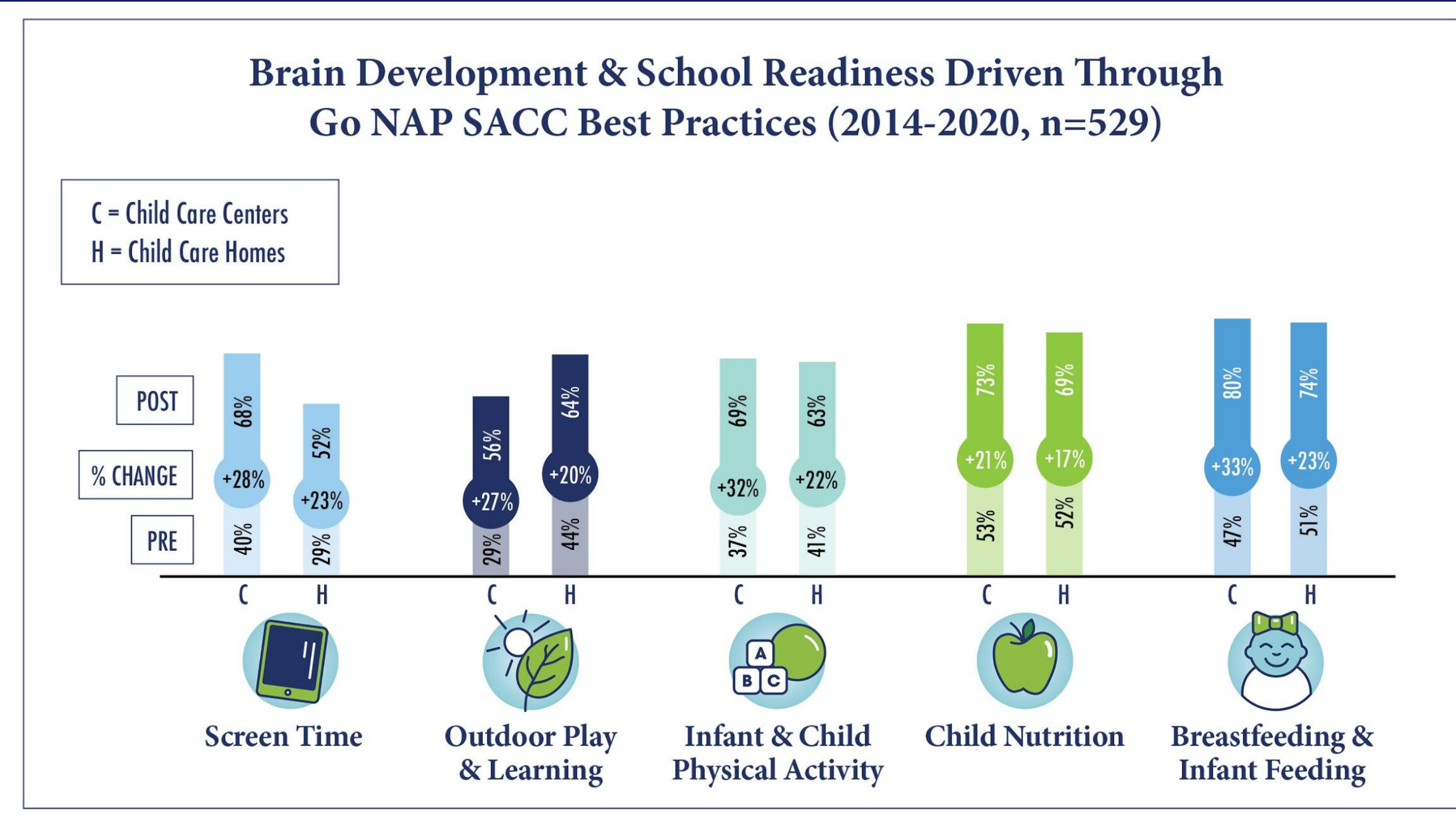
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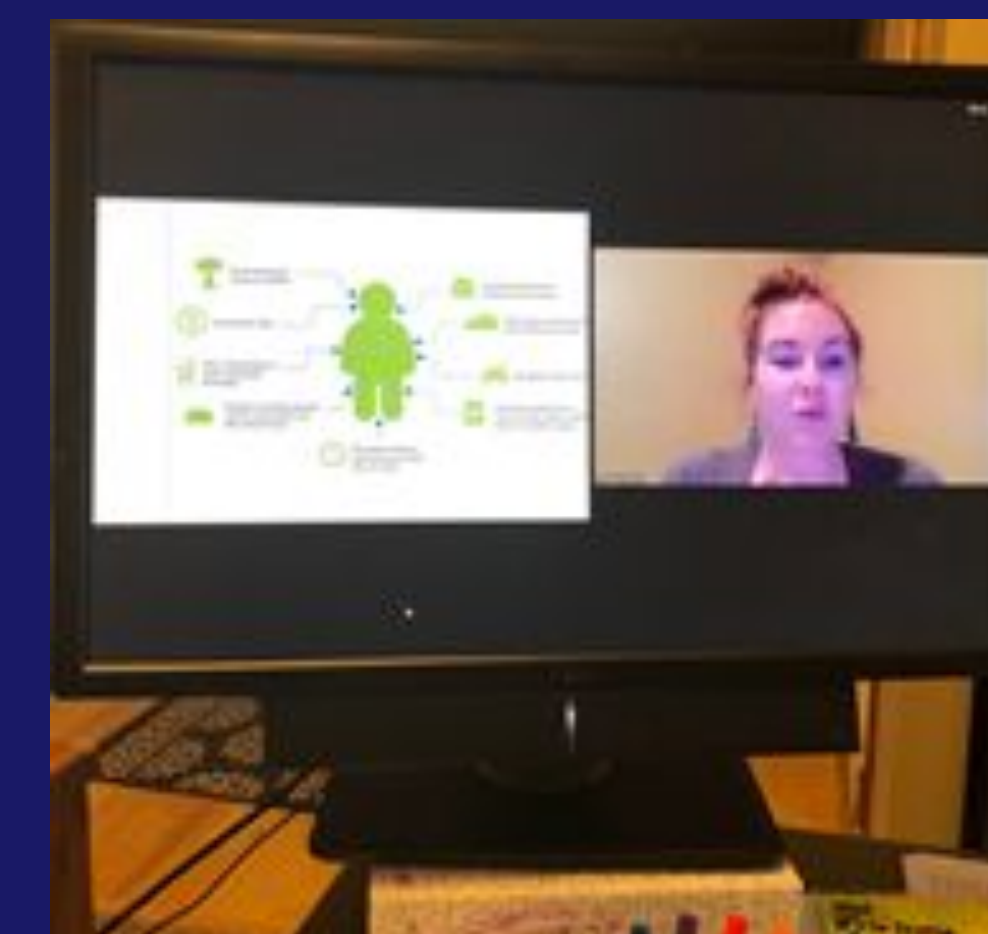
NE Go NAP SACC is based on NAP SACC which was developed at the University of North Carolina at Chapel Hill.

Data Collection

- Surveys distributed and completed online
- Participants rated characteristics of their programs, including current practices relate to nutrition and physical activity practices including:
 - a) 23 questions on breastfeeding environment.
 - b) 45 questions on child nutrition.
 - c) 22 questions on infant and child physical activity.
 - d) 20 questions on outdoor play and learning.
 - e) 12 questions on screen time.



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



Discussion

Implications for Practice

- While all areas and program types improved best practices, additional analysis of Go NAP SACC has found a need for:
 - Continued support to sustain changes in best practices
 - Continued professional development on breastfeeding/infant feeding practices with a focus on intentional family engagement
 - Identification of effective strategies to help facilities who begin the Go NAP SACC process complete it
 - Development of geographic specific resources (urban, rural) to support adoption and sustaining of best practices

Implications for Policy

- The findings of this study showed Go NAP SACC is a sustainable approach to implementing comprehensive health changes through policy, systems, and environmental initiatives in child care programs and in collaboration with local and state partners in Nebraska.
- The inclusion of Go NAP SACC within Step Up To Quality, Nebraska's Quality Rating & Improvement System for ECE, has been a critical aspect of the uptake of best practices.
- Child and Adult Care Food Program (CACFP) participation has the potential to contribute to an overall child care environment that promotes the development of healthy eating and physical activity behaviors.
- However, there is still room for improvement across nutrition and physical activity practices and policies in CACFP.

Implications for Research

- Further studies are warranted to determine objective changes in the childcare environment and children's behaviors.
- Additional research is needed on best practices for continued support once programs have successfully completed the process.

Conclusion

- Go NAP SACC has continued to evolve to ensure the sustainability of the process and continued engagement of ECE professionals across Nebraska.
- This past year, due to the COVID-19 pandemic, a critical transition was implementing the Go NAP SACC training virtually; it has proven to be successful so these will continue to be offered quarterly.
- Despite the success of the Go NAP SACC process, continued efforts are needed to support and encourage participation in order to change and sustain improved practices and policies for quality early care and education across Nebraska.